

WISCONSIN MASTERS SWIMMING

WINTER - 2001



From Your Editor
Nancy Kranpitz

The snow is falling and memories of outside swimming have long since left us. But not to worry as the winter season has a full slate of meets for all of us to enjoy. Between Middleton, Madison East YMCA, Wauwatosa West HS meets, and our state SCY Championships we should all be able to find some meet to keep us "in the swim" right here in Wisconsin. Add to that National Meets in Sarasota, FL (YMCA Nationals) and Santa Clara, CA (USMS SCY Nationals) and it shouldn't be hard to fill up our calendars. With both National Championship meets being held in sunny climates it might not take too much to convince many of us to leave the cold and snow behind and head to the sun and warmth of these two meets. Whatever your choice, keep the water churning as you work toward your swimming goal - whether that be fitness, PR's, or National Championships! Above all - PLEASE use our Wisconsin Masters sponsored meets to fine tune yourself and measure your progress. Hope to see many of you at many of the numerous meets on our schedule.

Wisconsin Meet Schedule

Sun Feb 11	Madison East YMCA
Sat Mar 10	Wauwatosa West High School
April 7-8	Schroeder Aquatic Center Wisconsin SCY Championships
Sun Jun 24	Badger State Games, Madison
Sat Jun 30	Racine Quarry Open Water Swim
Sat-Sun Aug 18-19	Wisconsin LCM Championships Schroeder Aquatic Center Other Meets
Apr 26-29	YMCA Nationals, Sarasota, FL
May 17-20	USMS SCY Nationals Santa Clara, CA
Aug 16-19	USMS LCM Nationals Federal Way, WA

2002
National Championship Meet bid
winners:

Short Course Yards
University of Hawaii, May 14-17, 2002

Long Course Meters
Cleveland State University, Ohio
August 15-19, 2002

SWIM COMMITTEE ANNUAL MEETING-SEPTEMBER 30, 2000

Officers Elected

Chairman: John Bauman
Treasurer: Ingrid Stine
Registrar: Judy Davis
Secretary: Peter Lee
Newsletter: Nancy Kranpitz
Webmaster: Ray Diederich
Sanctions: Harlan Drake
Officials: Debra Mueller
Fitness & Safety: Judy Davis
Coaches: Dick Pitman
Top Ten/Records: John Bauman
Long Distance: Eric Jernberg

Registration Fees for 2001

Individuals - \$25.00
National Clubs - \$35.00
"Umbrella Clubs" - \$25.00

USMS CONVENTION NOTES

There were over 30 rule changes approved by the House of Delegates at the annual convention. Most of the changes were of a housekeeping nature or a clarification of procedures. **The most significant rule change as far as competitors are concerned had to do with the backstroke start. Effective January 1, 2001, "On All Courses curling the toes over the lip of the gutter is not permitted at any time."**

REMINDER: In Wisconsin we have one National club - Wisconsin Masters Aquatic Club. Three local clubs, Manitowoc-Two Rivers, Fox Cities Y, and Waukesha Express Masters Swimming, are registered as sub-clubs under the WMAC umbrella. Swimmers may only register as a member of an officially registered club or as unattached. Unattached swimmers may not participate in relays at swim meets. It has been our policy to register a swimmer that is not a member of a local club as a member of WMAC. If you do not want to be a member of WMAC you may register as Unattached. A \$4.00 transfer fee is required to change from Unattached to a club membership once the yearly registration has been processed.

The next World Masters Championships will be held in Auckland, New Zealand in April 2002. There probably will be fewer than the 8,000 people that were in Munich (that number includes all aquatic sports including diving, synchronized swimming, and open water swimming) and the facility is supposed to be new and excellent. Like all Masters meets there are people of all age groups and speeds at the World Meet and no one should avoid going because they think it is just for the best in the world.

TAKE NOTE!!

TIP OF THE MONTH

Paul Hutinger-Florida Mavericks Masters, Inc.

