

Wisconsin Masters Swim Committee

News Letter

Fall 1997

The leaves are already beginning to turn the north woods into a spectacular color spectrum so I guess that means it is time for the fall newsletter. In case you didn't see my new permanent address in the summer newsletter it is: Nancy Kranpitz, 10346 Cedar Falls Road, Hazelhurst, WI., 54531.

Summer has come and gone all too quickly this year. I feel fortunate to have been able to participate in both of the LC Wisconsin meets (Badger State Games and WI Masters LC Swimming Championships) and I enjoyed them both immensely. It was interesting to note the large number of competitive swimmers at BSG. This was without a doubt the largest state meet I have ever attended. Many of those competitors were not USMS swimmers - but would greatly enhance our program if they would join. Let's reach out to these people and get them in on a good thing - USMS! With registration information for 1998 coming out in the near future this is an ideal time to befriend a non USMS swimmer and encourage him/her to join our ranks.

October means our annual SCM meet at Lawrence University is just around the corner followed quickly by our series of SCY meets in the Madison and Milwaukee areas. Meet information and entry form for the Lawrence meet are included in this newsletter. Let's finish 1997 and begin 1998 with a pledge to attend and support these meets. Hope to see you all there!

Don't be afraid of opposition. Remember, a kite rises against - not with - the wind.

Herb Howe forwarded an article entitled, "Swimming", which appeared in the June 1934 issue of Fortune Magazine. It is basically a historical account of the history of the development of competitive swimming and it is most interesting. Since the article is too long to duplicate for this newsletter I will instead reprint Herb's comments as they pertain to the article.

"June, 1934, the month I graduated from college. Men wore silk suits; a backstroker on our team was not allowed to swim until he buttoned both straps on a tight suit! Events swum (yds): 50, 100, 220, and 440 free, 150 back, 200 breast, diving, and 400 free relay. No fly! In 1935 breaststrokes began lifting arms from the water. I don't remember lane dividers.

Annette Kellerman was the great feminist during World War I. Until then (in the days of my older sister who was born in 1899) women wore 1) a garment more or less like a baggy modern suit, called an "Annette", with elbow sleeves and knee trunks; 2) an even baggier thing like a blouse with knee length skirt; 3) long stockings; 4) a hat (rubber caps were apt to split; 5) bathing shoes - rubber or canvas. The "Annette" (with skirt) persisted into the '30's. After a certain age a woman carried a parasol.

Men wore loose knee length trunks, with belt, and jersey. Except for racing, everything was wool (both sexes). The women's suit of the '30s had a short skirt. Even in the '30's men could be arrested in Madison for not wearing a top.

Pools sometimes had odd shapes. One, given by a grieving mother, was shaped like a coffin. Columbia University had a Roman Bath for a pool. Most pools were 20 or 25 yards, 4 lanes. "

This article is rather lengthy and I am sure many of you would enjoy reading it in its entirety. Perhaps your local library has the magazine in its archives. One final thing I found "interesting" is the full page advertisement at the end of the article showing an attractive woman lounging in a fancy party dress in a garden setting holding a cigarette - advertising for Lucky Strike! A sign of the times!

Those who registered to swim in the Senior Olympics were met with COLD water at the Schroeder pool in early September. Apparently the big pool had been emptied for cleaning the week before and bringing the water back up to a comfortable temperature took longer than expected. Some elected not to swim and received a refund. But others took the plunge - and survived! No results to report at this time.

In my last newsletter I asked for help in contacting masters swimmers in the Hazelhurst area and I was very pleased to receive a wonderful letter from Joyce Parker. Joyce currently lives in Eagle River, used to run the community swim program here in Minocqua at Lakeland Union High School (my new swimming "home"), and currently teaches water exercise, baby, and children's classes in the Rustic Manor Motor Lodge pool four days and evenings a week spending anywhere from 5-7 hours a day in the pool. She is currently working with the town of St. Germaine to get going on the creation of a full recreational facility, hopefully with an Olympic size pool, but not in connection with the schools so the community may have all the hours possible to swim, instruct classes, train WSI's and Life Guards, water exercises, etc. The following is a little more very interesting background on Joyce Parker - which I quote with her permission from her letter to me.

"My name is Joyce Parker, originally from Kenosha, WI., where I began swim lessons at the age of six at the now Kenosha Youth Foundation (it began as a YMCA), taught swim lessons from 1961-1978 when my husband died, became Aquatics Director of the KYF in 1978 until retirement in 1987 when I moved up here. I was privileged to plan and host the WI Masters State Swim Meets every spring for many years.

