

WISCONSIN MASTERS SWIM COMMITTEE NEWSLETTER
SEPTEMBER 1996

Fall is upon us all of a sudden and that means the annual short course meter meet at Lawrence is just around the corner! Summer was all too short and after a late spring it appears we are in for an early fall. For those who had the luxury of swimming outdoors during the summer months it is back to reality and stuffy indoor pools. At least there is a trade-off of sorts - at least as far as I am concerned. At least we are back to the "short" pool! There is just something about that long course pool. It is LONG!

Each year the Minnesota Masters sponsors a postal pentathlon swim meet. Once again this year we will incorporate all three pentathlon races in our October 26, 1996, short course meter meet. Official entry forms for this meet will be available at our meet and the meet director will serve as the official certification person. In past years Wisconsin Masters have placed in this meet and have won events and set new records. Let's try to do it again this year.

To participate in the Minnesota Masters Postal Pentathlon Meet, you will have an option for participating in our meet. Each participant swims a pentathlon of five events: butterfly, backstroke, breaststroke, freestyle, and individual medley. You may enter one of three pentathlons: The sprint, middle distance or ironman for the bargain fee of \$10.00. Check the meet entry information included in this newsletter for order of events, directions to the pool, and, best of all, post meet "analysis". Hope to see a lot of you there!

THE WISCONSIN MASTERS SWIM COMMITTEE WOULD LIKE TO THANK W. MORGAN AND MARY BYERS FOR THEIR GENEROUS DONATION TO THE WISCONSIN MASTERS SWIM COMMITTEE. THE MONEY WILL BE PUT TO GOOD USE. THANK YOU SO MUCH FOR REMEMBERING YOUR FELLOW SWIMMERS IN THIS WAY.

The Wisconsin Senior Olympics held competitions in several different events in early September in the Milwaukee area. Ingrid Stine reports that despite the new lower age group this year (50-54) no one took advantage of it at least in the swimming competition. My excuse - I was in Naperville, IL., moving youngest daughter from a 3rd floor apartment across town back into her third floor dorm room (no elevators in either building!) for her final year of college on a very HOT and HUMID day! An ironman pentathlon would have been a piece of cake compared to that day! At any rate - Ingrid not only swam she also competed in both bike race distances - 20 and 40 K - one right after the other! She also participated in the badminton competition! According to Ingrid those that participated had a great time and she encourages those of us who missed it to be there next time!

One of our own - Edie Jacobsen - has been laid up with back problems for much of the summer which has kept her out of the pool for several weeks. We hope by now you are well on your way to recovery, Edie, and back in the swim of things. We wish you a speedy recovery!

.....

The Great Lakes Zone Short Course Meters Championships will be held on Saturday, November 2, and Sunday, November 3, 1996, at the Indiana University Natatorium located on the IUPUI Campus in Indianapolis. The meet director is James Barber, 7540 Chestnut Hills Dr., Indianapolis, IN., 46378, Phone 317-298-8885, Fax 317-298-8288, E-Mail: jbarber221@aol.com. The entry deadline is October 15, 1996. Entries postmarked and received after that date may be considered DECK ENTRIES and will be treated as such. If you are interested in more detailed information concerning this meet contact Mr. Barber at the address listed above.

.....

.....

Several Wisconsin Masters Swimmers participated in the USMS National Long Course Swimming Championships in Ann Arbor, MI., in August. Morgan Byers has forwarded the results of those who participated and they are as follows. * indicates new state record.

