

WISCONSIN MASTERS SWIMMING NEWSLETTER - JANUARY 1994

In Wisconsin we are used to athletic events being cancelled because of weather related reasons. Indeed, our LC championships in '92 were cancelled because of cold pool temps and not too many years ago one of our winter indoor Wauwatosa meets was cancelled because of EXTREME cold. However, the recent cancellation of our December 4, 1993, meet at Wauwatosa has us stunned, saddened and searching for answers to problems in society which, at times, seem to overwhelm us. This time it was not cold weather or cold pool temps that caused the cancellation, but the senseless killing during school hours of the Wauwatosa West HS Assistant Principal, Mr. Dale Breitlaw, on December 1. The community appropriately cancelled all activities in the building on that Saturday, the day of his funeral service.

Wauwatosa West HS is our "home meet site". Most of our indoor meets are held in this facility. Some of our swimmers work out in this pool. It is a nice facility in a nice neighborhood in a nice suburb of Milwaukee. We aren't used to killings occurring in "our" nice, safe suburban neighborhood. How could this happen in the face of all of these "niceties"? If our safety feels threatened how can we expect the students and employees at WWHS to feel? Answers to these questions probably have no answer.

Wisconsin Masters extends our sincere sympathy to the family of Mr. Breitlaw, the students, teachers, administrators and support staff at WWHS.

Wisconsin Masters was well represented in the USMS LC Championships in Minneapolis in August. Following is a list of our swimmers who placed in the top ten in their events in this meet. Congratulations to one and all!

Kristin Virnig, 24, 4th 100 free/500 free	Shirley Hasselbacher, 67, 3rd 50 free
5th 200 free	6th 100/200 free
8th 50 free	Maisie Sciborski, 69, 6th 200/800 free
Margaret Oettinger, 33, 4th 1500 free	7th 100 back
7th 400 IM	7th 400 free
Patty Baus, 35, 5th 50 breast	Betty Kendall, 73, 3rd 800 free
10th 50 free	4th 50 fly/400 free
Laurie Alioto, 35, 2nd 200 back	5th 50 free
3rd 100 fly/400 IM	6th 200 free
4th 100 back/200 fly	Fran Zeumer, 73, 3rd 100 free
Nancy Ehrke, 39, 2nd 50 breast	4th 50 breast
4th 200 breast	6th 50 free
5th 100 breast	7th 200 free
7th 400 IM	Mary Siebold, 77, 3rd 200 breast
Cindy Maltry, 38, 4th 50 fly/200 IM	5th 100 breast
5th 50 back	6th 50 free & breast
6th 100 & 200 back	7th 100 free
Tracy Arndt, 41, 3rd 100 back	James Leslie, 29, 7th 200 back
4th 50/100/200 free	9th 400 IM
4th 50 back	Kevin Welton, 33, 5th 50 back
Candy Christenson, 46, 2nd 50 breast	7th 100 back
4th 100 breast	9th 200 IM
4th 50 fly/200 IM	William Boldon, 36, 9th 50 free
6th 200 breast	Art Sanchez, 43, 7th 100 breast
Tom Meehan, 46, 5th 50 back	Dick Pitman, 49, 6th 50 fly
7th 50 free	8th 400 IM
Dave Janda, 36, 7th 200 IM	Edward Wallen, 50, 5th 1500 free
Peter Lee, 50, 6th 1500 free	Don Kilb, 66, 9th 200 free/200 IM
7th 400 free	Phil Hellmuth, 55, 5th 1500 free

Gordon Schalla, 67	5th 50 back	Lynn Surles, 76,	1st 50 free
	7th 100 back		1st 100 free
Herb Howe, 81,	1st 1500 free		5th 400 free
200 mixed free relay, 280+,	2nd (Don Kilb, Shirley Hasslebacher, Betty Kendall and Lynn Surles)		
200 mixed medley relay, 280+,	8th (Betty Kendall, Fran Zeumer, Don Kilb, Lynn Surles)		

Also competing but not placing in the top 10 in their events were William Sebenik and Kent Taylor.
 THE FIRST PLACE FINISHES BY LYNN SURLES AND HERB HOWE QUALIFY THEM AS ALL-AMERICANS!
 Congratulations to one and all for representing our state so well..