My old swim teammates even before the Masters were Bob Kueny, Bob Baker, and Bill Kirar. I encouraged Bill to join the masters and also Betty Kendall. These newsletters keep me posted on some of my friends' progress. Betty is really doing great.

Harlan Drake and John Bauman should have a great deal of "thanks" for their years of work for the Masters. I'm sure there are many others who work that "thank you's" should be said for but I only know these two gentlemen. A big "thank you" for the newsletters.

My mentor? Elizabeth John - whose smile and encouragement to others, including me, along with her quiet demeanor are an inspiration to all." Sincerely, Joyce Parker

I know MANY WI Masters Swimmers competed in the YMCA SC Nationals held May 1-4, 1997, in Indianapolis at the IUPUI Natatorium. The following are results that have been brought to my attention:

Doris Klitzke (60-64)
 1st 100 back 1:24.74
 1st 100 fly 1:32.28
 1st 50 back :37.89
 2nd 50 free :32.15
 2nd 100 free 1:15.10
 2nd 50 fly :39.26
 3rd 100 IM 1:23.33
 3rd, 8th, and 13th in relays

Gordon Shalla 70-74
 2nd 50 back :42.43
 4th 50 free :36.48
 5th 100 back 1:43.88
 6th 100 free 1:35.61
 7th 50 breast :45.15

Nancy Kranpitz 50-54
 1st 400 IM 6:52.?
 1st 200 fly 3:19.?
 3rd 50 fly :36.31
 3rd 100 fly 1:27.?
 4th 50 free :31.10
 6th 100 free 1:14.48
 8th 200 free 2:52.?
 (I can't locate my exact times!)

Ramon Klitzke (65-70)
 5th 50 back
 7th 100 free
 7th 100 breast
 8th 50 breast
 3rd 200 MR

Fran Zeumer (75-79)
 2nd 50 free :50.64
 2nd 100 free 1:53.77
 2nd 200 free 4:04.42
 2nd 100 IM 2:15.68
 3rd 50 back 1:02.56
 3rd 50 breast 1:06.64
 3rd 100 fly 1:08.67

Cindy Maltry (40-44)
 1st 100 IM 1:07.44
 3rd 50 fly :30.30
 4th 200 back 2:34.94
 5th 100 back 1:11.53

Chris Blimel - 45
 8th 200 fr 2:48.54
 7th 500 free 7:39.32
 4th 1650 free 26:34.01
 4th 100 back 1:37.15
 5th 200 back 3:29.21
 6th 200 breast 3:48.68

Harlan Drake - 68
 8th 50 free :33.73
 7th 100 free 1:18.93
 9th 200 free 2:54.15
 6th 500 free 7:58.16
 3rd 1650 free 27:01.98
 8th 100 IM 1:41.04

Candy Christensen - 50
 6th 50 free :32.81
 2nd 50 breast :38.39
 1st 100 breast 1:27.26
 1st 200 breast 3:20.49
 4th 50 fly :36.36
 5th 100 IM 1:23.96

Carol Reinke - 60
 4th 50 breast :45.54
 4th 100 breast 1:39.59
 2nd 200 breast 3:32.59
 4th 100 IM 1:34.43
 4th 200 IM 3:29.31

 The biggest thief is the one who steals your hope.

Nostalgia is the longing to go back to the good old days where you were neither good nor old.

The annual meeting of the Wisconsin Masters Swim Committee, Incl, (LMSC), will be held Saturday, Oct 11, 1997, 1:00 PM, at 11917 Rainbow Ave., West Allis (Rainbow Ave is 1 block north of Greenfield Ave.)

Business to be conducted will include elections of USMS officers; establish registration fees for 1998; set a meet schedule for 1997-98; discussion of championship meets and meet information mailings; a proposal to change the official name of the committee and any other business that may be brought before the committee.

Any team wishing to conduct a sanctioned meet should be prepared to present a proposal, including a firm date, at the meeting. A proposal mailed to me prior to the meeting will be given consideration.

John Bauman, Chairman
(414) 453-7336

Officers:

Harlan Drake
Nancy Kranpitz
Peter Lee
Donald Kilb
Edith Jacobsen
Ingrid Stine

Teams:

Manitowoc-Two Rivers YMCA - Russ Weigel
Racine Y Sea Dogs - Lyn Boehm
JCC Masters - Debi Erb

This meeting is open to all registered Wisconsin Masters swimmers.

Choose a job you love and you will never have to work a day in your life.