Before you go to practice, think about accomplishing at least one specific detail. The following list will help you get started. Add your own ideas to become more creative in your workouts.

***Distance per stroke** - Head down, pull with long strokes, touch thigh at end of stroke.

***Work turns** - streamline off push offs past flags.

***Drills** - One arm stroke drills for free and back strokes.

***Concentrate on your best event** - Example: 200 IM-do a set of 4 broken IM's (4 x 50). Work on pace you need for each 50.

***Splits** - Know your splits, especially for your best events. Keep a log book and record them to work for in practice.

***Turns** - Do extra transition turns for IM (fly to back; back to breast, etc)

***One hour swim** - For the hour swim, do a set of 20 x 100's at pace. Do this several times/week until you do your swim in January.

***Mental preparation** - Think of your next meet and events and prepare in practice. Think positive thoughts about your key events. Think through in your mind each stroke and turn for your favorite event.

***Use the flags** - If you are a backstroker, use the flags to count your strokes to the wall. If your pool has no flags, make a marker with a chair, etc, 15 feet from the wall. When you warm up at a meet spend extra time working off the flags for your turns and finish so you will be on automatic and make fewer mistakes for your race.

WAUKESHA MEET - DECEMBER 16, 2000

Ingrid Stine

Sponsored by the Waukesha Express Master's Team, this meet was run by their kid's team! It was a most delightful meet - well organized and fast moving. They had about 60 entries. However, there were several no shows. Five of the six lanes were used for the competition with lane 6 available throughout the meet as a warmup/cool down lane. Our own Henry Klepper served as starter.

This was the first meet sponsored by the Waukesha Express Club and based on the successful outcome of this meet they plan on making it an annual event!

REGISTRATION

251 swimmers have registered for 2001 as of December 31, 2000.

As of Dec 31, 1999, 234 had registered for the year 2000.

As of Dec 31, 1998, 235 had registered for the year 1999.

WE'RE GROWING!

Can't get rid of that nagging cold or flu bug you have been fighting for weeks?

Try throwing OUT your current toothbrush!

You just may be re-introducing all those nasty germs into your body each time you brush your teeth!

Considering the minimal cost of a new toothbrush it certainly is worth a try.

Visit our web site at: www.execpc.com/~wmac. In the near future we will be changing our web site address to www.swim-wimasters.org. We would appreciate your comments and suggestions about the web site. E-mail to wmac@execpc.com or

Diet Tip: Eat a chocolate bar before each meal. It'll take the edge off your appetite and you'll eat less!

What's up With Omega-3?

Despite all the current "hoopla" about reducing fat in our diets there is a type of fat that is actually good for you. Omega-3 fatty acids, found in greatest supply in seafood, CAN give your health a boost. Unfortunately, only 1 in 10 Americans gets enough of this substance.

Reasearchers believe the following health benefits should be credited to these fatty acids:

1. They can decrease blood clots, lower blood pressure, and lower cholesterol levels thus playing an important role in cardiovascular health.
2. They slow the onset of arthritis.
3. They boost the immune system.
4. They help prevent some forms of cancer.
5. They contribute to the development of the brain and vision in infants.
6. They can affect stress levels, learning, and memory.

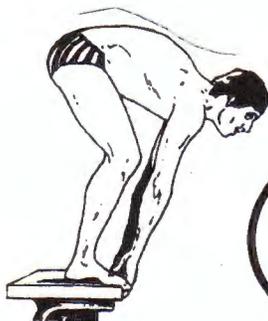
The government has not yet set a recommended daily allowance. However, as little a 200 mg a day is believed to benefit heart health.

How can you increase the amount of omega-3 fatty acids in your diet? Simply eat one to two servings of fatty fish per week. Salmon, herring, sardines and tuna are the best sources, but you can find lesser amounts in bluefish, cod, whiting, snapper, and haddock. Also, shrimp and lobster (shellfish) tend to have more omega-3 than low fat fish.