Laurie Alioto - 38 6th 800 free (11:31.28)*, 7th 100 fly (1:20.18), 5TH 100 back (1:20.24)
Alan Becker - 53 9th 200 fly (3:29.15), 12th 50 fly (34.17), 14th 100 fly (1:28.46)
Morgan Byers - 68 5th 400 free (6:31.13)*, 5th 1500 free (25:22.99)*, 8th 200 back (3:42.11)*, 9th 200 free (3:03.60)*, 10th 200 IM (3:37.01)*
Candy Christenson - 49 4th 50 breast (43.65)*, 7th 200 free (3:12.58)*, 13th 50 free (37.08)*
Richard Hubbard - 43 16th 100 breast (1:27.95), 18th 200 back (3:55.14), 34th 50 free (35.66)
Stephen Justinger - 43 12th 1500 free (22:15.87)*, 20th 200 free (2:42.57)
Ramon Klitzke - 68 10th 200 breast (6:06.72), 11th 800 free (20:14.93), 12th 200 back (4:46.79)
Doris Klitzke - 61 1st 50 back (45.92)*, 1st 100 free (1:24.54)*, 1st 50 fly (42.84)*, 1st 50 free (36.81)*, 2nd 100 back (1:40.29)*
Peter Lee - 53 5th 1500 free (23:52.63), 7th 400 IM (7:00.64), 7th 200 IM (3:05.32)*, 16th 100 free (1:12.31), 18th 200 free (2:41.69)*
Melinda Mann - 40 1st 50 breast (38.09)*, 1st 50 fly (31.87)*, 1st 100 breast (1:24.04)*, 2nd 200 breast (3:06.75)*, 3rd 100 fly (1:13.80)*
Robert Meyer - 40 17th 100 free (1:03.54)*, 17th 50 free (28.08)
Perry Rockwell - 71 1st 100 fly (1:52.92), 2nd 200 IM (3:53.03)*, 2nd 50 fly (38.18)*, 4th 100 free (1:23.52)*, 4th 50 free (35.36)
Lynn Surles - 79 2nd 50 free (37.11)*, 4th 200 free (3:36.37), 4th 100 free (1:30.66), 4th 400 free (7:53.74)
Peter Toumanoff - 46 11th 200 free (2:27.75), 12th 50 free (28.63), 11th 100 free (1:05.59), 14th 200 IM (2:51.75), 14th 400 free (5:23.67)
Doris Klitzke, Melinda Mann, and Perry Rockwell earned All-American status by virtue of their first place finishes! Congratulations Doris, Melinda, and Perry!

.....

THE ANNUAL MEETING OF THE WISCONSIN MASTERS SWIM COMMITTEE WILL BE HELD ON SATURDAY OCTOBER 12, 1996, AT INGRID AND JOHN'S "ABODE" - 11917 W. RAINBOW AVE, WEST ALLIS, WI. (414-453-7336). ANY WISCONSIN REGISTERED SWIMMER IS INVITED AND ENCOURAGED TO ATTEND. OFFICERS FOR THE NEXT YEAR WILL BE ELECTED, SWIM MEET DATES FINALIZED, AND CONVENTION NEWS DISCUSSED. SUPPORT YOUR LOCAL SWIM ASSOCIATION AND ATTEND THIS MEETING!

.....

.....

Did you know that back injuries are 25 percent more likely to occur on Mondays than any other day of the week? That heart attacks are 33 percent more likely to occur on Mondays? This was determined through a study conducted by Princeton University. Makes one want to call in sick on Mondays!

.....

