

WISCONSIN MASTERS SWIM COMMITTEE NEWSLETTER  
JULY 1996

Hard to believe this is the "summer" edition of our newsletter! Unless you live in the far western part of the state and have been blessed with a little more sunshine this has hardly been summer! Let's hope that somehow the upper level winds get straightened out and some warm sunny weather blows our way. I guess I have to count myself among the fortunate who don't have to rely on an outdoor pool for "summer" swimming. Instead of repeating the expression "think spring" we need to change it to "think summer"! Here's hoping it works!

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The USMS Fitness Committee is looking for new and creative ideas for the fitness swimmer; hence, it is time to solicit bids for the officially promoted 1997 USMS Fitness Swims. This is the third year that bids have been solicited for these events. The events chosen for 1996 were the Fitness 500, the 2000 Fitness Challenge, Nature Swim USA and the Great American SWALK.

The primary purpose of these events is to challenge the swimmers in a way that enhances the pleasure of swimming or that provides a great reason for a swimmer to get into the water. The event may provide a personal measure of one's progress. In any case the event should be of value to a wide range of swimmers regardless of one's level of accomplishment, as an entry level swimmer, solitary swimmer, or a swimmer who currently has neither the time nor energy to participate in meets. The secondary purpose is to provide events which appeal to the non-USMS swimmers and encourage them to join USMS. And, lastly, on a local level, these events are a painless way to replenish the financial coffers of your local LMSC or club while initiating an activity on the ground floor of USMS.

Look around for new ideas. We all know creative workers who thrive on new ideas and have lots of fun putting them into action. There's energy out there which you can help harness. Then send your ideas to our LMSC Chairman John Bauman, 11917 W. Rainbow Ave, West Allis, WI, 53214, WI Masters fitness chair Edith Jacobsen, 1307 Big Sky Lane, Decorah, Iowa, 52101, or Newsletter Editor Nancy Kranpitz, N1950 Shore Drive, Marinette, WI., 54143. We each have copies of the official USMS 1997 Fitness Swim Application. But please HURRY! Application deadline is August 1, 1996!

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The Seventeenth Annual Wisconsin Senior Olympics will be held in the Greater Milwaukee Area September 3-10. Please note that this a qualifying year for the 1997 US National Senior Sports Classic to be held in Tucson, AZ, May 21-28. If you are thinking about participating at Tuscon then you MUST participate in the Wisconsin Senior Olympics to be eligible. This year there is a new age classification - 50-54! The swimming competition is scheduled to begin at 1:00 PM on September 7 at the Nicolet High School. There is an early discount registration fee of \$15.00 for residents and \$20.00 for non-residents if paid prior to August 13, 1996. This general registration fee entitles you to participate in your choice of events and must be paid by all participants. After August 13 the registration fees jump to \$20 and \$25. You may obtain more information and a registration form by calling the Senior Olympics Office at (414) 821-4444 or Joan Henderson (414) 545-2348.

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CONGRATULATIONS to BOB SWAIN of Appleton. He won the 50+ division of the "Cable & Wireless 1/2 Mile Sea Swim" at Grand Cayman, BWI, on 4/20/96, in a time of 16:30. He finished 39th out of 105 swimmers entered. Bob reports it wasn't a particularly hard swim because of calm seas and salt water. But most importantly - IT WAS FUN! Congratulations, again, Bob. Since life in central Wisconsin doesn't particularly lend itself to ocean swimming Bob's accomplishment is all the more noteworthy.

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Your "I will" is more important than your I.Q.

In 1942 the Women's National AAU Outdoor Swimming & Diving Championships were held at the Neenah Municipal Pool. The pool, built in 1940, was ranked by a national authority at that time as one of the 10 best pools in the United States. Years of use have taken its toll and this year the pool is in the process of being demolished and will be replaced by the new age pool concept - i.e., zero depth, water slide, and, unfortunately, no 50 meter length. In the process of the demolition someone came across several copies of the program for this national meet. What a gem! As space allows in this and forthcoming newsletters I will pass along some most interesting facts from this meet - like numbers of participants, events swum, record times, etc. I hope you will find it as interesting as I have.

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The following article appeared in the GRIN Newsletter. It appeared in the American Dietitians Association 1995 Handout and is reprinted with permission from GRIN.

**ATHLETES FUEL UP FOR FITNESS**  
From Journal of American Dietitians Association 1995 Handout

Whether you are a world class athlete or an exercise enthusiast, nutrition is fundamental to fitness. A varied, moderate, and balanced eating plan that supplies the right amount of nutrients and is energy is essential for achieving and maintaining strength, flexibility, and endurance.

