

WISCONSIN MASTERS SWIMMING

MAY 2001



**A Note From Nancy
WMAC Newsletter Editor**

As the saying goes - Spring has sprung, Fall has fell, Summer's hereWell - At least summer is trying to get here! And that means the move to the outdoors and that LONG 50 meter pool for many. Some will elect (or be forced) to stay indoors in their short course pools and then there will be some that will "hit" the lakes for some open water challenges. Whatever your choice - go for it! Between Wisconsin Masters and USMS there will be opportunities to indulge in most any endeavor you choose. Look for entry forms enclosed in this newsletter for the Racine Quarry Swim and the Lake Amy Belle Swim. Badger Games entries were sent out weeks ago to all previous participants and don't forget entries for the Masters Swimming in Badger Games are due in EARLY June. Due to conflicts with scheduling at Schroeder, the constant concern about the weather when scheduling a meet at Wilson Park, and poor attendance the last several years, this will, unfortunately, be the first summer in well over 20 years that a LC Meter State Championship Meet will NOT be held. However, we do have opportunities to participate and isn't that what Masters Swimming is all about? So, dig out the sun screen and the "outdoor" goggles. Enjoy the warmth of our brief Wisconsin summer, and make every effort to participate in those meets that are being offered. Dare to be different! Try something new! You've got nothing to lose. Afterall, any new endeavor is an automatic PR! So - ENJOY the 2001 LC season!

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2001 USMS NATIONAL LONG DISTANCE CHAMPIONSHIP EVENTS

5/10 KILOMETER POSTAL SWIM - to be swum between May 15 and September 30, hosted by the Central Oregon Masters.

2 MILE CABLE SWIM - June 23 at Eagle Creek Reservoir, Indianapolis, IN, hosted by the Greater Indiana Masters.

1 MILE OPEN WATER SWIM - July 14 at Point Lookout, Long Island, NY, hosted by the Empire State Masters.

3 KILOMETER OPEN WATER SWIM - August 4 at Elk Lake, Bend, OR, hosted by the Central Oregon Masters.

6 MILE OPEN WATER SWIM - August 25 at Eagle Creek Reservoir, Indianapolis, IN, hosted by the Greater Indiana Masters.

3000/6000 YARD POSTAL SWIM - to be swum between September 1 and October 31 hosted by the O*H*I*O Masters.

Entry forms for the 5/10K Postal Swim and the 3000/6000 Yard Postal swim will be published in SWIM Magazine. For the other events, and a calendar of ALL Long Distance Swims nationwide, send a SASE to your editor!

BADGER GAMES ENTRIES!

Badger State Games entries are being accepted until June 6, 2001.

Contact

Dick Pitman (dpitman@usms.org),
800-527-7425, ext 125

or

Art Luetke (luetkerity@aol.com)

or

register on-line at
www.sportsinwisconsin.com

Wisconsin Masters Web Site

www.Swim-wimasters.org

Check it out!

One of Dick Pitman's workouts will be the "pull out" workout featured in the next issue of SWIM Magazine. Be sure to check it out - and try it out!

I have flabby thighs, but fortunately my stomach covers them!

USMS 2000 TOP TEN SHORT COURSE METERS WISCONSIN SWIMMERS AND RELAYS

INDIVIDUALS

Jessica Kent 22

10th 50 free :29.07
7th 50 back :34.33
5th 50 breast :38.66
6th 50 fly :31.46

Edith Jacobsen 53

8th 400 IM 7:23.48

Ingrid Stine 61

6th 200 fly 4:28.13
8th 400 IM 8:33.19

Dave Melville 43

9th 50 back :31.73

Dan Natali 52

9th 100 fly 1:09.01

John Bauman 70

5th 100 fly 1:51.74

Lynn Surles 83

10th 50 free :48.52
5th 100 free 1:44.84

Sara Allen 25

10th 800 free 11:22.89
8th 1500 free 21:33.36

Nancy-Leigh Fisher 49

2nd 800 free 10:46.08
2nd 1500 free 20:16.77
4th 50 back :35.64
8th 200 back 2:53.60