WMAC SHORT COURSE METRIC SWIM MEET
LAWRENCE UNIVERSITY - OCTOBER 26, 1996

- SPONSOR: WISCONSIN MASTERS AQUATIC CLUB
- SANCTION: USMS, INC. and LMSC for Wisconsin Sanction No. 206-008
- LOCATION: Lawrence University, Buchanan-Kiewit Aquatic Center, near corner of East College Ave. and Lawe St., Appleton, WI.
- FACILITIES: 25 meter, 8 lane pool, non-turbulent lane lines, movable bulkhead, starting blocks and backstroke flags.
- TIME: Warm up: 12:00 PM to 12:25 PM. Meet starts at 12:30 PM and will end by 6:00 PM.
- RULES: Official U.S. Masters rules will apply. All events are timed finals. Heats are pre-seeded slowest to fastest. Swimmers not submitting seed times will swim in slowest heats.
- AGE GROUPS: 5 year age groups. Cumulative age for relay teams. Age groups & sexes are combined to expedite meet.
- TIMING: Automatic timing system backed up with watches.
- WARM UP PROCEDURE: Lane 1 will be a start and sprint lane with swimming in one direction only and exiting from the side or end. Lanes 2-8 will be for circle swimming only. NO DIVING in lanes 2-8. It is prohibited for any swimmer to dive or jump into a warm-up pool in any location other than the designated sprint lanes. At the discretion of the meet director an offender may be disallowed from competition for the remainder of the day and be disqualified from events he or she has already swum that day.
- ELIGIBILITY: Open to all Masters Swimmers 19 years or older. Each entrant must be a registered Masters Swimmer and have a current card available at the meet.
- ENTRY FEES: \$2.50/individual event. \$3.00 for relays. Bargain rate: \$10.00 to register for Minnesota Masters Postal Pentathlon. Fee for deck entries is \$4/event. Checks payable to Wisconsin Masters Aquatic Club.
- ENTRY LIMIT: Five individual events plus relays.
- ENTRY DEADLINE: Entries must be received by the meet director no later than 10/18/96.
- ENTRY FORM: The official entry form must be used. One person per form. Waiver must be signed.
- AWARDS: Ribbons for 1st, 2nd, and 3rd places.
- MEET DIRECTOR: Robert Swain, 2100 N. Eugene St., Appleton, WI., 54914 (414)731-1913.
- POST MEET: Plan on burgers, pizza, Tex-Mex and refreshments or what have you at Good Company on the west end of College Ave at the railroad crossing (northeast corner) when the meet is over. It's on the way out of town and the food is great.

ORDER OF EVENTS:

- | | | | |
|-----|--------------------------|-----|---|
| 1. | 50 m butterfly | 11. | 200 m IM |
| 2. | 400 m IM | 12. | 50 m freestyle |
| 3. | 100 m freestyle | 13. | 100 m backstroke |
| 4. | 200 m backstroke | 14. | 200 m breaststroke |
| 5. | 100 m breaststroke | 15. | 100 m butterfly |
| 6. | 200 m freestyle | 16. | 100 m IM |
| 7. | 50 m backstroke | 17. | 200 m mixed free relay |
| 8. | 200 m fly | 18. | 400 m freestyle |
| 9. | 200 m mixed medley relay | 19. | 1500 m freestyle (<u>Limited</u> to first 16 entries. Splits for 400 and 800 can be submitted for Top Ten & first 200 split can be used for Ironman Pentathlon entry.) |
| 10. | 50 m breaststroke | | |

.....

DIRECTIONS TO POOL: The pool at Lawrence University is on the main campus on East College Ave which is Hwy 125 through the city. If coming from the north or south on Hwy 41, take the Hwy 125 off-ramp (West College Ave) and go east all the way through the downtown business district to the campus on East College Ave. When you arrive at the Chapel, Main Hall is across the street. Both are easy to spot! The pool is just beyond, to the left, and behind Main Hall. Parking in and around campus is not plentiful. If you're on College Ave, go past the Chapel to the next stop/go light and turn left. Go one block, turn left again, go another block to Union St. and turn left again. There's a visitor's parking lot next to the Chapel and a fair amount of on-street parking in this general area. The rec center and pool are straight south of Union St on the south side of College Ave.

.....

The following article - What is a Bummer? - originally appeared in the July/August 1978 edition of Shark Snooze.