**WHAT IS A BALANCED EATING PLAN TO FUEL UP FOR FITNESS?** The best eating plan for athletes does not differ much from a regular, balanced diet. It should include adequate fluids and plenty of low-fat, high carbohydrate foods that provide energy and replenish the fuel and fluids used during physical activity. Athletes should pay careful attention to their nutrition needs before, during, and after exercise.

**WHY ARE CARBOHYDRATES SO IMPORTANT FOR ATHLETES?** Carbohydrates are one of the main sources of energy for working muscles. That's why carbohydrate foods should comprise at least 60% of the calories in an athlete's eating plan. Some foods high in carbohydrates and low in fat include breads, grains, pastas, vegetables, fruits, and fruit juices. Muscles replenish stored carbohydrates most efficiently within the first two hours following exercise. Therefore, athletes should eat or drink 200 to 400 carbohydrate calories as soon as tolerable after exercise, and then two hours later. Here are a few 200 to 400 calorie suggestions:

- \* Two pieces of fruit such as banana and orange or apple.
- \* 12 Oz fruit juice cocktail, like cranberry, or fruit juice like grapefruit or orange.
- \* 1 cup non-fat frozen or regular yogurt topped with 1 cup blueberries or raspberries.
- \* 1 cup of grapes and one bagel.
- \* 1 oz of cereal with 1/2 cup skim milk and 1/2 cup slices banana.
- \* 1 cup low-fat vegetable soup with 1 pita pocket.
- \* 1 bran, blueberry, or cranberry low-fat muffin with a cup of skim milk.

**WHAT IS THE ROLE OF FLUID IN SPORTS NUTRITION?**

When you are physically active, your body requires water or other fluids so it can cool itself, primarily through evaporation of sweat. Athletes must make a conscious effort to drink fluids before, during, and after exercise. A 150 pound athlete can lose as much as six cups of fluid in one hour of continuous activity. If an athlete is not careful about fluid intake, he/she runs the risk of becoming dehydrated, which can dramatically hinder athletic performance by reducing endurance and increasing the risk of serious heat illness, such as heat exhaustion and heat stroke.

**RECOMMENDED FLUID INTAKE FOR ATHLETES**

TIMING	DRINK THIS AMOUNT OF FLUIDS
2 hours before activity	2 cups
10-15 minutes before activity	2 1/2 cups
Every 15 minutes during activity	1/2 - 3/4 cup
After activity	2 cups for every pound lost

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Life is like a 10 speed bicycle. Most of us have gears we never use.

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The following Wisconsin Masters swimmers have received Top Ten rankings for Short Course Meters in 1995. Congratulations to ALL - and especially to the Women 200+ team of Nancy Fisher, Edith Jacobsen, Nancy Kranpitz and Doris Klitzke for their 1st place ranking in the 400 M Medley Relay! Their first place finish earns them Relay All American honors! Congratulations!

Melodee Nugent 28  
10th 800 Free 12:06.31  
10th 1500 Free 22:44.17

Patty Baus 37  
10th 50 Breast :41.18

Nancy-Leigh Fisher 44  
2nd 50 Free :29.22  
6th 100 Free 1:07.40  
2nd 50 Back :33.65  
3rd 100 Back 1:15.56  
2nd 200 Back 2:40.46  
8th 100 IM 1:18.59

Cynthia Maltry 40  
8th 50 Back :36.69  
9th 50 Breast :41.15  
7th 50 Fly :34.00  
3rd 100 IM 1:17.37

Nancy Ehrke 42  
8th 50 Breast :40.70  
3rd 100 Breast 1:27.35  
10th 200 Breast 3:20.12

Edith Jacobsen 48  
9th 200 Back 3:25.89  
10th 200 Breast 3:45.04  
6th 200 Fly 3:31.72  
8th 400 IM 6:54.31

Candy Christenson 48  
9th 50 Breast :44.79

Nancy Kranpitz 50  
10th 100 Breast 1:50.53  
10th 50 Fly :42.06  
6th 100 Fly 1:40.45  
4th 200 Fly 3:38.59

Ingrid Stine 56  
5th 200 Fly 4:19.46  
7th 400 IM 8:16.02

Doris Klitzke 60  
5th 50 Free :38.93  
3rd 50 Back :46.29  
4th 100 Back 1:41.18  
6th 200 Back 3:48.01  
6th 50 Fly :44.48  
4th 100 Fly 1:49.72  
7th 100 IM 1:40.47