Betty Lorenzi 73

3rd 50 back :50.16
4th 100 back 1:51.03
5th 200 back 4:00.29

Dick Pitman 56

8th 100 fly 1:20.18

Bill Payne 71

60th 50 fly :42.66
9th 100 IM 1:37.06

Kimberly Dickson 30

10th 800 Free 10:47.36
6th 1500 free 20:28.94

Arrietta Claus 45

6th 100 IM 1:20.91
3rd 50 breast :40.85

Nancy Kranitz 55

8th 50 fly :43.63
7th 100 fly 1:46.51
3rd 200 fly 3:48.40
7th 400 IM 7:50.23

Peter J. Allen 41

10th 200 breast 2:48.28

W. Morgan Byers 73

10th 200 free 3:06.73
9th 800 free 14:36.49
9th 1500 free 27:26.29

RELAYS

Women 100 + 10th 200 Medley Relay 2:57.26

Kristeen Carne 33, Elizabeth Heimlich 42, Rebecca Bird 20, Heather Kohler 24

Women 160+ 4th 400 Medley Relay 6:16.56

Edith Jacobsen 53, Candy Christenson 53, Sara Allen 25, Melodee Nujgent 33

Women 200 + 5th 200 Medley Relay 4:11.62

Fran Zeumer 81, Nancy Kranitz 55, Sheryl Dingman 29, Ann Meneau 40

Women 240+ 1st 400 Medley Relay 7:24.89

Betty Lorenzi 73, Carol Smollen 56, Nancy Kranitz 55, Ingrid Stine 61

Men 200 + 8th 200 Medley Relay 2:29.20

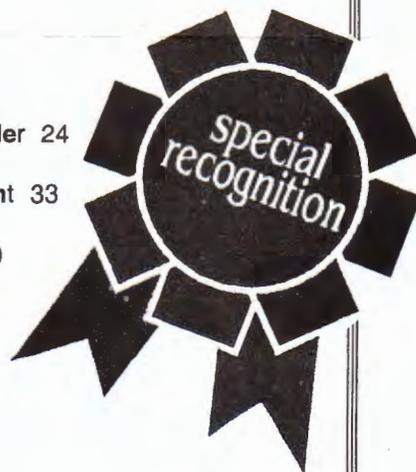
Dan Slick 52, Peter Lee 57, Thomas Payden 48, Lee Perko 54

Mixed 100 + 3rd 400 Medley Relay 4:59.47

Kimberly Dickson 30, Jessica Kent 24, Chris Liu 30, Jason Wrone 27

Mixed 200 + 1st 400 Medley Relay 5:11.23

Nancy-Leigh Fisher 49, Arrietta Claus 45, T.G. Meehan 53, Dick Pitman 56



SHOULDER PAIN?

Judy Davis

The most common cause of shoulder pain occurs when tendons in the shoulder become inflamed causing rotator cuff tendinitis. The pain tends to be worse with overhead activities such as combing your hair, serving a tennis ball, or swimming.

The pain can usually be treated with ice, rest, and over the counter anti-inflammatory medications such as ibuprofen or Naproxin.

For persistent pain see your physician. "Frozen shoulder" can result from longer periods of immobilization.

SKATE TO FITNESS

Judy Davis

Wisconsinites can take advantage of our long winters and use ice skating to cross train. Skating provides an excellent cardiovascular and strengthening workout for the heart, lungs, legs, and buttocks. You can burn 200 to 600 calories in an hour depending on your speed.

I like long walks, especially when they are taken by people who annoy me.

I don't jog - it makes the ice jump right out of my glass.

Did you know that more than half of American adults are overweight putting them at risk for heart disease, cancer, stroke and diabetes? Good eating habits such as limiting fat, cholesterol and sodium help to reduce these risks. So can the following tips: *Keep a journal of the foods you eat. *Eat three balanced meals a day. *Limit unhealthy snacking. *Eat slowly! *Don't buy fatty foods. *No second helpings. In addition to watching your diet, exercise for at least 30 minutes every day. Regular exercise builds strength, reduces stress, and boosts self esteem while it helps to control your weight. **Eat right - exercise regularly:** Two simple healthy habits which are essential to weight management, making you feel better, and increasing your chances of living longer!