BIG SHOULDERS - CHICAGO LONG DISTANCE SWIM CLASSIC
Ingrid Stine

The Angel of Open Water swim was watching over the Big Shoulders Classic again this year. The weather was perfect - a warm (relative to this summer) and humid day, fairly calm, water and air temperature between 72 and 74 degrees. Once again the sunny blue skies opened up to us as we moved into our swim on the traditional first Sunday after Labor Day.

Ninety-seven masters swimmers swam and finished the race. Some of them got DQ'd for wearing wet suits. Wisconsin Masters who participated in the 5 K Open Water Swim were:

Carol Kazarian (34) 1 hr 11 min 4th in age group 21st overall
Laurie Alioto (39) 1 hr 10 min 19 sec 3rd in age group 18th overall
Corinna Maleike (37) 1 hr 16 min 4th in age group 31st overall
Eric Jernberg (38) 1 hr 10 min 2 sec 1st in age group 17th overall

The date for the 1998 Big Shoulders event has been set for Sunday, September 13, 1998. Congratulations to our WI Masters swimmers for their fine showing in this open water swim.

Those of us who have been around WI Masters swimming for a number of years were saddened to hear of the death of Father Mike Sablica. He died June 15, 1997, at the age of 77. In addition to his involvement in WI Masters Swimming Mike lifted weights, competed in track events in the WI Senior Olympics, and ran a marathon at age 61. Ingrid Stine reports that she and Mike invariably ended up swimming in the same heats in the 400 IM and 200 fly meet after meet. She once refused to start during a meet in Kenosha until they found Mike in that large building! (Ed. comment - Only Ingrid could successfully pull that off at a State Championship meet!) Father Mike had a doctorate in philosophy and fought racism, authority, and sometimes his own church. According to his sister, "He believed in justice and he helped people he believed were unjustly treated." Wisconsin Masters extends condolences to Mike's surviving brother and sister.

In matters of style, swim with the current; in matters of principle, stand like a rock.

BADGER STATE SUMMER GAMES RESULTS

The following WI Masters registered swimmers placed in the top three at the BSG in late June:

200 M Free

M 25-29 Jason Martin 2nd 2:22.58
M 30-34 Jerry Lourigan 2nd 2:33.07
W 30-34 Patricia Miller 1st 2:32.06
M 35-39 Jim Culp 3rd 2:56.11
W 35-39 Laurie Alioto 1st 2:41.70
Corinna Maleuje 2nd 2:53.55
M 40-44 Keith Krueger 1st 2:19.96
Steve Justinger 3rd 2:43.40
M 45-49 Peter Toumanoff 1st 2:36.60
W 45-49 Nancy-Leigh Fisher 1st 2:28.99
Elizabeth Graham 2nd 3:56.67
M 50-59 Dick Pitman 1st 2:41.97
Art Luetke 2nd 2:43.97
Peter Lee 3rd 2:54.59
W 50-59 Carol Smollen 1st 3:26.97
Roberta Johnston 2nd 4:15.57
M 60-69 Harlan Drake 1st 3:26.95
W 60-69 Judith Davis 1st 4:46.91
M 70&O Lynn Surles 1st 4:01.27
Herb Howe 2nd 4:09.85
W 70&O Fran Zeumer 1st 4:48.12

W 45-49 Janet Schultz 1st 3:32.58
M 50-59 Dick Pitman 1st 3:00.10
Michael Ziniel 2nd 3:07.30
Peter Lee 3rd 3:18.40
W 50-59 Nancy Kranpitz 1st 3:44.45
Candy Christenson 2nd 3:51.32
Roberta Johnston 3rd 5:19.84
M 60-69 Robert Kueny 1st 3:32.75
John Bauman 2nd 4:16.21
David Bart 2nd 1:20.92
W 35-39 Patty Baus 1st 1:35.00
M 40-44 Rich Hubbard 1st 1:25.96
W 40-44 Melinda Mann 1st 1:25.52
Cynthia Maltry 2nd 1:31.23
M 45-49 John Maniaci 2nd 1:32.32
W 45-49 Barbara Weitz 1st 1:44.00
Janet Schultz 2nd 1:48.19
M 50-59 Michael Ziniel 1st 1:28.07
W 50-59 Candy Christenson 1st 1:43.34
M 60-69 Robert Kueny 1st 1:43.09
John Bauman 2nd 1:51.64
Tom Michelson 3rd 1:51.08