Patricia Peregrine 66  
9th 50 Breast :59.31  
6th 100 Breast 2:07.21

Betty Kendall 75  
5th 50 Free :49.72  
5th 100 Free 1:54.81  
4th 200 Free 4:09.27  
5th 400 Free 8:47.01

Fran Zeumer 75  
6th 50 Breast 1:12.20  
5th 50 Fly 1:13.32  
7th 100 IM 2:29.28

Mary Siebold 79  
8th 200 Breast 10:25.26

Lynn Surles 78  
6th 50 Free :36.93  
7th 100 Free 1:26.89  
8th 200 Free 3:49.58  
8th 400 Free 7:38.73

Scott Kaufman 24  
6th 50 Fly :27.73

Larry Lanza 27  
8th 800 Free 10:45.82  
7th 1500 Free 20:18.01

Thomas Mole 26  
8th 1500 Free 20:46.02

Mark Gwidt  
7th 50 Back :31.16  
6th 50 Breast :33.28  
3rd 100 Breast 1:11.55

Scott Johnson 32  
9th 800 Free 10:11.37  
10th 200 Back 2:32.54

Allen Smallwood 36  
4th 100 Breast 1:12.13  
10th 200 IM 2:32.42

Peter Toumanoff 45  
8th 50 Free :27.55  
10th 200 Free 2:21.72  
8th 100 IM 1:13.37

Jim Olson 52  
6th 200 Fly 3:10.44

Robert Swain 58  
9th 200 Fly 4:27.79

Thomas Michelson 64  
5th 400 IM 7:47.12

W Morgan Byers 68  
5th 400 Free 6:23.10  
6th 200 IM 3:27.20

Harlan Drake 67  
4th 800 Free 14:04.25  
4th 1500 Free 26:51.55

Bill Payne 66  
5th 800 Free 14:08.59  
3rd 1500 Free 26:43.77

Henry Griesbach 65  
9th 50 Back :47.17

John Bauman 65  
6th 100 Back 1:46.55  
6th 200 Back 3:58.42  
9th 200 Breast 3:52.07  
7th 100 Fly 1:42.28  
9th 200 Fly 4:10.75  
3rd 400 IM 8:10.65

Gordon Schalla 69  
8th 200 Back 4:30.69

Ramon Klitzke 67  
9th 100 Back 2:04.23  
9th 200 Back 4:32.85

Frank Feld 68  
10th 100 Back 2:07.67

Alex MacGillis 67  
9th 100 Fly 1:48.19

WOMEN 200+  
7th 200 Free 2:59.94  
Ingrid Stine 56  
Doris Klitzke 60  
Janet Moldenhauer 65  
Debrah Barcalow 44

WOMEN 120+  
8th 200 Medley 2:36.59  
Melodee Nugent 28  
Nancy Ehrke 42  
Patty Morgan 35  
Judith Hemke 45

WOMEN 200+  
1st 400 Medley 6:15.74  
Nancy Fisher 44  
Edith Jacobsen 48  
Nancy Kranpitz 50  
Doris Klitzke 60

MEN 100+  
4th 200 Free 1:49.60  
Craig Lanza 27  
Larry Lanza 27  
Thomas Mole 26  
Mark Gwidt 25

6th 200 Free 1:52.45  
Scott Kaufman 24  
Paul Cooper 25  
Matthew Schlei 25  
Kenneth Mobile 26

MEN 240+  
4th 200 Free 2:39.45  
Donald Kilb 69  
James Nettesheim 50  
Harlan Drake 67  
James Sevenich 66

MEN 100+  
5th 200 Medley 2:04.56  
Thomas Mole 26  
Larry Lanza 27  
Scott Kaufman 24  
Craig Lanza 27  
6th 200 Medley 2:05.87  
Mark Gwidt 25  
Kenneth Mobile 26  
Paul Cooper 25  
Matthew Schlei 25

MEN 240+  
3rd 400 Medley 7:23.23  
Donald Kilb 69  
Alex MacGillis 67  
John Bauman 65  
Harlan Drake 67

MIXED 200+  
5TH 200 Medley 2:35.86  
Edith Jacobsen 48  
Jim Olson 53  
Peter Lee 52  
Nancy Kranpitz 50

Improvement begins with "I".

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The following article appeared in the GRIN (Indiana) newsletter - and it originally appeared in the Gulf Masters Nov 95 Newsletter. It is being reprinted with permission from the GRIN editor - with acknowledgment to Gulf Masters, as well.

