



# WISCONSIN MASTERS SWIMMING SPRING - 2000



As the old saying goes - "Spring has sprung, fall has fell, summer's here..." Well, summer isn't quite here and our crazy Wisconsin weather may have many of us convinced that spring still isn't here despite what the calendar says. About the only sure thing we can say is that with the "passing" of our State SC Yards meet, and, by the time you get this, the USMS National SC Yard meet, short course yards meets will have given way to long course meets. So despite 6" snowfalls in April, summer is definitely just around the corner. I hope you all had a very successful short course season. Judging by the articles that follow - with several recognitions for All-American status, among others - I think it is safe to say that this has been a great season for WMAC. Wisconsin Masters swimmers have several opportunities for competition during the summer - Badger Games, Wilson Park meet, Amy Belle Lake Swim, Racine Quarry Swim - just to mention a few. So dig out the UV protection goggles, gear up for twice as many strokes per length, and let's all have a successful LC Meters 2000 season!

NancyKranpitz - Editor

Brief  
Nature Report!  
Nancy Kranpitz

Yes, I'm 3 1/4 hours from Madison up here in Minocqua and nearly 5 hours from Milwaukee. But every now and then there are "benefits". As I work on this newsletter I am sneaking peaks of 2 pileated woodpeckers enjoying our suet feeder just 20 feet from my window while an eagle soars just above the tree tops cruising for lunch in the marsh just behind our house. I'm not really "into" birds - but these guys are beautiful!

**THANK YOU MUCH!**

John Bauman & Harlan Drake

**A SINCERE THANK YOU TO  
THE WISCONSIN MASTERS SWIMMERS  
FOR THE AWARDS PRESENTED  
TO US AT THE ANNUAL  
M E E T I N G ! ! ! ! !**

-John & Harlan

WI Masters Swimmer wins  
**GOLD**  
In Skiing!

**Rosemary Poetzel**, Wisconsin Masters swimmer from Wauwatosa, won the gold medal in the women's 50-54 age group in the 10 kilometer cross country ski race at the inaugural Winter National Senior Games - The Senior Olympics in Lake Placid, N.Y. Rosemary completed the course in 2 hours, 10 minutes, and 2.5 seconds. **CONGRATULATIONS ROSEMARY!**

WHERE  
WOULD I BE WITHOUT  
INGRID'S  
INPUT???????

Nancy Kranpitz -Editor

As newsletter editor you are familiar with my quarterly plea for articles to be included in our newsletter. One person who spends many hours behind the scenes highlighting meet results and future meet entries, enclosing little jokes and "one liners", and forwarding articles on fitness and nutrition is Ingrid Stine. **THANKS**, Ingrid - for all your help in making our newsletter "newsy".



## THE PROBLEM WITH THE GENE POOL IS THAT THERE IS NO LIFEGUARD!

### TIP OF THE MONTH - SWIM STEP TEST

Paul Hutinger - Maverick Lane Lines

Part of your training for good performances should include a Swim Step Test, once a week. You must train at race pace to achieve your best performances. Write down the following Swim Step Test, increasing your rest intervals for each of the three sets, for your own training speed. Put it in a plastic bag and keep it in your swim bag. At first, use your "perceived effort" for training effort. Doing this over several weeks will give you good information on what you can tolerate. Count your heart beat for six seconds and add a zero. This will give you your heart rate (HR) for a minute, which is an accurate measure of your effort.

1. Warm up 200-400 yards
2. 10 x 100 back (or your best stroke) with fins.
  - a. 3 x 100 @ 2:00/ time of 1:15-HR at end of set - 130; EZ 100 swim
  - b. 3 x 100 @ 3:00/ time of 1:10-HR at end of set - 150; EZ 100 swim
  - c. 3 x 100 @ 4:00/ time of 1:07-HR at end of set - 160; EZ 100 swim
  - d. 1 x 100-all out/ time of 1:03-HR at end - 170; EZ 200-400 yards

I use fins for much of my training in order to take the strain off my shoulders which have been damaged by several crashes while bike racing. Use your new log to keep a record of dates and times on your Swim Step Tests, and refer to them as you progress in your training. This will add interest and motivation to your training. -Coach Paul

Did you read the article (in SWIM Magazine) about the USMS/USA High Altitude Training Camp at the US Olympic Training Center written by Tracy Grilli and Barbara Handler of the New England Masters? If not - check it out. It sounds like quite the experience!

Did you know that alfalfa and clover sprouts can harbor the bacteria Salmonella and E. coli0157:h7 that cause foodborne illness? The FDA says illnesses linked to sprout consumption are rising and the best way to control this risk is to not eat raw sprouts!

## 1999 RELAY ALL-AMERICANS

Ingrid Stine

The USMS Records Committee recently made a correction in the 1998 relay tabulations with the result being that our (Wisconsin Masters) 65+ Women's 400 yard freestyle relay team of **Shirley Hasselbacher, Janet Moldenhauer, Fran Zeumer, and Betty Lorenzi** placed 1st and not 2nd in this category. These ladies swam the relay at the Fond du Lac meet in December, 1998. This change means these four ladies are relay All-Americans! CONGRATULATIONS!