100 M Breaststroke

W 30-34 Elyce Dilworth 1st 1:42.11
M 35-39 Richard Simonson 1st 1:20.22
David Bart 2nd 1:20.92
W 35-39 Patty Baus 1st 1:35.00
M 40-44 Keith Krueger 1st 29.64
W 40-44 Melinda Mann 1st 31.32
Cynthia Maltry 2nd 33.52
Joan Provencher 3rd 35.06
M 45-49 Charles Lonsdorf 1st 31.67
W 45-49 Elizabeth Graham 1st 1:07.71
M 50-59 Dick Pitman 1st 32.46
Michael Ziniel 2nd 33.86
W 50-59 Nancy Kranpitz 1st 42.14
Candy Christenson 2nd 43.8
Roberta Johnston 3rd 1:05.77
M 60-69 Robert Kueny 1st 38.87
M 70&O Perry Rockwell 1st 39.27

50 M Free

M 25-29 Paul Cooper 1st 30:25
M 35-39 Christopher Hagerup 1st 28.14
David Bart 2nd 30.39
W 35-39 Patty Baus 2nd 32.30
M 40-44 Rob Meyer 2nd 29.16
Brian Morgan 3rd 30.91
W 40-44 Jane Cummings-Carlson 1st 41.93
M 45-49 Charles Lonsdorf 1st 29.56
W 45-49 Barbara Weitzf 1st 38.17
Eliabeth Graham 3rd 45.59
M 50-59 Art Luetke 1st 30.09
W 50-59 Nancy Kranpitz 1st 36.71
M 60-69 James Sevenich 2nd 39.55
W 60-69 Judith Davis 1st 57.61
M 70&O Perry Rockwell 1st 34.68
Lynn Surles 2nd 40.07
W 70&O Shirley Hasselbacher 1st 45.96
Fran Zeumer 2nd 1:01.03

100 M Freestyle

M 25-29 Paul Cooper 2nd 1:08.32
W 25-29 Michelle Schulze 3rd 1:17.16
W 30-34 Melodee Nugent 2nd 1:21.92
M 35-39 Christopher Hagerup 1st 1:04.24
David Bart 3rd 1:07.74
M 40-44 Rob Meyer 1st 1:06.67
W 40-44 Joan Provencher 2nd 1:15.34
M 45-49 Peter Toumanoff 1st 1:08.59
W 45-49 Nancy-Leigh Fisher 1st 1:07.63
Barbara Weitz 3rd 1:29.00
M 50-59 Art Luetke 1st 1:09.01
W 50-59 Carol Smollen 2nd 1:34.54
M 60-69 Harlan Drake 2nd 1:33.95
Tom Michelson 3rd 1:34.10
W 60-69 Judith Davis 1st 2:08.79
M 70&O Perry Rockwell 1st 1:22.17
Lynn Surles 2nd 1:39.20
W 70&O Shirley Hasselbacher 1st 1:53.54
Fran Zeumer 2:09.82

100 M Backstroke

M 19-24 Roger Hackler 2nd 2:51.44
M 25-29 Jason Martin 1st 1:14.22
W 25-29 Michele Schulze 2nd 1:33.26
W 30-34 Elyce Dilworth 1st 1:43.83
M 35-39 Kevin Welton 1st 1:08.22
Terry Head 2nd 1:19.91
W 35-39 Laurie Alioto 1st 1:22.14
M 40-44 Rob Meyer 2nd 1:25.34
M 45-49 Kenneth Wehr 2nd 1:31.03
W 45-49 Janet Schultz 1st 1:42.80
M 50-59 Phillip Hellmuth 2nd 1:45.79
M 60-69 Tom Michelson 2nd 1:58.18
James Sevenich 3rd 2:04.34

200 M IM

M 19-24 Roger Hackler 1st 5:20.61
M 25-29 Jason Martin 1st 2:40.09
Paul Cooper 2nd 2:55.17
W 25-29 Michelle Schulze 1st 3:20.78
M 30-34 Jerry Lourigan 2nd 2:59.23
W 30-34 Joellen Torresani 1st 3:10.30
M 35-39 Kevin Welton 1st 2:38.01
Richard Simonson 2 2:43.86
John Murphy 3rd 3:08.09
W 35-39 Corinna Maleike 2nd 3:15.34
W 40-44 Melinda Mann 1st 2:48.96
Cynthia Maltry 2nd 2:55.65
M 45-49 Charles Lonsdorf 1st 2:56.96
Peter Toumanoff 2nd 2:59.23