**A MEET WITHOUT OFFICIALS**  
By Anonymous

It started innocently enough. The meet director had been too busy to get the meet properly organized. It looked like there would be enough officials, at least the minimum required. But then the meet referee got called out of town and the starter got sick. The meet director probably could have found some more officials but he decided not to bother anyone. No one from the LMSC board was attending, so maybe no one would notice that there weren't any other officials.

The first race was the 50 free. The guy in lane four of the second heat got a rolling start. The meet director thought to himself, I'd hate to ruin everyone else's race by calling the heat back. Besides, there's no one to confirm the false start. It was only when the results were being printed that he found out the guy set a LMSC record by .01 second.

Next was the 200 IM. There was one 77 year old woman swimming. No one was there to tell her that her one handed touch on the breaststroke was illegal or that she couldn't push off on her stomach on the backstroke. She didn't find out until she was disqualified at Nationals. She would have preferred to have been DQ'd at the local meet instead.

And so the meet went on. Most of the swimmers didn't notice the lack of officials since no one was getting disqualified. The swimmer who noticed the dolphin kicks on the turns of the swimmer in the adjacent lane during the 200 breast was a little irate, but he didn't complain. The swimmer who was beat when his competition used a one handed touch on the breaststroke didn't even know that the swimmer had an illegal touch.

The last race of the meet was the 200 backstroke. There was a 40 year old man and an 80 year old who were attending their first meet. They weren't sure about the rules for turns, but they noticed that people were turning on their stomachs before they got to the wall. One of them said he heard you could do anything that you wanted once you passed the flags. So during the race they both turned at the flags and took three strokes on their stomach. Another swimmer in the 40-44 age group noticed and complained to the meet director. The meet director told him, "Don't worry, it's only a small meet." The swimmer was even more irate when he saw the results and found out that the 40 year old had beat him by .2 second. The 80 year old got into the National Top Ten.

I hope that this scenario, or anything remotely like it never occurs. However, it does stress the need for competent, well trained officials. Many swimmers aren't aware of the role officials play in keeping the competition fair.

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The 1942 Women's National AAU Outdoor Swimming & Diving Championships were held over the course of three days and consisted of the following 11 events: 100 M free, 400 M free, 800 M free, 1500 M free, 100 M back, 100 M breaststroke, 200 M breaststroke, 300 M individual medley, 300 M medley relay, 800 M free relay, and 3 M springboard diving. Also listed in the program between these events were things such as ballet duet, exhibition 300 M Medley for men, Log Rolling exhibition by the world's champion women log rollers, a band concert (directed by my junior high band teacher!), synchronized swimming exhibitions, exhibition diving, and competition in the 1 M springboard diving, 150 M IM, 50 M breaststroke, 50 M backstroke, and 50 M free all as a part of the Fox Valley Open competition - and I have no idea what that refers to!

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Roberta Bankratz, Medinah Club, Chicago, IL, was one of the entrants in the 100 M backstroke at the 1942 Women's Outdoor AAU Swimming & Diving Championships. During the 1980's Roberta was a regular attendee at Wisconsin Masters Swimming Meets at Wauwatosa and at Wilson Park. She had a different last name and a nickname for her first name. Do you know who Roberta Bankratz was (is)???????

The pride of performance is not in winning, but in a job well done.

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Are you new to swimming and exercising in general? Do you find yourself in a state of confusion when you hear others in the gym or pool using terms that are totally foreign to you? Are you thinking a "trapezius" is something used in a circus? A "hamstring" that which is wrapped around a ham? An "oblique" a piece of art of unequal design? "Calves" as those things you see on a farm? Then the following article by Carl Mesman entitled Muscle In On Your Training is definitely for you. It appeared in the April 27, 1996, edition of The Post-Crescent and is reprinted with their permission.

Read any article about training and there's bound to be references to specific muscles and isolation of workload. The "pump you up" syndrome. How many of us never knew exactly what muscle they were talking about and exactly what that muscle was doing for us anyway? Read on.

**DELTOID:** This large muscle on the top of the shoulder is triangular and attaches to the upper arm from the scapula and clavicle. The deltoid lifts and rotates the arm forward, to the side or backward.

**TRAPEZIUS:** This muscle of the upper back lifts the entire shoulder girdle and helps turn your head. Thank the trapezius for the "no neck" look of football players.

**LATISSIMUS DORSI:** "Lats," the largest muscles of the upper body, extend from under the shoulders to the small of the back. The lats pull the shoulders down and to the back. Lats development gives that wide shoulder/narrow waist look.