Ray Klitzke sent along this summary of an article on swimming that he read in Business Week magazine (October 5, 1993 issue). Thanks, Ray!

BUSINESS WEEK SALUTES THE MASTERS SWIMMER!

Business Week has paid homage to the Masters Swimmer. (E.S. Ely, The Long Distance Swimmer Doesn't Have to be Lonely, Bus. Wk., Oct. 25, 1993, p. 146)
 In an excellent article, Ely points out that endurance swimming is one of the fastest-growing athletic pursuits among fitness-conscious adults. The lonely, long grueling workouts are becoming downright convivial, thanks in a large part to the camaraderie of masters swimming programs.

Forty per cent of masters swimmers participate in racing. U.S. Masters membership has more than doubled in the past decade to 27,000 swimmers at 450 pools. Top Masters times now run suprisingly close to those of Olympic contenders.

Strokes have changed enormously since Mark Spitz triumphed in the 1972 Olympics. Slash and splash have given way to serpentine, almost balletic movements that are a marvel to behold. The newer strokes are a lot easier on creaky, middle-aged bodies. But training with the Masters is not for the fainthearted. Interval training is popular because it has the advantage of pushing the heart rate higher. Workouts typically cover 2,500 yards. (Sad to say, though, unlike running, swimming is a surprisingly inefficient shedder of fat.)

The largest Masters age group is 35 to 39, but competition is especially brisk among the retired set. Many of the newer members have come in as triathletes.

I think it's about time that Masters swimming has gained some national attention. It's every bit as important, at least to us, as those gaudy spectator sports that fill the sports pages!

-Ramon A. Klitzke

Edie Jacobsen is our LMSC fitness chair and she has forwarded several articles to be used in our newsletters. One full page item is the February Fitness Challenge. Please make copies and pass them out to potential participants at your pool. Ask your pool management if you can post them on the bulletin board where everyone can see them. Last year's T-shirt was really cute and this year's is, too. This fitness challenge is an introduction to masters swimming and you need not be a registered swimmer to participate. All non-registered participants will be sent a packet of information on the benefits of joining masters swimming.

DO YOU KNOW: Your walk can indicate your character. Short, even steps reveal vanity. Long, level steps indicate will power and promise of success. Side-to-side swinging steps show absentmindedness and lack of ambition. A bobbing-up-and-down might be a time and energy waster; and a woman "bobber" is liable to be a gossip and busybody. In simple words, watch your step!

-Shark Snooze

NEW YEAR'S RESOLUTION
CUT THOSE CALORIES - GET RID OF THAT FAT

There are substitutions you can make in recipes to cut the fat thereby cutting the calories. Change only one ingredient at a time so you can asses how the recipe is affected.

BAKED GOODS

1. Replace oil, butter, margarine with an equal amount of applesause. For every half-cup replaced with applesauce you will save at least 960 calories!
2. Replace oil with half applesauce and half nonfat milk, or use half oil and half applesauce. This is useful if the oil is the only liquid in the recipe.
3. Replace regular margarine, shortening, or butter with diet margarine. This will reduce fat calories by half, or 400 calories per cup.
4. Replace shortening, butter, or margarine with oil. This does not reduce the calories but cuts the cholesterol raising fats.

CASSEROLES

1. Replace regular cheese with low fat cheese (less than 5 grams of fat per ounce).
2. Replace whole milk with nonfat milk.
3. Replace cream with evaporated skim milk.
4. Replace sour cream with nonfat yogurt.
5. Replace cream cheese with blenderized cottage cheese plus 1 T. lemon juice: half tofu and half ricotta cheese; an equal amount of light cream cheese also known as Neufchatel.
6. Replace fatty meats with lean ones.
7. Replace cream soups with chicken broth or beef broth thickened with cornstarch, pureed cooked rice or instant potato flakes.