800 M Freestyle

W 25-29 Carla Newmeyer 1st 13:18.17
M 30-34 Jerry Lourigan 1st 11:45.26
W 30-34 Patricia Miller 1st 11:04.97
Melodee Nugent 2nd 12:37.75
M 35-39 Joseph Selner 1st 13:45.62
John Murphy 2nd 20:00.00
W 35-39 Corinna Maleike 1st 12:50.02
M 40-44 Steve Justinger 2nd 11:49.17
M 45-49 Kenneth Wehr 1st 13:19.80
John Maniaci 2nd 13:53.99
W 45-49 Nancy-Leigh Fisher 1st 10:45.30
Peter Lee 1st 13:34.82
M 50-59 Phillip Helmuth 2nd 14:40.38
W 50-59 Carol Smollen 1st 18:00.00
M 60-69 Harlan Drake 1st 15:34.87
John Bauman 2nd 20:00.00
M 70&O Herb Howe 1st 20:00.00

During the last heat of the 800 it began to thunder and lightning necessitating the END of the meet a bit early. Swimmers still in the water at that time were "awarded" their seed time in the final placings - which accounts for the 18:00.00 and 20:00.00 final times listed above.

Art Luetke (100 free), Melinda Mann (200 IM), and Dick Pitman (200 IM) set new BSG records in these events. CONGRATULATIONS!

 WI swimmers on the 1997 USMS Short Course Yards Top

Malinda Mann 40
 2nd 50 Breast :33.55
 2nd 100 Breast 1:13.14
 2nd 200 Breast 2:41.83
 5th 50 Fly :28.76
 5th 100 IM 1:07.44
 5th 200 IM 2:26.11

Nancy Ehrke 43
 9th 100 Breast 1:17.61

Cynthia Maltry 42
 7th 100 IM 1:07.44

Nancy Fisher 45
 3rd 50 Free :25.77
 2nd 100 Free :57.35
 2nd 200 Free 2:04.32
 2nd 500 Free 5:34.33
 2nd 1000 Free 11:51.04
 1st 1650 Free 18:49.10
 2nd 50 Back :29.42
 3rd 100 Back 1:05.17
 2nd 200 Back 2:20.70
 10th 50 Fly :31.76
 4th 100 Fly 1:12.08
 9th 100 IM 1:12.24
 7th 200 IM 2:38.07
 3rd 400 IM 5:33.04

Candy Christenson 50
 7th 50 Breast :38.39
 8th 200 Breast 3:20.49

Nancy Kranpitz 52
 7th 200 Fly 3:20.43
 7th 400 IM 6:52.83

Carol Reinke 60
 8th 200 Breast 3:32.59

Robert Kueny 65
 9th 200 Fly 3:21.67
 10th 400 IM 6:28.06

Herbert Howe 84
 9th 1650 Free 35:19.17

George Trawicki 80
 4th 200 Fly 5:04.28

Herbert Howe 85
 1st 1000 Free 21:09.11
 1st 1650 Free 35:30.03

Doris Klitzke 61
 3rd 50 Free :32.15
 7th 100 Free 1:15.10
 2nd 50 Back :37.89
 4th 100 Back 1:24.74
 5th 200 Back 3:13.17
 6th 50 Fly :38.44
 6th 100 Fly 1:32.28
 4th 100 IM 1:23.33
 9th 200 IM 3:17.04

Mark Gwidt 27
 7th 50 Breast :27.85
 6th 100 Breast 1:00.98
 5th 200 Breast 2:14.19
 9th 400 IM 4:25.25

Chris Weissman 34
 2nd 50 Breast :26.96
 2nd 100 Breast :58.81
 2nd 200 Breast 2:09.59
 6th 100 IM :54.79
 7th 200 IM 1:59.71