In addition, **Judy Davis, Herb Howe, Betty Kendall, Carol Smollen, Ingrid Stine, and Lynn Surles** all competed on relays that received top rankings in 1999 making them All-American relay swimmers as well. To honor them the Wisconsin Masters Swim Committee has ordered an All-American Relay patch for each of these swimmers. Congratulations to all on your fine representation of Wisconsin Masters Swimmers!

Editor's Note: Most of the credit for these accomplishments SHOULD go to **Ingrid Stine!** She is the one scurrying around at meets putting relays together. It is NOT an easy task - and most certainly, a thankless task. So - thanks, Ingrid! We do appreciate your work and thoroughly enjoy swimming on relays regardless of how we place!

I just got lost in thought.....It was unfamiliar territory!



### TOSA MEET

1/8/00

Ingrid Stine

This meet marked the first meet of the new century! Forty-three swimmers were on hand for the 1 PM start and we finished the final of 3 heats of the 1000 free at 4 PM. Out of 7 relays (4 were 400 free relays and 3 were 200 medley relays) 4 new State records were set. **Debra Farrell**, our starter, used the new starting method for the first time (blow whistle 3 times to line up behind the blocks, blow 1 time to get onto the blocks or into the water). It worked well -we all adjusted in no time. Debra was, of course, very tired of blowing whistles by the end of the day! She said she doesn't want to see a whistle for a long time! The Ground Round was our final, well deserved, stop!

### ONE HOUR SWIM

1/29/00

Eric Jernberg

A record 42 swimmers stroked through 3,904 lengths of the pool (that's 97,600 yards or 55.5 miles) during the One Hour Swim event at Juneau High School on 1/29/00. **Peter Lee** (56) broke his previous record by completing 156 lengths (3,900 yds) and placed 4th overall. **Melodee Nugent** (32) swam 170 lengths (4,250 yds) to finish 2nd overall behind **Particia Frank** (15). She broke Melodee's record by completing 186 lengths (4,650 yds), placed 1st overall, and was awarded the toughest swimmer award for women! **Jane Duke** (48) finished 11th (134 lengths - 3,350 yds), and **Patti Jernberg** (35) was 15th (124 lengths - 3,100 yds). Congrats to our 4 WI Masters participants!

### Chew Toys for Dogs

Possible Source of

**GERMS**

Judy Davis

Your dog may love you if you toss him (her) a beef jerky, smoked hoof, or pig ear. However, YOU need to be careful about how you handle the treat. The Food and Drug Administration (FDA) says that chew toys made from animal products may be a potential source of Salmonella poisoning in people! Since salmonella can cause diarrhea, nausea, vomiting and fever it can be quite dangerous for small children and the elderly. The FDA recommends that if you come in contact with any of these treats you should wash your hands with hot water and soap!

ANYONE INTERESTED IN OBTAINING MEET ENTRY INFORMATION AND/OR ENTRY FORMS FOR ANY OF THE USMS DESIGNATED NATIONAL CHAMPIONSHIP LONG DISTANCE EVENTS CAN SEND A SASE TO ME (Nancy Kranpitz, 10346 Cedar Falls Road, Hazelhurst, WI., 54531). THE EVENTS ARE: 5/10 Kilometer Postal Swim; 1 Mile Open Water Swim; 3 Mile Open Water Swim; 2 Mile Cable Swim; 10 Kilometer Open Water Swim; 5 Kilometer Open Water Swim; and 3000/6000 Yard Postal Swim. ALSO AVAILABLE (from me) IS THE COMPLETE LONG DISTANCE CALENDAR - 7 PAGES OF SANCTIONED DISTANCE SWIMS

### Aids

Seniors are the Nations

leading carrier of Aids.....

Hearing aids

Band aids

Roll aids

Walking aids

Medical aids

Government aids

## PENTATHLON 1999 RESULTS

Ingrid Stine

*The 9th Annual Postal Pentathlon attracted 158 participants-down from 206 in 1998. The 158 swimmers ranged in age from 19 to 82 and swam a total of 200 pentathlons. For the 6th time in 9 years females (82) submitted more entries than males (76).*

*With three pentathlon distances available, everyone had opportunities to swim more than one distance. Fourteen people swam 2 courses and 14 swam all three. The largest age group represented was the 40-44 age group - for both men and women. Three*

*Wisconsin Masters swimmers participated. They were: **Julie Hall** (30-34) - sprint pentathlon, 3rd; **Peter Lee** (55-59) - middle distance, 1st; and **John Bauman** (65-69) - middle distance, 1st.*

*NOTE: Grandpa **Tom Michelson** still holds the record he set in 1996 (age group 65-69) in the middle distance pentathlon!*

*The meet dates for 2000 will be September 15 - December 15, 2000, and this meet can be swum in either a yard or a meter pool. You can choose from a spring middle distance, or ironman course - OR - do all three!*