- A bummer is...when you come all psyched up for your swim and the pool schedule is changed.
- A bummer is...checking the heat sheets at a swim meet and finding your toughest competition entered the same events as you.
- A bummer is...dieting strenuously for 2 weeks and gaining three pounds.
- A bummer is...standing on the starting block by yourself because you missed the start; they were using a peeping sound instead of a gun.
- A bummer is...telling your boss you are sick and then you get sick.
- A bummer is...swimming at a Military Academy and finding out too late that the shower rooms are co-ed.
- A bummer is...discovering under urgent conditions that Canadian coins will not work in pay toilets.
- A bummer is...when you swim 1500 meters and save all your "umpa" for the last 2 laps, but you have already finished because somebody forgot to flip your card.
- A bummer is...taking your new car to a swim meet and winning first place - then discovering you left the lights on in the car.
- A bummer is...taking a good hot shower after a swim meet and finding out you forgot to bring your underwear.

.....

Looking way ahead to June - and WARM weather once again. The Pan Pacific Masters Swimming Championships will be held in Maui June 24-29, 1997. The Championships include pool swimming as well as open water swimming and the color brochure makes this look like one fantastic place to go for a swim meet! Watch your SWIM magazine for more details as the time gets closer.

.....

ENTRY FORM
SHORT COURSE METRIC MEET
LAWRENCE UNIVERSITY
OCTOBER 26, 1996

NAME _____ BIRTH DATE _____ AGE _____ SEX _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE _____ USMS NO. _____ USMS TEAM _____

Event # _____	Seed Time _____	Event # _____	Seed Time _____
Event # _____	Seed Time _____	Event # _____	Seed Time _____
Event # _____	Seed Time _____	Event # _____	Seed Time _____

Number of Entries _____ @ \$2.50 = \$ _____

PENTATHLON ENTRY FORM
OCTOBER 26, 1996

NAME _____ BIRTH DATE _____ AGE _____ SEX _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE _____ USMS NO. _____ USMS TEAM _____

SPRINT PENTATHLON: 50 meters each stroke and 100 IM

Event #1: 50 fly _____; Event #7: 50 back _____; Event # 10: 50 Breast _____;
 Event #12: 50 free _____; Event #16: 100 IM _____

MIDDLE DISTANCE PENTATHLON: 100 meters each stroke and the 200 IM

Event #3: 100 Free _____; Event #5: 100 breast _____; Event #11: 200 IM _____;
 Event #13: 100 back _____; Event #15: 100 fly _____

IRONMAN PENTATHLON: 200 meters each stroke and the 400 IM

Event #2: 400 IM _____; Event #4: 200 back _____; Event #6: 200 free _____;
 Event #8: 200 fly _____; Event #14: 200 breast _____

WAIVER

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 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.** In addition, I agree to abide by and be governed by the rules of USMS.

Signed _____ Date _____

.....
I mentioned in the July 1996 newsletter that I had come across a program for the 1942 Women's National AAU Swimming & Diving Championships which were held in the former Neenah, WI., municipal pool. The following are excerpts from the pool description which appeared in the program.

"Neenah's municipal swimming pool, ranked by a national authority as one of the 10 best pools in the United States, is the scene for the 1942 National AAU women's swimming and diving championships.

The beautiful pool and recreation building, which cost approximately \$200,000, was opened to the public in 1940. The pool was built according to Olympic style so that national AAU meets could be conducted here. The pool proper, 50 meters long and 50 feet wide, has a separate diving section 50 by 25 feet. The diving section is 12 feet deep and consists of two 1 meter spring boards and a 3 meter diving board. The pool depth ranges from 3 1/2 feet at one end to 5 1/2 feet in the center and to 3 1/2 feet at the opposite end. The pool contains 360,000 gallons of water, and with filters capable of operating at a capacity of 800 gallons a minute, the water in the pool can be recirculated three times in 24 hours. Regular analysis of the water in the pool show that it is as pure as drinking water.

The pool has a capacity of from 800 to 1,000 swimmers and divers at one time. The 27 underwater lights and the 12 flood lights around the pool make visibility at night even better than in daytime. The pool is cleaned daily...using a large underwater vacuum cleaner."