W Morgan Byers 69
 8th 1650 Free 24:59.42

RELAYS 1997 Short Course Yards Top Ten

Women 55+ 7th 400 Free 7:04.17
 Ingrid Stine, Grace Graham, Doris Klitzke, Judy Davis
 Women 55+ 5th 400 Medley 8:12.79
 Doris Klitzke, Grace Graham, Ingrid Stine, Judy Davis
 *Women 35+ 1st 800 Free 9:43.17
 Melinda Mann,, Patty Baus, Nedra Moore, Nancy Ehrke
 Women 55+ 6th 800 Free 16:14.41
 Judy Davis, Ingrid Stine, Doris Klitzke, Grace Graham
 Men 65+ 8th 200 Medley 2:40.98
 W Morgan Byers, Alex MacGillis, Robert Kueny, Lynn Surles
 Men 65+ 9th 200 Medley 2:43.13
 James Sevenich, John Bauman, Tom Michelson, Harlan Drake
 Men 35+ 9th 400 Free 3:43.36
 Dave Watson, Rick Simonson, Stephen Justinger, Eric Jernberg
 Men 65+ 3rd 400 Free 5:50.47
 Harlan Drake, Donald Kilb, Lynn Surles, W Morgan Byers
 Men 65+ 2nd 400 Medley 5:56.73
 W Morgan Byers,, Alex MacGillis, Robert Kueny, Harlan Drake
 Men 65+ 5th 400 Medley 6:48.24
 James Sevenich, John Bauman, Tom Michelson, Danald Kilb
 Men 45+ 2nd 800 Free 9:50.50
 Gary Bezella, Eric Ehrke, Peter Lee, John White

* All-American

CONGRATULATIONS TO ALL THE ABOVE SWIMMERS - ESPECIALLY THE ALL-AMERICAN RELAY TEAM - AND A BIG THANK YOU TO INGRID STINE FOR PUTTING THESE TOP TEN RELAYS TOGETHER.

Congratulations to Tom "Grandpa" Michelson and Doris Klitzke who both recently won high point awards through the Schroeder YMCA Masters Program. They each won an Atlanta, Georgia, Olympic T-shirt autographed by Josh Davids - 3 time Olympic winner. Way to go Doris and Grandpa!

Those of us who saw Betty Kendall compete in the WI State LC Championships in August had a hard time believing she had been involved in a serious car accident in April. Doctors credited her overall good physical condition (which we all KNOW is a result of her involvement in swimming) and overall body strength with lessening the impact of the injuries and contributing to her quick recovery.

This is a free country. If you don't like the weather where you live you can go elsewhere and not like the weather there too.

TRAINING HINTS FOR THE ONE HOUR SWIM

by
Dr. Paul Hutinger, St. Petes Masters

ONE HOUR SWIM PACE

	1:00	1:10	1:20	1:30	1:40	1:50	2:00	2:05	2:15	2:30	3:00
100	1:00	1:10	1:20	1:30	1:40	1:50	2:00	2:05	2:15	2:30	3:00
200	2:00	2:20	2:40	3:00	3:20	3:40	4:00	4:10	4:30	5:00	6:00
300	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:15	6:45	7:30	9:00
400	4:00	4:40	5:20	6:00	6:40	7:20	8:00	8:20	9:00	10:00	12:00
500	5:00	5:50	6:40	7:30	8:20	9:10	10:00	10:25	11:15	12:30	15:00
600	6:00	7:00	8:00	9:00	10:00	11:00	12:00	12:30	13:30	15:00	18:00
700	7:00	8:10	9:20	10:30	11:40	12:50	14:00	14:35	15:45	17:30	21:00
800	8:00	9:20	10:40	12:00	13:20	14:40	16:00	16:40	18:00	20:00	24:00
900	9:00	10:30	12:00	13:30	15:00	16:30	18:00	18:45	20:15	22:30	27:00
1000	10:00	11:40	13:20	15:00	16:40	18:20	20:00	20:50	22:30	25:00	30:00
1100	11:00	12:50	14:40	16:30	18:20	20:10	22:00	22:55	24:45	27:30	33:00
1200	12:00	14:00	16:00	18:00	20:00	22:00	24:00	25:00	27:00	30:00	36:00
1300	13:00	15:10	17:20	19:30	21:40	23:50	26:00	27:05	29:15	32:50	39:00
1400	14:00	16:20	18:40	21:00	23:20	25:40	28:00	29:10	31:30	35:00	42:00
1500	15:00	17:30	20:00	22:30	25:00	27:30	30:00	31:15	33:45	37:30	45:00
1600	16:00	18:40	21:20	24:00	26:40	29:20	32:00	33:20	35:00	40:00	48:00
1650	16:30	19:15	22:00	24:45	28:30	30:15	33:00	34:22	36:07	41:15	49:30
HOUR 6000	5,150	4,500	3,950	3,600	3,300	3,000	2,850	2,700	2,400	2,000	

Start your training program by setting your goal. You can use your time for the 500 or 1650 as a base. You should be able to be close to the pace of your 1650 for the 1 Hour Swim. This chart will give you some ideas on what kind of pace you would need for a specific time. If, for example, you would like to do 22:00, then practice on the 1:20 pace for a series of 20 x 100 yds on 2:00. As you improve, decrease the rest time so you can do the 1:20 pace on the 1:30 (10 sec. rest) and increase the series to 40 x 100. This is an example of slow interval training. Use any of the distances and make up your own training schedules. You could do a set of 500 yd repeats on the pace of 1:20 for each 100 yards which would be a 6:40. Do 4 x 500 on 8:00 and try and average 6:40. Increase the number of repeats until you can do 10 x 500 at an average pace of 6:40 every 7:00 (20 sec. rest between each 500). As you progress in your training, try a challenge swim of 30 min. and use the pace as a goal for your 1 hour pace and time. This is an example of marathon training. This would give you 2250 yds in 30 min if you maintained the 1:20 pace and give you a goal of 4500 yds for the 1 hour swim.