## WMSC OFFICERS

**Chairman** - John Bauman  
e-mail wmac@execpc.com  
11917 W. Rainbow ave  
West Allis, WI 53214  
414-453-7336

**Treasurer** - Ingrid Stine

**Registrar** - Judy Davis

**Secretary** - Peter Lee  
lee@uwm.edu

**Newsletter** - Nancy Kranpitz e-mail  
jnk@newnorth.net

**Webmaster** - Ray Diederich  
diederichswim@cs.com

**Sanctions** - Harlan Drake

**Officials** - Debra Farrell

**Fitness** - Judy Davis

**Safety** - Judy Davis

**Top Ten** - John Bauman

**Records** - John Bauman

**Coaches** - Dick Pitman  
rpitman@rbarealtors.com

## MEET DATES FOR WISCONSIN

**Badger State Games:** Sun, June 25, 2000 Madison, WI  
Meet Director: Dick Pitman

**Racine Quarry Swim:** Sat July 1, 2000  
Meet Director: Linda Eberle  
1-262-554-0519

**Amy Belle Lake Swim:** Sat July 15, 2000  
Meet Director: Eric Jernberg  
1-414-443-6460  
\*USMS registration NOT required for this meet

### WI - LCM State Meet-Wilson Park:

Friday July 28 (1500 free)  
Sat & Sun, July 28 & 29, 2000  
Meet Director: John Bauman  
414-453-7336

**Senior Olympics:** Ages 50 & Over  
Contact Person: John Bauman  
414-453-7336  
Sept 16, 2000, Schroeder AC  
\*Senior Olympics covering many different sport categories starts Sept 6, 2000, with a dinner at Mykonos in West Allis and ends Sept 16, 2000.

## BADGER GAMES - 2000

Dick Pitman

Badger State Games officials are expecting their "books" to arrive at their offices by mid April and they most likely will be drop-shipped to different locations in the state. Past participants will receive a short form to sign up rather than the whole book. There is no change in the order of events (200 free, 100 breast, 50 free, 100 back, 50 fly, 100 free, 200 IM, 400 free relay, 800 free. Last year we had 170 registered swimmers with only 2 or 3 no-shows. That was by far the largest attendance for BSG Masters Swimming ever. Of course, the presence of Jim Montgomery might have helped. It was a lot of fun to have him not only swim a couple of races as exhibition but to mingle with the crowd. He talked with anyone who sought him out and signed dozens of autographs for anyone who asked on anything they wanted signed. He was without a doubt the best "Honorary Athlete of the Year" Badger State Games ever had! He said he would come up again in a few years if we wanted him. This year we don't have that spectacle to offer. However, Brad Horner said he was looking forward to swimming BSG for the "first time". He is living in Madison now and will be a contributing member of the Madison and Wisconsin swimming society. Any other questions, please call or write.

Dick Pitman rpitman@rbarealtors.com

### Madison Meet-February 13, 2000

Ingrid Stine

Dick Pitman served as meet director for this annual event. There were 70 entries and in spite of the largest snowfall this winter almost everyone showed up! John Luetgen and John Couper, driving together to Madison, slipped into the ditch. Fortunately there were no injuries and they arrived just in time for the start of the meet.

### WHO SAID THAT?

Man strives for glory, honor and fame,  
That all in the town may know his name;  
Amasses wealth by brain and hand,  
And becomes a power in his land.  
But when he nears the end of life,  
And looks back o'er years of strife,  
He finds that happiness depends-  
On none of these, but love of friends.

Anon

# 5th Annual YMCA Lake Amy Belle Swim Race

## Saturday, July 15th 2000

**When:** Saturday July 15th, 2000, Race at 11am, Check in 10:30  
**Where:** Lake Amy Belle at Camp Minikani, Hubertus  
**Who:** All swimmers who can complete a 500 yard swim in 14 mins. or less  
**Fee:** \$10 (\$8 for Y members) Late fee \$15  
**T-shirts:** \$8 (guaranteed only if ordered by 7/1/2000)  
**Awards:** Medals to all finishers, Trophy to 1st place, plaque to team/Y with most swimmers

This is a fun race and safety is our top concern. Hand paddles & fins are not allowed, but floating tow devices are allowed, provided and required for all swimmers age 10 or younger. All swimmers must also wear a brightly colored cap (provided) during the race. The race takes place around buoys marking a half mile oval. Swimmers can choose either the half or 1 mile race. Those swimming the mile race swim 2 laps around the course. Swimmers will be followed by guard boats. Any swimmer too tired to finish may swim to a boat for aid. Anyone receiving aid will not be allowed to continue. All finishers receive a medal. Swimmers must fill out the application and release below, including their 500yd time.

**Advance registration:** is due by Friday July 7th, after that, registration cost is \$15.

**Weather Check or other Questions:** Call Eric Jernberg 443-6460

### Directions to Minikani

Take the US-45 freeway North from Milwaukee & exit at Lannon Rd. (3rd exit past main street, Menomonee Falls)  
 Go left on Lannon Road. to the first 4 way stop. (State Route 175, Appleton Ave.)  
 Turn right for 1 block to Willow Creek Road.  
 Turn left and drive west for 1 mile to Amy Belle Rd. (note the Apple Orchard Sign)  
 Turn right on Amy Belle Road, drive 3/4 mile to the camp entrance on your left at Amy Belle (note camp signs)