DESSERTS

1. Replace traditional pie crust with graham cracker crust.
2. Reduce sugar by 25%. This amount doesn't significantly reduce the taste especially if you increase the sweet spices like cinnamon, nutmeg, allspice and vanilla.
3. Reduce chocolate chips and nuts by half.

MISCELLANEOUS

1. Use 2 egg whites in place of a whole egg.
2. Saute in wine or chicken broth or use vegetable oil spray instead of frying.
3. Replace at least half of white flour with whole wheat flour thereby increasing fiber and nutrients.
4. Bake or broil instead of frying.*

*Instead of deep frying, I have tried baking my egg rolls at 375 until golden brown. I spray the baking pan with Pam and lightly spray the egg rolls with Pam or paint them with an egg white. They have a much more delicate flavor and you definitely don't miss all that oil. I use ground round, plenty of chopped veggies, cellophane noodles, and oyster sauce to make my filling.

-Edie Jacobsen-fitness chair

NO DIVING RULE ENFORCED

There will be no diving into the pool or diving well before, during or after the meets. The only diving permitted is in sprint lanes 1 and 6 and during the actual conduct of the meet. This is a safety precaution. Someone can be seriously injured by a diver. DISOBEYING THIS RULE WILL RESULT IN DISQUALIFICATION FROM THE MEET.

WISCONSIN MASTERS AQUATIC CLUB MEET
FEBRUARY 20, 1994 - MANITOWOC-TWO RIVERS YMCA

SPONSORED/SANCTIONED BY; Wisconsin Masters Aquatic Club, USMS Inc., and LMSC for Wisconsin.

LOCATION; Manitowoc-Two Rivers YMCA, 205 Maritime Dr., Manitowoc, WI.

FACILITIES; 25 Yd, 6 lane pool, non-turbulent lane lines, starting blocks, backstroke flags, automatic timing with watch backup.

TIME; Warmups - 12 noon, meet starts at 12:30 PM.

RULES; Official masters rules, timed finals pre-seeded slowest to fastest, NT's seeded in slowest heats, 5 year age groups, age groups and sexes will be combined to expedite the meet.

ELIGIBILITY; Must be currently registered USMS swimmer.

ENTRY FEE; \$2.50 per event, \$3.00 per event for deck seed. Make checks payable to: WISCONSIN MASTERS AQUATIC CLUB.

ENTRY DEADLINE; Entries must be in the hands of the meet director no later than February 12, 1994.

ENTRY LIMIT; 5 individual events plus relays.

ENTRY FORM; Official entry form must be used, one person per form and the waiver must be signed.

AWARDS; Ribbons 1st to 3rd places.

MEET DIRECTOR; Chris Pierret, Manitowoc-Two-Rivers YMCA, 205 Maritime Drive, Manitowoc, WI 54220.

ORDER OF EVENTS;

- | | |
|-----------------|-------------------------|
| #601 - 50 free | #606 - 100 breast |
| #602 - 200 IM | #607 - 50 fly |
| #603 - 50 back | #608 - 200 back |
| #604 - 100 fly | #609 - 200 medley relay |
| #605 - 100 free | #610 - 500 free |

ENTRY FORM - ENTRY FEBRUARY 20, 1994

NAME _____ BIRTH DATE _____ AGE _____ MALE FEMALE

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE NO _____ USMS NO. _____ USMS TEAM _____

EVENT # _____	SEED TIME _____	EVENT# _____	SEED TIME _____
EVENT# _____	SEED TIME _____	EVENT# _____	SEED TIME _____
EVENT# _____	SEED TIME _____		

NO. OF ENTRIES _____ @\$2.50 = \$ _____

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES, AS A CONDITION OF MY PARTICIPATION IN MASTERS SWIMMING. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNED _____ DATE _____

MEET DIRECTOR: Chris Pierret, Manitowoc-Two Rivers YMCA, 205 Maritime Drive, Manitowoc, WI 54220

SURPRISING FACTS ABOUT BLOOD PRESSURE
...and what you can do about it.