When you swim the 1 hour event, you must hold back on the first part of the swim so that you can maintain your pace for the total time. Since the event is scheduled for your own pool any time in January, you could swim in a lane where you can see the pace clock and use that to keep track of your pace. The pace may seem slow in the first 15 min, but as you get into the last 15 min you will realize how important it was to maintain a pace. Many swimmers are coached on doing negative splits so that the last 30 min of your swim would be faster than the first part. This is a more efficient way to plan your event and you will achieve a better performance if you avoid going into oxygen debt. You have to maintain a pace that enables your body to supply the energy as a steady state and then the last part of the event can gradually be increased in pace. This puts you into an oxygen debt that can be paid back after your race.

In summary, the Master swimmer should use a variety of techniques for training. Set a goal time for yourself based on your best 1650 time. Establish a pace that you can maintain in a set of 40 x 100 yds with 10 sec rest or 10 x 500 yds with 20 sec rest. Take a 30 min challenge swim to test yourself on your pace. Start training by November so you have two to three months to get ready for January. GOOD LUCK!

The "one liners" that you see in this issue (and in issues to come) were forwarded to me by Ingrid Stine. If I am reading her handwriting correctly she clipped these from Menard's advertisements!

AMI BELLE LAKE SWIM
Ingrid Stine

Eric Jernberg, one of our Masters swimmers, was the race director for the July 12, 1997, Ami Belle Lake Swim in Hubertus, WI. He did a fantastic job of organizing the lake swims - a 1 circle (1/2 mile swim) and a 2 circle (1 mile swim). Thirty-two swimmers entered the 1/2 mile race while 30 entered the mile race. In reality the courses stretched to 1.6 for the "1 mile" race when one buoy drifted out of place! But no one complained as it was a hot and humid day (mid 80's) and the water was a very pleasant 78 degrees.

The lake is small, clean, and deep - with no place to rest except at the start and finish area. The circular course began at Camp Minikani (YMCA camp) from which point Lynn Surles' white house on the other side of the lake was clearly visible. Four boats with life guards patrolled the water and while the 4 buoys were kind of far apart they were still well visible.

Three boys and 7 girls under 10 years of age entered the 1/2 mile race and Lynn Surles was the oldest competitor (79). He finished 15th overall with a time of 29:56.

Abbey Jernberg (9) - Eric's daughter - was the youngest in the 1 mile (1.6 mile!) race. She finished in 41:26 - 11th overall! WI Masters swimmer Melodee Nugent was 2nd overall in 33:59 - 51 seconds off the winning time. Peter Lee was 4th, and Steve Cody 5th. Harlan Drake (43:48 - 14th), John Bauman (49:03 - 21st), and Ingrid Stine (45:19 - 15th) represented the "elderly" group for this course!

This was a well run and fun competition. Everyone received a medal for finishing - plus a candy bar!

What a pleasure it was to see Elizabeth John at the Wisconsin State Long Course Swimming Championships in early August. Although Elizabeth didn't swim it was just great to see her back around the pool environment. Thanks to Morgan and Mary Byers for bringing Elizabeth on this outing which, while special to her, was probably more special to those of us who consider her our "grande dame" of Wisconsin Masters Swimming!

Herb Zien writes "In this era of ultra fast modes of communication, it took a little over 65 years for me to learn, at age 21, I had been the only person to have beaten a champion swimmer of the time in a 50 yd free style race." Herb had seen an article in the Kenosha newspaper about Bill Kirar - a fellow WI Masters swimmer - in which Bill remembered being beaten by a guy named Herb 65 years ago. Herb called Bill and the connection was made. Herb writes that they had a great conversation recalling names of swimmers of that time and they ended with the thought of meeting each other some time soon.

Each year the Minnesota Masters sponsors a postal pentathlon swim meet. Once again this year we will incorporate all three pentathlon races in our November 1, 1997, short course metric meet. Official entry forms for this postal 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 and 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: sprint, middle distance or ironman, for the bargain fee of \$10.00. The races will be in the order detailed above.