### cut & return

\*\*\*\*\*

Swimmers Name: \_\_\_\_\_ Age: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Check One: \_\_\_\_\_ 1/2 mile race \_\_\_\_\_ 1 mile race 500yd time: \_\_\_\_\_

fee enclosed (\$8, \$10 or \$15) \$ \_\_\_\_\_

tee shirt(s) (optional \$8 each) shirt size (if ordered) \_\_\_\_\_ large \_\_\_\_\_ x-large \_\_\_\_\_ xx-large  
 (xx-large \$9 each) \$ \_\_\_\_\_

**Total Enclosed** \$ \_\_\_\_\_ **Make Check to: North Milw. Swim Club**

**Mail to: Lake Swim  
618 N. 54th  
Milw. WI 53208**

I hereby absolve and hold harmless the North Central YMCA, all race sponsors and participants from any liability for any injury incurred by myself while participating in the Lake Amy Belle Swim. I further provide that this hold harmless agreement applies to my heirs, executors and assigns. I have swum the 500 yard time listed above and I am in good physical condition to swim in this race.

Participants Signature \_\_\_\_\_ Parents Signature (if minor) \_\_\_\_\_

Date \_\_\_\_\_ YMCA or Team Affiliation \_\_\_\_\_

### February Fitness Challenge

**Melodee Nugent** participated in the February, 2000, Fitness Challenge and swam 105 miles in 29 days! Results from this national challenge have not been tabulated as of this time. But we thought this accomplishment should be acknowledged regardless of how this will place her nationally. Look for all WISCONSIN Masters results in the next issue of this newsletter.

TOSA MEET-MARCH 4, 2000  
Ingrid Stine

Fifty swimmers gathered at Tosa West High School on March 4th for a fast and efficient meet. **Jim Klancnik** served as starter giving **Debra Farrell** a much needed break from blowing whistles! The individual events were followed by a full heat of 6 relays in the 800 free relay event! Four new WI State Records were set in this one heat. Three heats of the 1650 followed - beginning shortly before 3:00 PM. Everything was completed in time for a 5 PM departure from the HS before reuniting for dinner and conversation at the Ground Round.

Occasional Failure Is the Price of Improvement

## THANK YOU, JUDY DAVIS

Hopefully you have noticed several health related articles in this newsletter attributed to **Judy Davis**. Judy is our Health and Safety Chair and these articles were sent to me by Judy for inclusion in our newsletter. I hope you find this information timely and informative! Thanks, Judy!

### Staying Well

Judy Davis

According to Dr. Robert Klapper, author of "Heal Your Hips: How to Prevent Surgery" (John Wiley & Sons) the best way to reduce stress on your hips is to lose weight. Since the hips bear three times your body weight with each step, losing even a pound or two reduces joint trauma. Wearing athletic shoes will help protect the hips by absorbing shocks as will walking on grass or a treadmill. Trying not to stand in line for long periods of time, avoiding high impact forms of exercise, and dividing big loads into smaller ones are other means of reducing stress on your hip joints.

The Tufts University Health Letter says common pain relievers can cause bleeding ulcers if taken too often. Nonsteroidal anti-inflammatory drugs (NSAIDS) are second only to the bacterium *J.pylori* as a cause of ulcers in the U.S. and occur most commonly in long term users, older people, and in those with a history of peptic ulcers.

Having trouble reading over the counter drug labels? Beginning this spring "Drug Facts" - lists of ingredients, uses, directions, and warnings will be similar in design to the "Nutrition Facts" listings on foods meaning they will be far more readable than before.

**Have you checked the Wisconsin Masters Web site lately? ([www.execpc.com/~wmac](http://www.execpc.com/~wmac)). PLEASE NOTE: WE ARE GOING TO BE CHANGING THE WEB SITE ADDRESS - SOON! So if you log on and can't find us it is because we no longer have this web site address. As of press time for this newsletter the new address has not been finalized. Check WMAC's e-mail address for our new address after June 1st. Thank you Ray Diederich for all your web site work!**

### **WM NEWSLETTER ADDRESS!**

Your newsletter editor spends too much time at work, I think! Part of my secretarial duties include entering the office return address quite frequently and when putting together the last issue of this newsletter I went into "automatic" mode and typed in my work return address rather than my home address. Adding to the confusion is that my office is in a home - which happens to be located right next door to our home. So - CORRECT return address is 10346 Cedar Falls Road and NOT 10322 Cedar Falls Road!

# STROKES FOR STROKE

From USMS President Nancy Ridout  
"Strokes for Stroke - as few strokes as possible".

USMS is partnering with the National Stroke Association and USA Water Polo to raise public awareness of the prevention, symptoms, and the treatment of stroke. USMS and USA Water Polo will try to swim around the world, a distance of 25,000 miles, between June 2nd and July 4th to highlight this health risk in the national media.

The goal of the campaign is to raise awareness of stroke. Through our partnership, USMS will benefit by gaining a great deal of national and local exposure and the funds raised will be shared by the National Stroke Association (50%), USMS (25%), and USA Water Polo (25%). If only half of us would swim a mile in the "Strokes for Stroke" effort and submit it with the entry fee, we would have contributed 20,000 miles to the goal of swimming around the world and raise \$400,000.

That's awesome! Any funds USMS receives will be donated to the USMS Endowment Fund to help fund research in adult health, fitness, training, and competition.