TIP OF THE MONTH

Paul Huting-Florida Mavericks Masters, Inc.

Planning on swimming in a BIG meet? Striving for best times and great swims? Then you should be aiming to work specifically on each event in your training.

The best way to improve your events is with broken swims and repeat swims at race speed once a week. An example of repeat swims would be a set of 5 x 100 @ intervals of 5-10 minutes with an easy 50 or 100 cool down after each repeat. The swims should be within several seconds of your best time. Broken swims are done in sets of 4 x 25 (100 yards), 4 x 50 (200 yards), or 5 x 100 (500 yards). If you are swimming 50's use sets of 15 yds and 25 yds at faster than race speed.

Starts and turns are very important for the sprints. Once a week, do 5-10 of each stroke, for all your meet events.

Sprint kicking will help improve your timing and neuromuscular enhancement. Do sets of kicks, such as 5 x 100, 10 x 50, and 20 x 25 at high speed with sufficient rest. This will tie in with your swimming for speed rather than an easy 500 yds kicking. Time your kick repeats, and work towards improvement.

Use your swim log to include your training times and workouts. Write out each day's workout and plan ahead to include some of these ideas each week.

In summary, plan ahead for your big swims with specific training for each of your events. Rehearse each of your events in your mind to prepare mentally as well as physically in the pool!

TOP TEN PATCHES

The Top Ten Patches are sold by the Lake Erie LMSC. Darlynn Ferguson is stepping down and Thomas Gorman is now the person to contact to order Top Ten Patches. Thomas can be reached at 3369 Desota Ave., Cleveland Heights, OH, 44118, or at trgorman@att.net

In the Winter issue of our newsletter in the Lawrence University Short Course Meter Meet results **Janice Wolowicz** was listed as being in the 60-64 age group. Janice is actually in the 65-69 age group. Sorry about the error, Janice!

Here's How to Fall

Judy Davis

If you can control a fall, fall backward onto your buttocks and then roll onto your back. Keep your arms up in the air. This will result in less injury.

Seafood Safety

Judy Davis

According to the Center for Science in the Public Interest (CSPI), seafood is the leading cause of food related illness in the US. Second were eggs, third was beef. In addition, vegetable and fruits - especially lettuce and sprouts, also contributed to a number of illness outbreaks. **Remember** to thoroughly cook, then promptly refrigerate foods after cooking - and carefully **wash** fruits and vegetables.

CALENDAR OF OPEN WATER SWIMS

Eric Jernberg

If you are one of the few swimmers who enjoys open water swims, here is a partial calendar of open water swims for the 2001 summer season which are not too far from Wisconsin.

June 23rd	2 Mile Cable Championship, Ind, IN	800-669-7946
June 30th	Racing Open Water Challenge, WI	262-554-0519
July 8th	Eau Clair YMCA 2 Mile Lake Swim, WI	715-836-8460
July 14th	1 & 2 Mile Lake Swims, Minneapolis, MN	651-489-4360
July 15th	1.5 Mile Lake Swim, Portage State Park, MI	419-885-2089
July 21st	1/2 & 1 Mile Swims, Lake Amy Belle, Hubertus	414-443-6460
July 23rd	2.5 Mile Swim, Lake Michigan, Grand Haven MI	616-842-7051
July 28th	1 & 2 Mile Lake Swims, Lk Erie, Cleveland, OH	440-835-0142
Aug 5th	1,2 & 3 Mile Swims, Lk Mich, Harbor Springs MI	213-526-9824
Aug 25th	USMS 6 Mile Championship, Ind., IN	800-669-7946
Sept 9th	Big Shoulders 5K, Lake Michigan, Chicago, IL	312-421-2276

Not yet listed - Minneapolis, MN 5 mile swim.