**PECTORALS:** The "pecs" are the main muscles of the upper chest, the clavicle (upper) and sternal (lower). The pecs' function is to pull the arms and shoulders forward across the front of the body.

**BICEPS:** If there's one muscle that weightlifters concentrate on, it is the biceps. Located in the front of the upper arm, its role is to lift and curl the arm.

**TRICEPS:** This muscle on the back of the upper arm functions exactly the opposite of the biceps in that it extends the arm. Strengthening it can give a much more powerful finish to the stroke.

**QUADRICEPS:** Four muscles make up this group on the front of the upper leg. The "quads" are the most powerful muscle in your body and are used in almost all athletic events. The quads' main job is to extend and straighten the leg. The quads give you the spring to your step and are responsible for much of the power pedaling.

**HAMSTRINGS:** Technically, the biceps femoris is the triceps of the upper leg. While the quads straighten the leg, the "strings" curl the leg back. This is the runner's muscle but unfortunately it is not nearly as massive as the quads. Popping a string can be a nagging injury that hangs with you for a long time. Take time to stretch your hamstrings before runs and strengthen them with leg curls.

**CALVES:** Another easy one. Technically made up of three muscles, they're all lumped into the name "calf". The calf muscles flex the foot so you get that explosive push off in your stride and are used to stabilize the foot's travel. The calf muscles help absorb some of the footfall impact and give you that spring in your step.

**ABDOMINALS:** The "abs" are the muscles that have spawned the endless gut machines that every infomercial is trying to hawk. Development of the abs can actually relieve lower back pain as the abs can help support the upper body better, relieving some of the lower back muscle's work load.

**OBLIQUES:** The external obliques are right underneath the ol' love handles on the side of the waist. They help rotate the spinal column but can't stop that fat from folding over your waist band.

**GLUTEUS MAXIMUS:** While you're reading this, you're resting on this one. Your "glutes" are the muscles of the butt. Don't underestimate their importance as they cause the rearward movement of the upper leg. Not only will the glutes give you a powerful stride or pedal stroke, they'll make you a hit with admirers.

Depending on your sport you'll want to work on some or all of these muscles. If your sport requires moving your body over long distances, I would suggest working on strength and not bulk since muscle is very heavy and you'll get no benefit from being able to bench press 400 pounds if you're a marathon runner.

Now armed with this new knowledge you can feel confident to talk around the weight room. Now get off your glutes and get out there for a run!

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We are what we repeatedly do. Excellence, then, is not an act but a habit. -Aristotle 384-322 B.C.

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## RELAYS ANYONE?

How many times have you come to a local meet and been met by "that person" - clip board and WI swimmers list in hand - imploring you to participate on a relay? And how many times have you said "Oh, I'm not nearly good enough" - or something along that line? Perhaps "my story" will help to shed a different light on the subject.

Despite over 40 years of competitive swimming background I classify myself as a fitness swimmer. My exercise routine revolves around 3 1800-2000 yard workouts per week (M-W-F), 3 20-25 minute weight training sessions per week (T-Th-S) and a daily 3 1/2 mile brisk walk (13 min/mile pace). This amount of activity fits into my daily schedule quite nicely and while providing me with enough exercise to maintain a good resting heart rate, low blood pressure, and an acceptable body weight it doesn't dominate my life. For me there is more to life than swimming and working out. My masters times have never approached my teenage best times, but they have been good enough to get me into the LC and SC Meters Top Ten rankings on a fairly regular basis and even an occasional SC Yards 10th place. So you can imagine my complete shock when I discovered that not once, but twice, in 1995 relay teams that I participated on achieved #1 rankings in the US and qualified me as a relay "All-American".

Now anyone who knows me KNOWS I am NOT individual All-American material! Never have been - never will be! Nor, for the MOST part, were my teammates. But TOGETHER we did something no one else did better in 1995 in the SC Yards 400 free relay and SC Meters 400 medley relay. And we did it basically for the same reason fishermen go fishing - "for the halibut"! We certainly did not formulate the relays and swim with All-American status as our goal. In fact, my goal in the 400 M medley relay was basically to get through my fly leg as that leg brought to 450 meters the amount of fly in which I had COMPETED in that day!