The campaign will be announced at the Short Course Nationals in Indianapolis, in the May/June issue of SWIM Magazine, and in personal contacts to our LMSC Chairs and our coaches from David Grilli and the Fitness Committee who will spearhead this effort for USMS.

If you have a story about your own experience as a stroke survivor, or any of a family member or a friend for whom swimming has played a role in the prevention, lessening of effects, or recovery from a stroke, please share it with me. I will forward any of your experiences to the National Stroke Association and post them on the USMS web site. You can e-mail them to me at [president@usms.org](mailto:president@usms.org) or mail them to Nancy Ridout, 580 Sunset Parkway, Novato, CA 94947.

Stroke has affected almost all of us in one way or another. That is why I am excited about the opportunity to support this cause. A healthy lifestyle including exercise and a good diet (both staples of Masters swimming) can prevent or lessen the effects of stroke. Let's take this opportunity to "give back" and support this worthy goal. It's our chance to make a difference! -Nancy



## RESULTS - ONE HOUR SWIM

Ingrid Stine

1865 swimmers participated in the 2000 USMS ONE HOUR NATIONAL POSTAL SWIM. This was the largest participation ever in this meet.

In the Men's division the 40-44 age group attracted the largest number of participants with 172 swimmers submitting entries. This group was followed by the Men's 35-39 age group with 160 swimmers and the Men's 45-49 age group with 155 swimmers.

In the women's category, the 35-39 age group boasted 140 entrants while the 40-44 age group had 134 swimmers and the 30-34 age group had 111 participants.

Five WMAC members entered this event and swam a total of 18,735 yards. That's 749 1/2 lengths of the pool or 10.6 miles! The results for these WMAC swimmers, their yardage, and national placing are as follows:

**Melodee Nugent** - (30-34) 4,220 yds, 39th of 111 swimmers

**Jane Duke** (45-49) - 3,375 yds, 65th of 109 swimmers

**Peter Lee** (55-59) - 3,910 yds, 25th of 69 swimmers

**Phil Hellmuth** (60-64) - 3,640 yds, 21st of 62 swimmers

**Morgan Byers** (70-74) - 3,590 yds, 1st of 16 swimmers



CONGRATULATIONS TO OUR WMAC PARTICIPANTS! WELL DONE!!!!

## ORANGE JUICE INCREASES GOOD CHOLESTEROL

Judy Davis

A recent study indicates that drinking three glasses of orange juice a day may keep heart disease at bay.

Study results showed that drinking the orange juice raised levels of "good cholesterol" (HDL - high density lipoprotein) by 21% in the men and women involved. HDL ferries the LDL (low density lipoprotein - "bad cholesterol") out of the bloodstream and thus protects against heart disease.

According to Elizbieta Kurowska of the University of Western Ontario, the study suggests that orange juice has been found to do something that only exercise and moderate alcohol consumption are known to do.

The 21% increase in "good cholesterol" occurred in volunteers who had high cholesterol counts at the start of the study. They stopped taking any vitamins, supplements, or cholesterol lowering drugs during the test period.

The results suggest that components of orange juice affect the breakdown of cholesterol within cells.

Y o u r w o r l d i s a s b i g a s y o u m a k e i t .

## E X P A N D I N G

### Waistlines Linked to INCREASED Risk of Colon Cancer

Judy Davis

Instead of being concerned simply with how much we weigh, a new study documented in the Journal of the National Cancer Institute says we need to be more concerned with **where** we carry that weight! The study showed that men and women, whose waistlines were greater than 36" and 32" respectively, faced double the risk of colorectal cancer than people of the same sex and age with thinner waistlines!



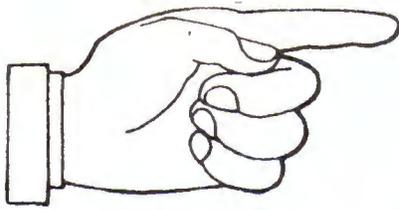
Abilities not used are abilities wasted.



# A BIG THANK YOU!

Our WMSC Treasure, **Ingrid Stine**, has the responsibility of keeping our books. Among one of her more pleasant duties is receiving unsolicited and unexpected cash donations from Wisconsin Masters Swimmers to the WMAC of the WMSC. WMAC would like to extend a **BIG** and **SINCERE** thank you to **Nancy-Leigh Fisher, Morgan Byers, Robert Kueny, Robert Swain, Dick Pitman, Tony Jansen, and Ray Diederich** for their contributions to our club. With the large amount of record keeping that Ingrid does she hopes she has been accurate in her accounting of these names. If anyone has been missed - PLEASE let us know!

No one is listening until you make a mistake!



**Our very own Morgan Byers was recently honored by the National Interscholastic Swim Coaches Association (NISCA) for his many years of service to the organization by being named the 2000 recipient of the Collegiate and Scholastic Swimming Trophy at the NISCA Annual Convention in Minneapolis last month. Read on for details of this prestigious award and an accounting of Morgan's contributions to the sport of competitive swimming. CONGRATULATIONS, MORGAN! We're so proud to claim you as one of us!**

### Collegiate - Scholastic Trophy Recipients

The National Collegiate and Scholastic Swimming Trophy is conferred annually by the College Swimming Coaches Association (CSA) and the National Interscholastic Swimming Coaches Association (NISCA) in recognition of the greatest contribution to swimming as a competitive sport, including protecting oneself and others in emergencies and as a healthful, recreative activity in the province of undergraduate and scholastic education in the United States.