This pool no longer exists. It was demolished this past summer and is being replaced by the new age pool - zero depth, water slides, and, unfortunately, no 50 meter swimming course. -Nancy Kranpitz

.....
WHAT IS A WORKOUT?
From Shark Snooze

A workout is 25% perspiration and 75% determination. Stated another way, it is one part physical exertion and three parts self discipline. Doing it is easy once you get started. A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you work out regularly, your problems diminish and your confidence grows. A workout is a personal triumph over laziness and procrastination. It is the mark of an organized, goal-oriented person who has taken charge of his or her destiny. A workout is a wise use of time and an investment in excellence. It is a way for preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it. When you finish a good workout, you don't simply feel better. You feel better about yourself.

From President's Council on Physical Fitness

.....
The Wisconsin Masters Swim Committee regrets to inform you that the 1996 short course yards Top Ten times for meets swam in Wisconsin were not sent in to the National Top Ten Recorder as they should have been. Therefore, any times established in SCY meets in the state of Wisconsin are ineligible for National Top Ten recognition. If you swam in SCY meets in other states - or in national competition - you will find that those times will appear in the national rankings. Wisconsin Masters regrets that this happened. We feel badly for 2 relays which would have attained number 1 rankings - and therefore All American status. Steps have been taken to assure this will not happen again.

1996 USMS Long Distance 3000 yd Postal Championship
September 1 — November 30, 1996
 Sponsored by Davis Aquatic Masters
 Sanctioned by Pacific Masters Swimming Inc. for USMS Inc.
 SANCTION #:38-96-26

EVENT

The Individual 3000 yard (25 yds. x 120 lengths) swim is a USMS National Championship. The 3 person team is also a championship event.

ELIGIBILITY

Open to all currently registered Masters swimmers 19 years of age and older as of the day they swim the event. Each swimmer must include a copy of their USMS (or foreign national) registration card or their entry will be rejected. Swimmers who change age groups during the event may enter twice but must swim the event twice, complete two entry forms and send in two entry fees (see Ages topic below). Any swimmer may swim the event as often as desired but may submit only one individual entry per age group.

AFFILIATION

A swimmer's club affiliation as indicated on the USMS (or foreign national) registration card will apply.

ENTRY FEES

\$10.00 in US funds for each individual entry and \$12 for each team entry. Checks or money orders only. Do not send cash. Make checks payable to: **Davis Aquatic Masters**.

TEAM ENTRIES

A team shall consist of three swimmers from the same registered club (foreign teams must send proof of club registration). The cumulative time of all three swimmers will be the team time. To enter a team send the completed entry forms of the three swimmers together in the same envelope along with the individual entry fees for all three swimmers (\$10.00 each) and an additional \$12.00 for the team entry fee. Alternatively, if the individual entries are sent separately, photocopies of the completed entry forms of all three swimmers may be sent in one envelope with the \$12.00 team entry fee. In any case, all three swimmers on the team must submit and pay for individual entries. Team sexes are Men, Women and Mixed. A mixed team must have at least one man and at least one woman. A competitor may enter his swim as part of as many different teams as desired.

COUNTER / RECORDER

For each swimmer there shall be a counter who shall record cumulative split times for every 50 yards and the final time at 3000 yards.

DATES & DEADLINES

The swim(s) must be completed between September 1 and November 30, 1996. Entries must be postmarked by a U.S. Postal Service office in the 50 states (no private or corporate meter postmarks) by December 6, 1996 or received no later than December 13th 1996 to be considered on-time. Fax entries will not be accepted.

COURSE

3000 yards (120 lengths) in any 25 yard pool.

AGES AND AGE GROUPS

For individual events 19-24, 25-29, 30-34, ... 95-99, 100+. Team age groups are based on the age of the youngest swimmer, 19+, 25+, 35+, ... 75+, 85+. The swimmer's age on the day he/she swims the individual event is used to determine the age group for both the individual and team events.