Concerned about blood pressure? Here's what you need to know. Blood pressure is tracked with two numbers: The higher number (called systolic) is the pressure when your heart contracts; the lower one (diastolic), when it relaxes. If the second, more important, number consistently exceeds 95 (or 90 for men under age 45) your blood pressure is high.

*The cause of high blood pressure isn't known in nine of 10 cases. But the disorder is easy to detect and usually simple to control.

*Nearly 64 million Americans age six and older have high blood pressure - including almost three million children age 6 to 17.

*Of those people who have high blood pressure, nearly half have no idea that they have it. The reason: It causes no pain or symptoms.

*Generally, the older you get, the higher your blood pressure.

*Women age 65 and older are MORE likely to have high blood pressure than men.

*High blood pressure tends to run in families.

*People of African, Latino or Hispanic roots are more likely to have high blood pressure than White Anglo-Americans.

*High blood pressure strains the heart by making it work harder to pump enough blood and oxygen to the body's organs.

*When the heart works harder than normal for a long time, it tends to enlarge, and an enlarged heart can fail to meet its demands.

*High blood pressure contributes to hardening of the arteries, heart attacks, strokes, blindness and kidney failure.

*Getting high blood pressure treated can stop - and even repair - kidney damage caused by the disorder.

*Anger can raise blood pressure.

*Regularly drinking too much alcohol can raise blood pressure in some people.

*Smoking cigarettes can make high blood pressure harder to control.

*Eating too much licorice candy can raise blood pressure.

*Half of all people with high blood pressure can lower it simply by reducing salt in their diet.

*Only ONE IN TEN people with high blood pressure are being treated adequately with diet or drugs, two are on inadequate treatment and seven aren't on any special diet or medication at all.

*One in four people with high blood pressure could get the condition under control simply by switching to a healthier way of life - without ANY medication.

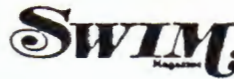
-Top Health - May 1993

Self-Defense Against High Blood Pressure
Top Health - May 1993

1. Get your blood pressure tested at least once a year.
2. Lose extra weight.
3. Exercise regularly.
4. Cut down on salt.
5. Eat more fresh fruits and low-fat dairy products, for pressure-lowering potassium and calcium.
6. Channel your anger, and cope with stress.
7. If your doctor prescribes a pressure-lowering medication, be sure to take it REGULARLY and ON TIME.

IF THIS LINE IS "HIGHLIGHTED" PLEASE BE FOREWARNED THAT YOUR 1994 REGISTRATION HAS NOT BEEN RECEIVED AS OF 1/15/94 AND THIS IS THE LAST COMMUNICATION FROM WISCONSIN MASTERS YOU WILL RECEIVE UNTIL YOU RENEW YOUR MEMBERSHIP.

February Fitness Challenge '94



Purpose: To promote fitness through swimming and to encourage participants to swim regularly and to track their results over a monthly period

Sponsors: Southern Masters Swimming, United States Masters Swimming Fitness Committee, SWIM Magazine, Speedo America, American Lap Swimmers Association

Eligibility: Must be at least 19 years of age

Recording Distance: Beginning February 1, 1994, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)
Monthly Totals: At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles divide monthly yardage total by 1760.

Caution: Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

Awards & Results: All participants receive final results and an achievement certificate. The three males and females in each age group with the highest monthly total receive medals. Allow 30 days after deadline for mailing of results/awards.

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59... (in five year increments)

Age: Determined by your age on February 28, 1994

Rules: Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

Entry Fee: \$5.00, all fees (check or money order) payable to Southern Masters Swimming

T-shirts: \$12.00, short sleeve, 100% cotton.

Theme: "Fitness Frog: Sittin' On Top Of The World!"

Caps: Swim caps with FFC logo available for \$3.00

Entry Deadline: Entries must be RECEIVED by March 21, 1994. Late entries will be returned!

Entry Procedure: Send form below and fees to:

FEBRUARY FITNESS CHALLENGE

c/o Scott Rabalais

950 South Foster Dr. #29

Baton Rouge, LA 70806 USA

Phone: (504)928-5596

International Entries: Subject to a \$3.00 postage fee; mail early to ensure arrival by entry deadline.