So the next time you are approached by "that person" - don't be so quick to decline. Relays are the most fun races (in my mind, anyway). You're not just swimming for yourself. They can provide you with an event to "play" in. They can provide a number of swimmers another event in which to participate. They can provide an opportunity to renew old friendships (I thought the name Alan Becker was familiar - he thought the name Fran Zeumer - my mother - was familiar. Sure enough Alan and I swam AAU meets together in the '60's)! They can serve as a warm up for your next event - or as a cool down from a previous event. They might even earn you an All-American ranking! Do something different - SWIM RELAYS! Nancy Kranpitz, Editor

Mark your calendars for the annual SC Meter meet to be held at Lawrence University on October 26, 1996. Bob Swain has secured the pool and other necessary papers to once again hold this meet. Last year a number of SC Meter Top Ten times emerged from this meet. Hope to see you all at Lawrence (absolutely gorgeous facility for those who have never been there) in October.

Never let yesterday's disappointments overshadow tomorrow's dreams.

## HELPFUL HEALTH HINTS

Lower your blood pressure without taking drugs. The best way to lower blood pressure on the high side of normal is to lose a little weight. In one study, the average weight loss of those who successfully reduced their blood pressure was 8 1/2 pounds in a year and a half.

High hopes help in adjustment to a new lifestyle. Men and women who were paralyzed as a result of a spinal cord injury were less depressed and able to adjust faster, physically and psychologically, when they had high hopes. Hope was defined as strong determination combined with a sense of being able to meet personal goals.

Does aspirin upset your stomach? Try dissolving your aspirin in some juice or milk. Your "aspirin cocktail" will move the aspirin through the digestive system faster, so you'll be less likely to feel that burning distress. The aspirin will probably take effect sooner, too.

My job as a substitute teacher allows me to see a variety of teachers' classrooms. Scattered throughout this newsletter you will find one and two line sayings/quotes which grace the walls of several different classrooms at Marinette High School. While they are aimed at teenagers in an academic setting I can't help but feel they have significance to us, too. N.K.

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According to WI Senior Olympics data William Kirar, Stanley Schiermer, and George Trawicki qualify as "elite" by virtue of being in the 80+ age group! And there could be one more (Dick Zeumer - WI Masters most visible timer/recorder and husband of swimmer Fran Zeumer) if we could only twist his arm hard enough and get him to compete! Dick swims for fitness on a regular basis, but, having been born in 1915 claims he still isn't old enough to compete - or take up the game of golf. Now had he been born in 1914 that would be a different story!

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USMS sponsors a number of Long Distance National Championship Events. Six of the remaining 1996 events are:

- 5/10 K Postal Swim - to be swum between May 15 & Sept 30.
- 1 Mile Open Water Swim - August 3 in Santa Cruz, CA.
- 2 Mile Open Water Swim - September 7 in Wylie, TX.
- 5 K Open Water Swim - September 21 at Catalina Island, CA.
- 10 Mile Open Water Swim - July 20 in Seal Beach, CA.
- 3000 yd Postal Swim - to be swum between September 1 & November 30.

Information and/or entry forms for any of these meets may be obtained by contacting Sally Dillon, USMS Long Distance Swimming Committee Chair, P.O. Box 9499, Truckee, CA., 96162, - (916) 583-7439.

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I had heard that hotels and motels were becoming more "user friendly" as far as workout facilities are concerned and a recent trip to Kansas City, Mo., with a stay at the Westin Inn confirmed this. Their outdoor pool is deep, has 3 lane lines on the bottom, and is (for me) one stroke short of 25 yards in length (another good reason to count strokes per length!). In addition, the pool hours were from 6 AM - 10 PM. I don't know what they do to accommodate swimmers during the winter months. This was definitely an outdoor facility and there were no other pools indoors. Perhaps they put a dome over it. At any rate - it was perfect for outdoor swimming in May.

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I received the following letter recently and thought all WI Masters swimmers would appreciate the compliment! Dick Pitman and "crew" really deserve the plaudits.

Dear Sirs,

The Badger State Games of 1996 was the first time I have participated in these games. May I congratulate you on an excellently run meet. It was most pleasant and congenial for the contestants.

Secondly, on leaving the meet we found a watch on the pathway leading to the parking area. If someone has lost this watch, I will be most happy to mail it to them after they have correctly identified it. Perhaps you might want to include this item in your newsletter.

Thank you again for a super meet!

Sincerely,

James R. Sevenich  
Stevens Point, WI

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Commitment is crucial to accomplishment.