Questions? Call our long distance "chair" (Eric) at 414-443-6460!



It is well documented that for every mile that you jog, you add one minute to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$5000 per month!

2000 POSTAL PENTATHLON RESULTS

Wayde Mulhern, Pentathlon Meet Director

The 2000 Postal Pentathlon drew 148 swimmers from Australia, Canada, England, The Netherlands, and The United States. Twenty-four US states were represented, one province in Canada, and 2 states in Australia, England, and The Netherlands. For the tenth year in a row the state of New York had the most entrants (27) followed by California (15) and Nebraska (13). The 148 swimmers ranged in age from 20 to 82 and swam 172 pentathlons. For the 7th time in 8 years there were more females entered (80) than males (68).

With three pentathlon divisions available, everyone had opportunities to swim multiple pentathlons. Sixteen individuals took advantage of this. Nine people swam two courses and seven swam all three courses. Wayde Mulhern was the youngest (41) to swim all three and T.R. Johnson, 78, was the oldest to do so.

The largest age group represented was 40-44 where 26 individuals participated. There were 15 women in this age group. In the women 45-49 Sprint Pentathlon the winning margin was 0.45 seconds!

Five Wisconsin swimmers entered and they placed as follows:

John Bauman, 70, 1st, Middle Distance, 70-74

Bill Payne, 71, 1st, Sprint Distance, 70-74

John Maniaci, 49, 3rd, Sprint Distance, 45-49

Kurt Weina, 37, 4th Sprint Distance, 35-39

Peter Lee, 57, 6th Middle Distance, 55-59

Dates for the 2001 Postal Pentathlon are September 15 to December 15. The entry form will be posted on the Minnesota LMSC web site (<http://www.mn-lmsc.org>). This "meet" can be swum any time and any place. Join the fun and meet the challenge of doing all four strokes plus an IM all in one meet!

CHOCOLATE MATHEMATICS

1. Pick the number of times you would like to have chocolate (try for more than once - but less than 10)....
2. Multiply this number by 2 - then add 5.
3. Multiply it by 50.
4. If you have already had your birthday this year add 1751...If you haven't, add 1750.
5. Now subtract the four digit year that you were born. You should have a three digit number. The first digit of this was your original number (i.e., how many times you want to have chocolate each week). The next two numbers are your age! This is the only year this will ever work.



ALL-AMERICAN RECOGNITION

Each year the swimmer with the fastest listed time for an individual event or as a member of a relay team with the fastest time on the yearly USMS Top Ten shall be declared an All-American for the year. For the 1999-2000 year the following Wisconsin swimmers were declared **All-Americans**:

INDIVIDUAL EVENTS:

W. Morgan Byers - Long Distance All-American
Nancy Leigh Fisher - Pool All-American

RELAY EVENTS:

John Bauman
W. Morgan Byers
Arrietta Clauss
Judy Davis
Harlan Drake
Nancy-Leigh Fisher
Doris Klitzke
Nancy Kranpitz
Robert Kueny

Peter Lee
Betty Lorenzi
Tom Meehan
Tom Michelson
Dick Pitman
Gordon Schalla
Carol Smollen
Ingrid Stine

CONGRATULATIONS TO ALL!

Because of lack of participation the last few years, there will not be a USMS Sanctioned long course Masters summer meet in Wisconsin in 2001. The **ONLY** long course meet will be the Badger State Games, June 24, 2001. This is **NOT** a sanctioned or recognized meet and times are **NOT** accepted for records or USMS National Top Ten.

FRUIT STICKERS

Judy Davis

Ever wonder what would happen if you accidentally ate one of those pesky fruit stickers that are so tough to remove? Well - not to fear. According to Dole Fresh Fruit the stickers are made of rice paper and can be eaten causing no harm!

WISCONSIN SENIOR OLYMPICS!