Workout Guide: For a free brochure entitled "Ten Great Workouts for the February Fitness Challenge," send a self-addressed stamped envelope to above address.

FEBRUARY FITNESS CHALLENGE '94

(please print)

NAME: _____ AGE:(as of 2/28/94): _____ SEX: _____
 ADDRESS: _____ CITY: _____ STATE: _____
 ZIP: _____ COUNTRY: _____ PHONE:() _____ USMS MEMBER? Y N

TUE FEB 1 _____ yds	TUE FEB 8 _____	TUE FEB 15 _____	TUE FEB 22 _____
WED FEB 2 _____	WED FEB 9 _____	WED FEB 16 _____	WED FEB 23 _____
THU FEB 3 _____	THU FEB 10 _____	THU FEB 17 _____	THU FEB 24 _____
FRI FEB 4 _____	FRI FEB 11 _____	FRI FEB 18 _____	FRI FEB 25 _____
SAT FEB 5 _____	SAT FEB 12 _____	SAT FEB 19 _____	SAT FEB 26 _____
SUN FEB 6 _____	SUN FEB 13 _____	SUN FEB 20 _____	SUN FEB 27 _____
MON FEB 7 _____	MON FEB 14 _____	MON FEB 21 _____	MON FEB 28 _____

TOTAL MONTHLY YARDAGE = _____ YARDS
 TOTAL MONTHLY MILEAGE = _____ MILES
 (To calculate mileage, divide monthly yardage by 1760.)

I attest that the above results are accurate and true.

SIGNATURE: _____ DATE: _____

 FEES
 Entry fee \$ 5.00 _____ (required)
 T-Shirt 12.00 _____ (optional)
 Shirt size: _____ S M L XL
 Swim cap 3.00 _____ (optional)
 Int'l fee 3.00 _____ (outside U.S.)

TOTAL _____ (U.S. dollars)
 (payable to Southern Masters Swimming)

Great Expectations

LITTLE THINGS MEAN A LOT

The waiting is over.
The will has been read.
Here in a nut shell
Is what it said:
Being of sound
Mind, he has spent
Everything down to
The very last cent.
-Shark Snooze

Sing in the shower.
Overtip breakfast waitresses.
Avoid negative people.
Keep secrets.
Stop blaming others.
Count your blessings.
Have a firm handshake.
Compliment three people every day.
-Shark Snooze

Top Health - The Health Promotion and Wellness Letter appeared in my teacher's mailbox at school recently. It contains several articles relating to health issues which our swimmers might enjoy.

NUTRITION CAPSULES: Fiber Facts

Kidney beans contain three times more dietary fiber than do green beans, and raspberries have three times more fiber than cherries do.

Dark? Deliciously Healthy!

Generally, the deeper a fruit or vegetable's color, the more nutrient packed it is. For example, darker types of lettuce, like romaine, are higher in vitamins A and C than are lighter varieties such as iceberg lettuce. Pink grapefruit has 30 times more vitamin A than does white grapefruit. But brown eggs aren't any more nutritious than white ones!

WALKING WONDERS:

Each mile a person walks would give him or her an extra 21 minutes of life and save society an average of 24 cents in medical costs.

HEALTH AND SAFETY ALERTS
(FROM "TOP HEALTH")

Your Blood - NOT Your Friend's - Is Safest

A new study shows blood donated by family members and friends is MORE likely to carry hepatitis and some other diseases than is blood from anonymous donors collected - and screened - by a blood bank. If you're scheduling surgery that may require a blood transfusion, consider giving some of your OWN blood in advance.

Don't Try Fixing a Microwave

Repairing microwave ovens is a dangerous business. In recent years, 11 people have died while trying to fix theirs. And even an unplugged microwave can cause serious injury. So if your oven needs work, call someone who does it for a living.