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Wisconsin was well represented at the 1996 YMCA Masters Nationals Swimming Championships held in Orlando, FL, in April. Finishing in the top eight were:

Rebecca Schmalz 23 1st 100 free 1:01.52 3rd 50 free :27.72 3rd 200 free 2:15.55 5th 100 IM 1:11.42	Patricia Morgan 35 8th 50 free :30.28	Judy Hemke 45 3rd 50 free :30.61 3rd 100 free 1:08.50 3rd 200 IM 3:02.33 3rd 100 free 14:51.76 5th 100 IM 1:21.10 6th 200 free 2:34.51 8th 50 fly :37.34	Nancy Kranpitz 51 2nd 100 free 1:14.88 2nd 100 fly 1:27.59 2nd 200 fly 3:17.75 3rd 50 fly :36.66 5th 50 breast :44.51 5th 100 breast 1:39.95 5th 200 breast 3:41.03
Nancy Ehrke 42 3rd 100 breast 1:19.21 3rd 50 breast :36.29 3rd 200 breast 2:54.72 3rd 200 IM 2:47.92 4th 100 IM 1:12.70 5th 400 IM 5:58.89	Patty Baus 37 4th 50 free :28.32 5th 50 breast :36.15 6th 50 fly :31.47 8th 10 breast 1:20.18	Betty Kendall 75 1st 1000 free 19:49.35* 2nd 200 free 3:41.19 2nd 500 free 9:51.98 3rd 50 fly :58.53 3rd 50 free :43.41 4th 100 IM 2:12.16 4th 100 free 1:41.16	Fran Zeumer 76 3rd 100 IM 2:11.86 4th 200 free 3:58.00 4th 50 back 1:03.69 4th 50 breast 1:03.45 4th 50 fly 1:06.11 5th 50 free :49.91 5th 100 free 1:53.49
Carol Reinke 59 3rd 200 breast 3:35.28 3rd 200 IM 3:24.98 3rd 100 breast 1:38.20 4th 100 IM 1:34.04 5th 50 breast :44.68	Doris Klitzke 60 1st 50 free :31.84 2nd 100 back 1:27.72 2nd 100 fly 1:30.13 2nd 100 IM 1:23.61 2nd 200 IM 3:08.94 3rd 50 back :39.26 3rd 50 fly :38.38	Larry Eschenburg 46 1st 100 free 11:26.56 2nd 500 free 5:27.06 3rd 200 free 2:03.38 5th 100 back 1:04.87 7th 50 back :29.74	Jim Olson 53 4th 200 fly 2:43.67 7th 200 br 2:44.78 7th 100 br 1:13.83
Mark Gwindt 26 1st 100 IM :55.61 3rd 50 breast :28.38 3rd 100 breast 1:02.20 3rd 200 breast 2:19.28 4th 100 back :57.28 5th 200 IM 2:05.98 7th 50 back :26.92	Thomas Mole 27 4th 200 back 2:16.25	Donald Jackson 55 4th 1000 free 15:15.61 6th 500 free 7:18.44	Alan Becker 53 5th 200 fly 2:52.90 7th 100 fly 1:11.60 8th 50 fly :29.48
Larry Lanza 27 3rd 1650 19:31.28	Gary Smits 44 5th 1650 29:35.72	Alex MacGillis 67 3rd 50 br :41.25 3rd 100 br 1:30.93 4th 200 br 3:29.06 7th 50 fly :38.21	Tom Michelson 64 3rd 200 fly 3:37.41 5th 1000 fr 16:49.66 5th 200 br 3:31.30 6th 400 IM 7:07.60
Ramon Klitzke 67 8th 100 breast 2:18.28 8th 200 breast 5:01.08	Harlan Drake 67 5th 1650 26:12.27 7th 100 free 1:16.00 7th 500 free 7:44.29 8th 200 free 2:52.10		
	Gordon Schalla 69 6th 50 br :43.64 7th 50 back :42.91 7th 100 back 1:39.85 7th 100 br 1:50.72		

Mark Swindt and Tom Mole were a part of 2 first place relay teams for Schroeder Y - the M 00 FR 19+ (1:29.42) and 200 MR 19+ (1:40.29). Mark was also a part of the Schroeder mixed 200 FR 19+ that finished first in 1:34.10. Larry Eschenburg, Alan Becker, Judy Hemke, and Doris Klitzke (Schroeder) took thirds in the mixed 200 FR 45+ (1:56.43) and mixed 200 MR 45+ (2:12.18). Patricia Morgan, Rebecca Schmalz, and Nancy Ehrke also swam on assorted Schroeder relays.

\*Betty Kendall's 1000 free time established a new record by almost 5 minutes! The previous record holder was Mary Wentworth.

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In the 1942 Women's National AAU Outdoor Swimming & Diving championships Sammy Lee of the Pasadena, CA., Athletic Club and 1942 national AAU men's champion diver gave an exhibition performance.