#### 2000 Collegiate and Scholastic Swimming Trophy

Conceived, commissioned, and grant-funded by the Kalos Kagathos Foundation in 1957 to Princeton Sculptor Joe Brown. The original sculpture is on display at the International Swimming Hall of Fame in Ft. Lauderdale, Florida, and is considered to be one of the nation's most distinguished honors. A replica of the original sculpture is conferred annually during the NISCA National convention and is also funded by the grant from the Foundation.



#### W. Morgan Byers

Whitefish Bay High School  
Whitefish Bay, WI

36 years coaching; 48 years NISCA member; NISCA Archives-Constitution chair 22 years; Records Chair for 5 years; Member of NISCA Awards Committee for 12 years; NISCA Outstanding Service Award; 1987 NISCA Hall of Fame Award; NISCA 25 years Award, 1977; NISCA Audit Committee 7 years and 4 years chairman; Member of NISCA Executive Committee for many years; chaired NISCA Internal Affairs Committee; transferred all the NISCA All-American lists to a computer data base (1934 to present) which included boys, girls, prep and high school and 12 data on each competitor - a 12 year project; Assisted in starting the Wisconsin Swimming Coaches Association in 1951; Past President of Wisconsin Swimming Coaches Association 3 times; Secretary-Treasurer of WISCA; Published state coaches directory for 25 years, and Wisconsin top times for 20 years; Wisconsin weekly newspaper, radio, and TV swim reports for 20 years; Wisconsin Interscholastic Athletic Association Official 15 years; Wisconsin Hall of Fame Award; Wisconsin Distinguished Service Award; WISCA Swim Clinic Sponsor for many years; Whitefish Bay Swim Club founder and coach for many years. Outstanding swimming record with 9 conference and 3 state championships including many All-State and All-American swimmers and divers; WIAA state meet deck official, 12 years.



A BIG thank you to Bob Swain! He donated to WMSC (out of his own pocket) the \$25 Sanction Fee for the Lawrence SC Meter meet in Appleton, October 30, 1999. Thanks much, Bob!

We are saddened to report that Betty Kendall's son passed away this past November. He was an attorney who lost a courageous battle with cancer. Wisconsin Masters swimmers extend our sympathy to Betty and her extended family.



No  
one is listening  
until you make a  
mistake!



## WISCONSIN SWIMMERS AND RELAYS ON THE 1999 USMS SC METERS TOP TEN!

### **Sara Allen 24**

6th 50 fly :33.07  
9th 400 free 5:20.24  
10th 50 free :30.11

### **Nancy-Leigh Fisher 48**

4th 200 back 2:49.58

### **Carol Reinke 63**

9th 100 breast 1:57.11  
10th 200 breast 4:12.49  
10th 100 IM 1:49.78

### **Ingrid Stine 60**

3rd 200 fly 4:20.10  
7th 400 IM 8:37.13  
10th 1500 free 30:56.83

### **Shirley Hasselbacher 73**

10th 50 free :46.67

### **Fran Zeumer 80**

7th 50 breast 1:28.74

### **Tom Meehan 52**

9th 200 fly 3:07.85

### **Dick Pitman 55**

2nd 100 fly 1:13.67  
3rd 200 fly 2:56.07  
6th 400 IM 6:28.01

### **John Bauman 69**

8th 100 fly 1:44.20

### **Henry Greisbach 70**

6th 50 back :47.37

### **WOMEN 200+ 200 MR**

7th 3:11.30

Jane Stewart 57

Candy Christensen 52

Nancy Kranpitz 54

Janet Schultz 48

### **WOMEN 200+ 200 FR**

10th 2:55.84

Jane Stewart 57

Carol Reinke 63

Nancy Kranpitz 54

Candy Christensen 52

### **MEN 240+ 200 FR**

9th 2:40.52

John Luetggen 44

John Bauman 69

Harlan Drake 71

Tim Trowbridge 60

## Drinking Water Before or During a Meal May Not Fill You Up!

Judy Davis

If you are drinking a lot of water with the thought that it will curbe your appetite you might want to rethink your strategy. Pennsylvania State University has conducted a study examining the effects of water consumed either separately with food or incorporated into the food on satisfying hunger. The study concluded that simply drinking water did not satisfy hunger nor did it reduce the amount of food eaten by the study subjects. However, consuming foods that are high in water content (like chicken rice soup, for example) DID help to satisfy hunger AND lower total calorie intake. In addition, the study participants did not make up for their reduced calorie intake during subsequent meals. This study appears to lend support to previous research which has shown that foods with high water content (i.e. carrots, lettuce, tomatoes, etc.) can bulk up meals without adding lots of calories.

(As reported in The American Journal of Clinical Nutrition 1999, 70:448-455)

A special "Thank You" to my husband, Jim, for all his help with the design of this newsletter!

## SENIOR OLYMPICS

John Bauman



The Wisconsin Senior Olympics swimming competition will be conducted Saturday, September 16, 2000, at the Schroeder Aquatic Center. Senior Olympics is for people age 50 and older and one of our ongoing efforts is to involve as many newly turned 50 competitors as possible. Last year's swimming competition attracted a sizeable number of entrants in the 50-54 age group and we are looking to increase that participation this year.