How To Handle a Seizure

If someone you know has an epileptic seizure - falling, stiffening and making jerking movements - DON'T force anything into the person's mouth, as it's just a myth that the tongue may be swallowed. Instead: Ease the person into a lying position with something soft under the head, and clear the area of hard or sharp objects. After the seizure, turn the person to one side to let the mouth drain, and stay nearby till he or she is fully awake.

OVERWEIGHT RAISES THE RISK OF DEVELOPING DIABETES, HEART DISEASE, HIGH BLOOD PRESSURE AND CERTAIN CANCERS.

1994 USMS One Hour Postal Swim National Championship- Individual Entry Form

NAME _____ USMS Reg. No _____
(As it appears on USMS or National Registration Card) (or National Governing Body Reg No.)

ADDRESS _____ Phone (____) _____

CITY _____ State ____ ZIP _____ SEX M F
(Circle one)

CLUB _____ CLUB ABBR. _____ AGE _____ BIRTH DATE _____
(MM/DD/YY)

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES, AS A CONDITION OF MY PARTICIPATION IN MASTERS SWIMMING. I further agree to abide by and be governed by the rules and regulations of USMS. I certify that I have read the rules of this competition and

that on _____ I swam _____ yards at _____
(Date) (Distance swum) (Pool name/city)

(Swimmer's Signature) (Verifier's Signature)

Entry Fee is \$5.00	\$ 5.00	Include:
T-Shirts ____ @ \$12.00	\$ _____	Masters Reg. Card
Intn'l T-Shirt postage	\$ _____	Split Sheet
Total (US \$)	\$ _____	

Indicate T-Shirt Quantity Ordered @ \$12 each:
 Small ____ Medium ____ Large ____ X-Large ____
 International orders please add US \$3 shipping for each T-shirt.

Make Checks Payable to: St. Louis Masters. Send Entries to Bob Blake, 4155 Weskan Lane, Bridgeton, MO 63044-1366. Must be received by February 10, 1994.

1994 USMS One Hour Postal Swim National Championship- Relay Entry Form

(Use copies of individual entry form (above) in addition to this form)

CLUB _____ CONTACT PERSON _____
(Must be USMS or national governing body registered) (Receives results and awards)

CONTACT ADDRESS _____ CITY _____

STATE ____ ZIP ____ COUNTRY ____ CLUB ABBR. _____

SWIMMER #1 _____
(name as it appears on registration card) Sex(M/F) Age Yards Swum

SWIMMER #2 _____
(name as it appears on registration card) Sex(M/F) Age Yards Swum

SWIMMER #3 _____
(name as it appears on registration card) Sex(M/F) Age Yards Swum

SWIMMER #4 _____
(If 4 person Relay) (name as it appears on registration card) Sex(M/F) Age Yards Swum

Total Relay Yards _____

Entry Fee is \$10.00

Payment in US \$ from US bank or International Money order only.

Note: An individual entry form (above) and individual entry fees for each relay participant must accompany this relay entry with the relay entry fee. Relay entries received without the individual entries will NOT be accepted.

Swim meets on the Michigan Masters 1994 schedule include:

- January 16-Rockford Masters (25m)-Rochford HS-Richard TenHoor (616)866-6328
- January 30-Jackson Masters-Jackson Y Center-Bill Reid (517)592-8908
- February 13-Ford Masters-Brighton HS-Jilie Harris (313)471-7287
- February 26-West Michigan Masters-East Kentwood HS-Ken Danhof (616)739-5592
- March 20-Midland Masters-Midland Dow HS-Charles Moss (517)631-1480
- April 8-10-State Meet-U of Michigan-Bill Reid (517) 592-8908

FROM SHARK SNOOZE:

"Count your age by friends, not years."
 One psychic to another: "Let's do hunch."
 Victor Borge: "The shortest distance between two people is a smile."

Included in this issue are entry forms/information for the February 19 meet in LaCrosse, February 20 meet in Manitowoc, the One Hour Postal Swim and the 1994 February Fitness Challenge. Space constraints and the lateness in getting this newsletter out resulted in my eliminating all the nitty-gritty info on the One Hour Meet. I am sure you can get more detailed info from the meet director if desired. Let's strive for a high level of participation in these meets and in the February Fitness Challenge.