The 22nd Annual Wisconsin Senior Olympics will be held September 4-15, 2001. Men and women who will be age 50 as of December 31, 2001, are eligible to participate. There will be competition in 21 sports: archery, badminton, basketball, basketball free throw, bowling, cycling, golf, horseshoes, lawn bowling, racewalk, racquetball, 5K road race, shuffleboard, softball, swimming, table tennis, tennis, track and field, triathlon, volleyball (men), volleyball (women). **The swimming competition is tentatively scheduled for Saturday, September 15, at Whitefish Bay High School.** To request more information call 262-821-4444 or e-mail aging@execpc.com.

GETTING FIT ON THE JOB

Stuck sitting at a desk all day wondering how you can get in shape - or stay in shape - while being forced to be so sedentary all day long? Here's a few tips to think about and incorporate into your workday.

*Whether typing, lifting, or driving, stretch every 20 minutes. Loosen your neck and shoulders; roll your shoulders forward and backward 10 times in each direction.

*Flex your back muscles by draping forward over your lap and holding.

*Stretch the hamstrings by lifting your legs (while sitting) and reaching over your lap to touch your toes.

Stretching helps reboot your posture and relieves pressure in your neck and back.

*Take the stairs and not the elevator. Take the long route to the bathroom. Park as far away from the building as possible. Use part of your lunch break to walk briskly around your building. Stand up and pace when you are on a long phone call.

These simple ideas can help strengthen your heart and lungs, burn calories and fat, and add to your cardiovascular fitness.

6th Annual YMCA Lake Amy Belle Swim Race

Saturday, July 21st 2001

When: Saturday July 21st, 2001, 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 8 2001)

Awards: Medals to all finishers, Trophy to 1st place, 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 13th, after that, registration cost is \$15.

Weather Check or other Questions: Call Eric Jernberg 414-443-6460

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 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 _____



Dive into Masters Swimming!



Angela Urbon, Jayne Wanless, Rebecca Bird, and Sara Allen - Record holders in the 19+ 200 Yard Freestyle Relay with a time of 1:54.22. Congratulations ladies!

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
e-mail rpitman@rbarealtors.com

GOT CALCIUM?

One thing often missing in people's diet is calcium. Without enough calcium in your system you could be prone to osteoporosis. Often people don't know they have osteoporosis until they suffer debilitating pain or a broken bone. Osteoporosis is responsible for 1.5 million fractures annually and costs about \$38 million a day.

Some of the risk factors are: thin, small-boned frame, family history, advanced age, early or surgical menopause, loss of estrogen with menopause, a diet low in calcium, inactive life style, cigarette smoking, excessive use of alcohol or caffeine, and medication use.

Long term things you can do: *Get enough calcium in your diet (approximately 1000-1500 mg/day). It is best absorbed when taken in amounts of 500-600 mg. Dairy products are the best source but a supplement will work. *Drink plenty of fluids. *Reduce your intake of substances that weaken bones (caffeine, coffee and cola drinks, alcohol and smoking). *Perform weight bearing exercises as these stimulate bone growth.

Recommended activities are: walking, hiking, stair climbing, jogging, skiing, aerobic dancing, weight training and water aerobics (for best results these exercises should be done for 1 hour at least 4 times per week). Of course, any exercise is better than none.

Talk to your doctor if you have any concerns. Avoid falls. And above all - remember - **prevention is the best medicine!**

Chocolate covered raisins, cherries, orange slices, and strawberries all count as fruit. So eat as many as you want!

Racine Quarry Open Water Challenge

A United States Masters Swimming Meet

Saturday, June 30, 2001

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. Admission to the park is \$.75/person after 8:00 AM.

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 compete 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 swimmers, 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, 1st-3rd. 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. Age is determined as of June 30, 2001. 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 (full membership, or a \$12 "one event" membership) will be offered at the meet registration table, or can be obtained by contacting Judy Davis at 414-425-2916. Swimmers must have a seed time of at least 12 minutes for a 500 yard free.

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 8, 2001**, and include a t-shirt, cap, and goody bag. Entries must be mailed by this date to be guaranteed a choice of a t-shirt size.

ENTRIES MAILED AFTER JUNE 8 are \$20/entry. These entries will receive XL shirts, a cap, and (depending on availability) a goody bag.