**PLEASE NOTE THAT THE ENTRY DEADLINE FOR THIS MEET IS USUALLY 4 TO 5 WEEKS PRIOR TO THE DATE OF THE COMPETITION!**

Be looking for meet entry information in early August and be prepared to tend to the specifics of mailing in your entry immediately rather than putting it aside for several weeks. Swimming is only one of approximately 20 competitions offered. So if you have been yearning to see how you would fare in bowling, tennis, track, archery, running, biking, or any number of different activities, now is the time to give it a try. Schroeder is a wonderful swimming facility and the meet usually doesn't start until noon (no crack of dawn commutes!). So let's see if we can set a new participation record for this year's competition. Hope to see many of you on Saturday, September 16, at Schroeder!

## ERIC JERNBERG

was elected **president** of the Wisconsin Masters Aquatic Club (WMAC) at the last meeting of the Wisconsin Masters Swim Committee. He was also appointed as Long Distance Swim Chairman. Anybody interested in lake or ocean swims may contact Eric at 414-443-6460 or by e-mail at [jernberge@aol.com](mailto:jernberge@aol.com)

No day in which you learn something is a complete loss.



### WISCONSIN STATE MEET AT SCHROEDER

April 8-9, 2000

*Ingrid Stine*

Our state meet this year was very well run and clipped along at quite a fast pace. Special recognition goes to **Don Kilb**, who organized and ran the meet, **John Bauman**, who did all the preliminary computer and paper work (including heat sheets), **Susi Toumanoff** and **Ray Diederich**, who did the results, and our two starters, **Debra Farrell** and **Jim Klancnik**.

We had 94 swimmers entered and only a very few "no shows" which was remarkable given that on Friday, April 7, the day before the meet, we got dumped on with 6" of very heavy, wet, snow! Fortunately most of the roads were cleared and in good condition by early Saturday morning leaving us somewhat "free" to enjoy the beauty of this heavy snow on the trees as we made our way to the Schroeder Aquatic Center.

**SEVENTEEN** individual state records were set at this meet. Record setters were: **Dan Natali** (50-54) - 4; **Cynthia Maltry** (40-44) - 3; **Peter Alan** (40-44) - 3; **Elizabeth Kosobucki** (50-54) - 2; **Brad Horner** - (45-49) - 2; **Ingrid Stine** (60-64) - 1; **Dick Pitman** (55-59) - 1; and **Wesley Mayer** (65-69) - 1.

Out of 23 relays swum we had 7 new state records set. All were in either the 400 free relay, the 400 medley relay, or the 800 free relay. The times established in all of the longer relays would have placed them in the Top 10 Relay listings for 1999. Congratulations to all these relay swimmers and thank you for your participation in these more difficult relays!

Three different individuals get the credit and the thanks for organizing these very successful relay teams. **Eric Jernberg** set up the relays for the men 35-44, **Steve Justinger** did the men's 45 and up, and **Ingrid Stine** did the rest of the relays. Thank you **Eric**, **Steve**, and **Ingrid** for your efforts in creating these fast and fun relay teams!



WHY IS ABBREVIATION SUCH A LONG WORD?



# *Racine Quarry Open Water Challenge*

*A United States Masters Swimming Meet*

*Saturday, July 1, 2000*

**Sponsor:** South Eastern Aquatics – Racine YMCA Swim Team

**Location:** Quarry Lake Park, 3501 Northwestern Ave., Racine, WI (262) 637-6179 (Emergency only).  
Directions: I-94 to Hwy. K (East) to Hwy. 38 (Northwestern Ave.). Turn right. Go east and cross Hwy. 31 and Hwy. MM. Cross the bridge, staying in the right lane. The park is on your right. Watch for the sign.

**The Course:** The course is a 1.2 mile open water swim around a closed course, marked by buoys. Swimmers finish at the original starting line, through a timing chute. An electronic timing system will be used.

**Facilities:** The Lake: 18 acres. A spring-fed body of water located in an old rock quarry. A favorite place in Racine for swimming, fishing, and scuba diving. The Park: 40 acres, surrounding Quarry Lake. Sandy beach, bathhouse with air conditioning, flush toilets, showers, lockers and concessions stand. Picnic tables and grills. Volleyball area. Parking for 275 vehicles. Excellent view of the lake from the picnic area and beach. Bring your lawn chairs – and binoculars!

**Format:** The Master's 1.2 mile swim will immediately follow the events of a separately sanctioned U.S.S. Open Water Meet. Although both meets are held on the same day and at the same location, they are considered two separate meets. Swimmers must be members of United States Swimming to complete in the U.S.S. sanctioned meet; swimmers in the Masters sanctioned meet must have membership in United States Masters Swimming. Combined entries in both meets will be limited to approximately 275-300 swims, depending on projected meet timelines. Meet information for the U.S.S. meet can be obtained from Linda Eberle (see contact listing, below).