RULES

1996 USMS rules will govern the conduct of the competition. No drafting. A Starter/Referee/Official must be present. Swimmer, recorder and official must sign the Official Entry Form. A copy of the individual's USMS (or foreign national) registration card must accompany the entry.

AWARDS

USMS Long Distance National Championship medals will be awarded to the top three individual and top three team finishers in each age group and sex. Championship patches will be awarded to each first place finisher.

T-SHIRTS

Commemorative t-shirts may be ordered. Davis Aquatic Masters reserves the right to return t-shirt orders and money if there are insufficient numbers. It is suggested you purchase a t-shirt for your lap/split counter.

RESULTS

A complete set of results will be mailed to each entrant by January 1, 1997. To find out how you did sooner, check out the results on the Davis Aquatic Masters home page at: <http://www.hooked.net/users/swim/clubs/dam/DAM.html>

QUESTIONS?

Michael Collins, (916) 758-7212 Tel & Fax
 email: SWIM MC@aol.com

1996 USMS 3000 yd Postal Championship — Official Team Event Entry Form

This form is used only for entering a team of 3 swimmers from the same registered club - one Team Entry Form per team. Attach all 3 original individual entry forms (or photocopies) to this form and include the \$12 Team entry fee. All members of the a team must be entered in the individual event. All entries must be US postmarked in the 50 states no later than Dec. 6, 1996 or received by Dec. 13, 1996. Foreign teams must send proof of club registration.

Team Name: _____	
Swimmer's Names	Time
_____	_____
_____	_____
_____	_____
Cumulative Team Time	

1995 USMS Long Distance 3000 Yard Postal Championship - Individual Entry Form

Swum anytime from September 1 thru November 30, 1996

Name _____ Sex _____ Age _____ DOB _____ Phone _____

Address _____ City _____ State _____ Zip _____

Counter/Recorder's Signature _____ Date _____ Registration# (USMS#) _____

Official's Signature _____ Date _____ Club _____

Release from liability:

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. In addition I agree to abide by and be governed by the rules of USMS.

Competitor's Signature _____ Date _____

	cum	lap
50		
100		
150		
200		
250		
300		
350		
400		
450		
500		
550		
600		
650		
700		
750		
800		
850		
900		
950		
1000		

	cum	lap
1050		
1100		
1150		
1200		
1250		
1300		
1350		
1400		
1450		
1500		
1550		
1600		
1650		
1700		
1750		
1800		
1850		
1900		
1950		
2000		

	cum	lap
2050		
2100		
2150		
2200		
2250		
2300		
2350		
2400		
2450		
2500		
2550		
2600		
2650		
2700		
2750		
2800		
2850		
2900		
2950		
3000		

USMS rules require a time to be recorded every 50 yards. You must record the cumulative (cum) time for each 50 yards and may record the lap split (lap) time as well. Record cum times to the nearest tenth of a second and record the final cumulative time at 3000 yards to the nearest 100th of a second.

A complete individual entry includes:

1. Completed entry form with all cum splits and all three signatures.
 2. Check or money order (US funds) for \$10.00 entry fee plus \$12.00 per shirt ordered. Made out to Davis Aquatic Masters.
 3. Copy of 1996 USMS (or other national) Registration Card.
- Only complete entries will be accepted.

CIRCLE SIZES

1st T-shirt Size S M L XL XXL

2nd T-shirt Size S M L XL XXL

ENTRY FEE CALCULATION

Individual entry fee \$10.00

T-shirts x \$12 each + _____

Total = _____

MAIL ENTRIES TO:

Michael Collins - 3,000 Postal
P.O. Box 1366
Davis, CA 95617

Entries must be US postmarked in the 50 states by Dec. 6, 1996 or received by Dec. 13, 1996

.....