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Difficulties, hardships and challenges cause some people to break; others to break records. -William Arthur Ward

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CONGRATULATIONS TO NANCY-LEIGH FISHER! She set three new WORLD records in a short course meet in Sylvania, Ohio: 50 M back - :33.11; 100 M back - 01:12.92; 200 M back - 2:37.35! OUTSTANDING!

Ed. note: When I said MOST of my All-American relay team members were not All-American material.....obviously Nancy-Leigh not NOT fall into that category!

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The Badger State Games were held June 30, 1996, in Madison. Dick Pitman and Phil Hellmuth were the meet directors and coordinators and did an outstanding job running the meet. The weather cooperated once again - temperatures were in the 90's and the sun shone all morning! The meet started promptly at 8 AM and finished at 12:30 PM with several breaks in between.

About 12 swimmers participated - 40 less than in 1995. 100 participants from last year did NOT enter this year - but about 60 NEW ones had signed up! Herb Howe claimed honors as the oldest male swimmer (83) and Doris Klitzke was the oldest female swimmer (61). Harlan Drake and Rick Simonson both swam at Badger Games and both had participated in the 2000 yard quarry swim the day before! Also, Robert Kueny was in attendance after having competed in a 1500 meter swim in Des Plaines the previous day.

At "press time" official results have not reached me. But, congratulations to all who participated in our official state games!

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DON'T FORGET TO GET YOUR ENTRIES IN FOR THE 1996 LONG COURSE CHAMPIONSHIPS TO BE HELD AT SCHROEDER (inside - warm - no rain!) ON AUGUST 9-10!

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On June 29, 1996, 23 masters swimmers participated in a 2000 yard quarry swim in Racine. The quarry water temp was a pleasant 75 and the quarry depth ranged from 0 to 100 feet! It was a gorgeous summer day with temperatures in the 90's as swimmers circled a course 1000 yards in "length". About a dozen canoes patrolled the course for safety. In addition to the excellent swimming conditions swimmers had the use of a beautiful air-conditioned pavillion with picnic tables inside overlooking the quarry and swim course. The meet was USS sponsored and the kids swam first - 2 circles around the lagoon for 2000 yards. A very few swimmers competed in the 5000 yard race which was followed by the masters 2000 yard event. Rick Simonson (26 min), Harlan Drake (35 min), Melody Nugent and Scott Johnson (no times available) accounted for the WI Masters swimmers participation. The event called for a beach start after a roll call. Swimmers had to line up on the sandy beach and received a number before the running start. Included in the swim time was a 20 yard run from the water to a time chute. Rick Simonson reports it was a great first endeavor and encourages more WI Masters swimmers to participate next year.

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In 1942 the American record in the 100 M free was 1:06.80. There were 11 entrants in this event; The 300 M IM American record was 4:32.30 and there were 7 entrants; 1500 M free - 22:12.20 with 8 entrants; 800 M FR - 10:30.70 and 3 team entrants; 100 M back - 1:17.50 with 11 entrants; 200 M breast - 3:12.60 with 8 entrants; 400 M free - 5:22.00 with 11 entrants; 100 M breast - 1:26.60 with 12 entrants; 800 M free - 11:15.90 with 11 entrants; 300 M MR - 3:52.80 with 7 team entrants.

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Mark your calendars for the following definite WI Masters sanctioned swim meets:  
October 25 - SC M at Lawrence University  
November 30 - SC M at Schroeder  
April 5-6, 1997 - State SC Y Championships at Schroeder  
In addition - we hope there will be 2-3 meets in the Madison/Middleton area.

WISCONSIN MASTERS SWIMMING  
N1950 SHORE DRIVE  
MARINETTE, WI 54143

Bobbi Turcotte (formerly Roberta Bankratz) swam in the 1942 AAU Championships and for many years in our WI Masters meets!

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Ingrid Stine forwarded this definition of "Butterfly" found in an advertisement for T-shirts in a swim catalogue. Anyone who has struggled with conquering this stroke can really appreciate this!

**BUTTERFLY:** A swimming stroke requiring (in theory) superhuman strength and extraordinary coordination but characterized (in actuality) by randomly placed arm movements and erratic breathing patterns. Performance of this stroke is usually accompanied by incessant yelling by the coach, sheer hysteria by the parents and near drowning by the swimmer.

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Betty Kendall reports that in her age group at the Orlando YMCA Nationals 5 different women established new records in 7 different events - all this in the 75-80 age group! Talk about a pool of talent among our most senior swimmers!

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