**Meet Timeline:** **THE POSITIVE CHECK-IN** will be at the clerk of course table beginning at 6:30 A.M. and will close 45 minutes before the start of the Master's event. An estimate of the start time of the Masters swim will be on a recording at (262) 554-0519 after June 27. In recent years the Masters start time has been around 11 AM. but could vary, depending on the timeline of the preceding USS meet. **THE OFFICIAL WARM-UP TIME** will be 6:30 – 7:45 A.M. Swimmers checking in later in the morning will be able to warm up along the roped-off area of the beach.

**Awards:** Trophies will be awarded to the top three male and female swimmers over-all. Rosette ribbons will be awarded for each age group, male and female, 1<sup>st</sup>-3<sup>rd</sup>. Age group divisions will be 19-24, 25-29, 30-34, etc., through 85+.

**Rules:** Official United States Masters Swimming Rules will govern this meet. All swimmers are **REQUIRED** to wear a brightly colored cap (which will be supplied).

**Eligibility:** All Swimmers **MUST BE REGISTERED UNITED STATES MASTERS SWIMMERS**. Deck registration in the meet **MAY** be possible, depending on the combined timeline of the two meets. Registration in Wisconsin Masters Swimming will be offered at the meet registration table, or can be obtained by contacting Harlan Drake at 414-463-4466.

**Cutoff Times:** **IT IS EXPECTED THAT ALL SWIMMERS HAVE TRAINED AND PREPARED FOR DISTANCE SWIMMING IN OPEN WATER. ALL SWIMMERS IN THE MASTER'S DIVISION MUST BE ABLE TO SWIM A 12 MINUTE 500 YARD FREESTYLE!**

Entry ENTRIES ARE \$15/SWIMMER *IF MAILED BY MONDAY, JUNE 5, 2000*, and include a t-shirt, cap, and goody bag. Entries must be mailed by this date to be guaranteed a goody bag and choice of a t-shirt size.  
ENTRIES MAILED AFTER JUNE 5 are \$18/entry. These entries will receive XL shirts and may not be guaranteed a goody bag.

**ENTRIES MUST INCLUDE A COMPLETED INDIVIDUAL WAIVER FOR EACH SWIMMER, AND A COPY OF THE SWIMMER'S UNITED STATES MASTER'S MEMBERSHIP CARD. Enclose \$15/\$18 per entrant. Checks should be payable to "SEAY".**

Mail entries to: Frank A. Michalowski  
2123 Carlisle Ave.  
Racine, WI 53404-2111  
(262) 632-2246

Direct questions to: Linda Eberle  
3505 Olympia Dr.  
Racine, WI 53406  
(262) 554-0519  
E-mail: [eberle5@execpc.com](mailto:eberle5@execpc.com)

Concessions: A snack bar is available at the park. We will also be selling food and drink items earlier in the morning near the registration table. Grills and picnic tables are available in the park on the hill above the lake.

Cancellation: In general, the meet will run regardless of weather conditions. However, if severe weather or any other conditions adversely affect the safety of the competitors, the race may be postponed until conditions warrant a restart of the race. If conditions further deteriorate to such a point that the race will not be able to be completed in a reasonable time limit, the race may be canceled. A \$6. refund will be made to swimmers who check in to swim, but are unable to race due to the cancellation.

**MASTERS APPLICATION (USMS membership required)**

*(This form MUST be completed by ALL USMS swimmers!)*

NAME: \_\_\_\_\_ USMS NO. \_\_\_\_\_ T-Shirt Size: M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_  
XXL \_\_\_\_\_ (available at \$2.00 extra)

SEX: M \_\_\_\_\_ F \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_ AGE AS OF 7/1/00: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
(Street) (City, State) (Zip Code)

PLEASE NOTE ANY PERTINENT MEDICAL INFORMATION: \_\_\_\_\_

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 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. I ALSO SPECIFICALLY ACKNOWLEDGE THAT I AM AWARE OF ALL THE RISKS INHERENT IN OPEN WATER SWIMMING, AND AGREE TO ASSUME THOSE RISKS.

Participant signature: \_\_\_\_\_ 500 yard free seed time: \_\_\_\_\_

- 1 - Complete this form and attach \$15 (\$18, if mailed later than June 5). Add \$2.00 extra if choosing an XXL shirt.
- 2 - Attach copy of current membership card.
- 3 - Mail to: SEAY, 2123 Carlisle Ave., Racine, WI 53404

TAKE NOTE!!

## SAFETY REMINDERS – DID YOU KNOW?

From Kentucky Waves

USMS Rules require at meet warm-ups to enter the pool feet first and in a safe manner. The only exception is when there is a designated warm-up lane.

MOST swimming injuries (at meets and at practice) occur at or near the walls, but not necessarily due to someone entering the pool without looking. Many injuries are caused by swimmers pushing off the wall into the path of an incoming swimmer. Special care should be exercised when practicing backstroke starts.

ALL REGISTERED United States Masters are covered by our insurance policy during meets and practices, provided that certain rules are followed. For example, injuries in a non-coached workout are not covered. Also, letting non-registered swimmers participate in the workout jeopardizes insurance coverage even where the non-registered swimmer has nothing to do with the injury.

You're getting old when you wake up with that morning after feeling, and you didn't do anything the night before.



WISCONSIN MASTERS SWIMMING  
10346 Cedar Falls Road  
Hazelhurst, WI 54531