POST MEET: Plan on burgeers, 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 good.

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 Street 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 Street on the south side of College Ave.

WMAC SHORT COURSE METRIC SWIM MEET
LAWRENCE UNIVERSITY - NOVEMBER 1, 1997

SPONSOR: WISCONSIN MASTERS AQUATIC CLUB

SANCTION: USMS, INC. and LMSC for Wisconsin Sanction No. 207-007

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 - 12:25 PM. Meet starts at 12:30 PM and will end by 6:00 PM

RULES: Official US 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 and sexes are combined to expedite meet.

TIMING: Automatic timing system backed up with watches.

WARM UP PROCEDURE: Lane 8 will be a start and sprint lane with swimming in one direction only and exiting from the side or end. Lanes 1-7 will be for circle swimming only. NO DIVING in lanes 1-7. 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 may have already swum that day.

ELIGIBILITY: Open to all Masters Swimmers 19 years old 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. OR: Bargain rate: \$10.00 to register for our meet AND the Minnesota Postal Pentathlon. Fee for deck entries is \$4/event. Make checks payable to WISCONSIN MASTERS AQUATIC CLUB.

ENTRY LIMIT: Five individual events plus relays.

ENTRY DEADLINE: Entries must be received by meet director no later than October 24, 1997.

ENTRY FORM: 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. (920) 731-1913

ORDER OF EVENTS:

- | | |
|-----------------------------|----------------------------|
| 1. 50 M butterfly | 11. 200 M IM |
| 2. 400 M IM | 12. 50 M free |
| 3. 100 M free | 13. 100 M backstroke |
| 4. 200 M backstroke | 14. 200 M breaststroke |
| 5. 100 M breaststroke | 15. 100 M butterfly |
| 6. 200 M free | 16. 100 M IM |
| 7. 50 M backstroke | 17. 200 M mixed free relay |
| 8. 200 M fly | 18. 400 M free |
| 9. 200 M mixed medley relay | 19. 1500 M free * |
| 10. 50 M breaststroke | |

*1500 free is LIMITED to first 16 entries. Splits for 400 and 800 can be submitted for Top Ten and first 200 split can be used for Ironman Pentathlon entry.

ENTRY FORM
SHORT COURSE METRIC MEET
LAWRENCE UNIVERSITY
November 1, 1997

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
November 1, 1997

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 _____

Life is a highway full of cloverleaf intersections with no road signs pointing out where they lead to.

RACINE QUARRY SWIM - July 5, 1997

Ingrid Stine

Georgious weather - sunshine, 78 degree air temperature, 78 degree water temperature - greeted the 43 (16 women & 27 men) who entered the 1.2 mile Racine Quarry Swim on July 5. The Masters took off in 2 heats, 2 minutes apart, at about 10:30 AM following 124 kids ranging in age from 9-18 who swam anywhere from 500 yards to 3 miles.

Chris Weiss from Racine recorded the fastest time for men and the best overall time for the 1.2 mile swim (2 rounds in the lagoon) with a time of 23 min and 46 seconds. Eric Jernberg placed 3rd behind an Illinois swimmer with a time of 23:59.

Nancy-Leigh Fisher chased Patti Redit (Illinois) to the finish line with a time of 25:01. Melanie Wyoler was 3rd.

The top 3 finishers in the men's and women's division received a huge trophy. The youngest masters swimmer was 22 and the oldest 69. Wisconsin Masters swimmers Harlan Drake (69) and Ingrid Stine (58) were the two oldest competitors. Betty Kendall visited and took pictures.

In addition to the trophies there were rosette ribbons for 1st through 3rd place in each age division. Each swimmer also received a nice goodie bag and T-shirt. Fresh fruit and soda were available after the race. All in all it was a very well run and organized SANCTIONED (USMS) Open Water Swim!

Former Wisconsin Masters Swimmer Margie Hutinger and husband Paul were involved in a very nasty automobile accident in Texas last May while enroute to the Senior Olympics in Tuscon. While Paul's injuries were relatively minor Margie suffered a fractured 6th cervical vertebrae. After a week in the hospital Margie was encased in a "halo" for 3 months. She has "graduated to a cervical collar and we are happy to report she is also back in the pool. Wisconsin Masters wishes Margie a continued speedy recovery from a very scarey accident.

WISCONSIN MASTERS SWIMMING
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HAZELHURST, WI 54531