What a surprise to pick up the Sunday Press Gazette recently and see Steve Hannah's article devoted to Gerry Donovan. Gerry is 82 and both he and his wife, Louise, are well known in the Masters swim circle. What I didn't know is that Gerry is a devoted triathlete. This past summer Gerry participated in four triathlons - in Ohio, Indiana, Wausau, and Devil's Lake. He was 72 before he ever competed in a triathlon and he did so because as a recent widower he needed to find something to do to keep him from going crazy. He felt that since he had run track in college, had always loved swimming, and rode a bike for years delivering newspapers that it couldn't be all that hard to compete in a triathlon!

Gerry often brings home the first place award for his age group - although he says he'll probably have to admit he is usually the only one in his age group. His advice to anybody preparing for athletic competition: 1. Do some strenuous exercise every day; 2. Have some whipped cream everyday at lunch time. He admits to usually having his on some cake or pie.

Gerry's goal is to be the oldest living, sweating, grunting triathlete on the face of the earth! During the summer months he can be found swimming in Green Bay (the REAL Bay, that is - not at a pool in the city that also has that name), running through the Door County hills, and cycling endless miles through Potawatomi State Park.

At 82 Gerry has only run into one hitch with his training program. He recently read an article which stated that an adult athlete in his/her 30s should train 3 days a week, 4 days a week in your 40s, 5 days in your 50s, 6 days in your 60s, and 7 days in your 70s. Since he is already in his 80s - and hoping to be doing this in his 90s - he's run out of days in the week! But it sounds as though this certainly won't slow Gerry Donovan down.

.....

Have you ever experienced the ultimate frustration of being all psyched up for a good workout only to have your goggle strap break as you put your goggles on and find out you have no back up goggles or straps in your swim bag? Put an end to this problem by saving your old bicycle tubes (or getting them from your cycling friends), cutting out the valve portion, and cutting the tube lengthwise so that you can roll it up and secure it with a rubber band. When you need to replace a goggle strap you just unroll enough material and cut it to shape. Bike tube material is much more resistant to sun and heat (two items Wisconsinites usually don't have to worry too much about) than the straps the usually come with goggles.

I found this "hint" in the Florida newsletter - contributed by Marv Norin. He claims he's never had one of his "replacement" straps break.

.....

YOU NEED A LOT MORE WATER THAN YOU THINK SHARK SNOOZE

Even if you don't exercise, your body loses 64 to 80 ounces of water a day. That's equal to 8 to 10 8 ounce glasses of water daily. The water is lost through perspiration, urination and release of water vapor when you exhale. Your blood is 85 percent water, your muscles are 70 percent and your brain is 75 percent. You could go for a month without food, but most people can't survive more than three or four days without water.

If you don't drink water you can still get plenty of it from your food. Many fruits and vegetables are at least 80 percent water, meat is half water, and bread, 30 percent, reports American Health.

Water must be replaced by drinking fluids, water being the natural choice. The more you exercise the more you need, not only to regulate your body temperature and carry nutrients and oxygen to your cells, but also to cushion joints and protect organs and tissues. How much water should you drink? That all depends on how much you weigh and how active you are.

.....

I have received information concerning the 1996 USMS Long Distance 3000 yard postal championships. The individual entry form is enclosed with the newsletter although the headline says 1995 I am assuming it is really for 1996 as the directions state it may be swum anytime from September 1 through November 30, 1996.

.....

.....
Also from Shark Snooze - Only 33 percent of 2,406 adults recently surveyed believe skim milk is a good source of calcium. But in reality, skim milk contains just as much calcium as whole milk, minus the fat.
.....

Do you have some news to share with your fellow Wisconsin Masters swimmers? Have you read an interesting article or book lately that you would like to review and share? As editor of this newsletter I am always looking for items of interest to pass along through this newsletter. Please send information to me at the Shore Drive address listed as the return address. Many thanks to those who have sent things to me. Don't be bashful. Some things we will never know about unless you tell us. This is YOUR newsletter - please help me to make it interesting and worthwhile. Thanks! Nancy Kranpitz
.....

WISCONSIN MASTERS SWIMMING
N 1950 SHORE DRIVE
MARINETTE, WI 54143