DECK ENTRIES will be taken the day of the meet, for \$20, as space permits, and will include a cap only.

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/\$20 per entrant.

Checks should be payable to "SEAY".

Mail entries to: Frank A. Michalowski
2123 Carlisle Ave.
Racine, WI 53404-2111
(262) 632-2246
E-mail: franknwi@aol.com

Direct questions to: Linda Eberle
3505 Olympia Dr.
Racine, WI 53406
(262) 554-0519
E-mail: 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 are present to swim, but who are unable to race due to the cancellation.

QUARRY CHALLENGE MASTER'S ENTRY (USMS membership required)

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

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

SEX: M _____ F _____ BIRTH DATE: _____ AGE AS OF 6/30/01: _____ PHONE NUMBER: _____

CLUB AFFILIATION (if any): _____ E-MAIL: _____

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: _____
(must be provided)

- 1- Complete this form and attach \$15 (\$20, if mailed later than June 8). Add \$2.00 extra is choosing an XXL shirt.
- 2- Attach copy of current membership card.
- 3- Mail to: SEAY, 2123 Carlisle Ave., Racine, WI 53404.

SWIMMER'S EAR

Seth J. Silberman, MD, Ear Nose & Throat Specialist

When water gets into the ear canal, it may carry in bacterial or fungal organisms. Normally this water runs back out and the ear dries. Occasionally, water may get trapped in the ear canal. The result is a soggy ear that permits the growth of these bacteria and fungi. This process may be hastened by the use of cotton swabs that are employed in an attempt to relieve the itching and blockage that results. Manipulating the ear canal can cause tiny breaks in the skin, allowing these organisms to flourish.

SYMPTOMS: The ear itches or feels blocked. The ear canal becomes swollen shut. A milky, infected liquid begins draining. The ear becomes very painful and tender, especially over the cartilage.

PREVENTION: If your ear feels moist or blocked, you can use eardrops to dry out the ear canal. Tilt your head sideways with that ear up and pull the ear upward and backward to allow the drops to get all the way into the ear canal. Wiggle the ear gently and then turn your head to permit the drops to drain. You can make your own drops and keep them in your workout bag in a brown glass eyedropper bottle. Use approximately 4 drops in each ear after swimming or bathing.

RECIPE #1: Mix equal parts of rubbing alcohol and clear white vinegar.

RECIPE #2: Mix 2 teaspoons boric acid powder in 1 pint rubbing alcohol.

There are also commercially prepared drops, such as Oto-Dry that are available from an Ear, Nose and Throat Specialist. All of these agents contain alcohol to dry the moisture and a weak acid to kill bacteria and fungi. None of these drops should be used if you have a perforated or injured eardrum. Consult your doctor.

The best defense against swimmer's ear is a dry ear. Use these drops and a hair dryer to keep the ear canal dry. Do not use cotton swabs since these will pack the material deeper into the narrow, swollen canal and irritate the skin. I also discourage the use of over the counter wax removal kits. These are not very effective and usually delay our patients from getting prompt, early treatment.

If the problem becomes frequent, an ear specialist may recommend lanolin drops before swimming. Custom earplugs are a very effective form of prevention. These are only available from an audiologist at the Ear, Nose and Throat specialist or a hearing aid dealer. Although they are considerably more expensive than general purpose plugs, they are much more effective.

TREATMENT: If you experience itching, pain, blockage or drainage, you should see an Ear, Nose and Throat specialist as soon as possible. Those of you who have had swimmer's ear know that the symptoms can progress rapidly and the ear canal can swell completely closed. Treatment is aimed at removing the infected material from the ear canal and placing medicated drops in the ear. These drops contain an anti-bacterial/fungal medicine and cortisone to diminish swelling. Occasionally, if the ear is closed off, a wick will be placed for a few days to facilitate penetration of the drops. The ear must remain completely dry until all signs of infection are gone; usually 7-10 days. After that, it is best to use ear plugs to prevent recurrence of the infection.

*Entries for:
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