The following article found its way to me through fitness chair Edie Jacobsen - who got it from the Ohio Masters group.

FOOD GUIDE PYRAMID

Many Americans are familiar with the basic four food groups as a way to select a variety of nutritious foods. Recently, you may have seen the food guide pyramid appearing in magazines and on cereal boxes. In the spring of 1992, the food guide pyramid was introduced by the US Department of Agriculture, to illustrate the latest dietary guidelines for Americans. It provides an outline of recommendations for selecting a healthy diet, with adequate nutrients, and appropriate calories to maintain a healthy weight. The pyramid also targets reduction of dietary fat, especially saturated fat.

It is recommended that our diet emphasize foods from the five major groups in the lower three sections of the pyramid. Emphasis is on whole grain breads and cereals, fruits and vegetables, with moderate amounts of low fat dairy foods and lean meats. Fats, oils and added sugars comprise the top of the pyramid. These items should be eaten sparingly.

The number of servings listed on the pyramid are a guide for providing 1600-2800 calories daily. Athletes and very active individuals may need to eat more than the amounts listed. What is a serving? This varies among the food groups. One cup of milk or yogurt, or 1 1/2-2 ounces of cheese is considered a serving of milk products. A serving of meat is 2 1/2-3 ounces, and 1/2 cup cooked beans or 1 egg is equivalent to 1 ounce of meat. A piece of fruit, 3/4 cup juice, 1/2 cup canned fruit or 1/4 cup dried fruit counts as a serving from that group. A vegetable portion would equal 1/2 cup raw or cooked or 1 cup leafy raw vegetables. Finally, a slice of bread, 1/2 cup cooked rice, pasta or cereal, or 1 ounce ready-to-eat cereal is a serving of that group.

If you would like a copy of the food guide pyramid booklet, send \$1 (check payable to Superintendent of Documents) to Consumer Information Center, Dept 159Y, Pueblo, CO, 81009. (Lisa Swineford, RD, LD Dietitian)

*reads/cereals
6-11 servings*

*Fruits
2-4 servings*

*Veggies
3-5 servings*

*Dairy
2-3 servings*

*Meat, fish, eggs
beans, poultry
2-3 servings*

WISCONSIN MASTERS SWIMMING
1950 SHORE DRIVE
MARINETTE, WI 54143

**ORDER OF
EVENTS**

**EVENT LIMIT:
4 EVENTS, NO MORE THAN 3
INDIVIDUAL
EXHIBITION SWIMS PERMITTED**

**DECK ENTRIES ONLY
FOR INFORMATION CALL TODD
AT 608-784-8890**

**HOST BY:
LOST/
MINNESOTA
MASTERS
SWIMMING/
UW-LACROSSE/
LACROSSE YMCA**

**SANCTION #
304-003**

**REGISTRATION
FEE: \$5.00**

**ELECTRONIC
TIMING**

**LOTS OF
LOCKERS**

LACROSSE ONALASKA SWIM TEAM
LOST??

**FIND YOUR WAY
TO UW-LACROSSE
SATURDAY, 2/19/94**

**4TH ANNUAL IA MN WI SWIM MEET
MEET**

**DIRECTORS:
WAYDE MULHERN
KATHY STEHLY**

SATURDAY, FEBRUARY 19, 1994

**6 LANES
FAST POOL
DOUBLE LINED**

**WARMUP
12:00 - 12:40
MEET
12:45 - 4:30**

- 1 - 400 MR
- 2 - 1000 FREE
- 3 - 200 FREE
- 4 - 100 BACK
- 5 - 100 BREAST
- 6 - 200/50 FLY
- 7 - 50 FREE
- 15 MINUTE BREAK
- 8 - 100 FREE
- 9 - 200/50 BACK
- 10 - 200/50 BREAST
- 11 - 500 FREE
- 12 - 100 FLY
- 13 - 200/100 IM
- 14 - 400 FREE
RELAY
- 15 - 50 KICK

MITCHELL HALL