Several oils, including canola oil and flaxseed oil, also contain omega-3 fatty acids. However, health experts say that fish oil remains the best source. People who don't like fish, and especially vegetarians, can try using natural omega-3 or fish oil supplements. These are available in most health food stores. Be sure to talk with your doctor before taking any supplement as she or he can help determine which is the best way for you to add omega-3 to your diet.

**THE WMAC RELAY TEAMS WHO ACHIEVED
2000 USMS ALL-AMERICAN STATUS
THANK THE WMSC FOR THEIR ALL AMER-
ICAN PATCHES AND CERTIFICATES!**

Money talks. Chocolate sings. Beautifully



Jane Duke, 48, one of our Wisconsin Masters swimmers, underwent multiple neck surgeries on September 27, 2000. One of the procedures involved a cervical bone graft. Months before her surgeries Jane was on crutches, in pain, and not able to swim. However, we are happy to report she is doing great - back in the pool and she even helped out at our last Tosa meet in January. We're looking forward to seeing Jane back competing in the not too distant future!

What do you do when you see an endangered animal eating an endangered plant?

USMS TOP TEN PATCHES

Individuals and relay members on the Top Ten list are eligible to purchase a Top Ten patch. Send \$5.00 to: Darlyne Ferguson, 4917 Walden Circle, Orlando, FL., 32811. Add \$1.25 for each additional stroke segment.

PAST THE STEAK, PLEASE!

Judy Davis

Good news from the Archives of Internal Medicine if you enjoy steak! A recent study comparing cholesterol levels between people who ate lean cuts of red meat such as beef, veal, venison, and pork, and those who ate white meat like fish and poultry found **NO** difference in their cholesterol levels. It seems like we have been told for years that we should be limiting our intake of red meat because it is bad for the cardiovascular system. However, during a 36 week study, there was a nearly identical decline in the level of low-density lipoproteins (the "bad" cholesterol that clogs arteries) among those who ate the red meat and those who ate the white meat. Both groups also experienced an increase in high-density lipoprotein (the "good" cholesterol) levels when compared to their unregulated diets prior to the study. So....enjoy your steak - without guilt - but be sure to choose a lean cut to avoid the saturated fat.

To Achieve Your Dreams, Remember your ABC's

Wanda Carter - Florida Maverick Masters, Inc. Newsletter, 12/00

- *Avoid negative sources, people, places and habits.
- *Believe in yourself.
- *Consider things from every angle.
- *Don't give up, and don't give in.
- *Enjoy life today: yesterday is gone, and tomorrow may never come.
- *Family and friends are hidden treasures. Seek them and enjoy their riches.
- *Give more than you planned to give.
- *Hang on to your dreams.
- *Ignore those who try to discourage you.
- *Just do it!
- *Keep on trying. No matter how hard it seems, it will get easier.
- *Love yourself first and most.
- *Make it happen.
- *Never lie, cheat, or steal. Always strike a fair deal.
- *Open your eyes and see things as they really are.
- *Practice makes perfect.
- *Quitters never win and winners never quit.
- *Read, study, and learn about everything important in your life.
- *Stop procrastinating.
- *Take control of your own destiny.
- *Understand yourself in order to better understand others.
- *Visualize it.
- *Want it more than anything.
- *Xccelerate your efforts.
- *You are unique of all of God's creations. Nothing can replace you.
- *Zero in on your target and go for it!

**Brad
Horner not
only won the 100
and 200 Meter fly at
the World Games in
Munich. He also placed
second to former
Wisconsinite Jim
Montgomery (story of his
life, he says) in the 200
free with a time of
2:05.30.
Congratulations
Brad!**

Watch your thoughts, they become words.
Watch your words, they become actions.
Watch your actions, they become habits.
Watch your habits, they become character.
Watch your character; it becomes your

DESTINY.
Frank Outlaw

S-T-R-E-T-C-H

Aerobicizers pump with "them"; on the road executives swear by "them." But, according to Jaci VanHeest, Ph.D., director of exercise physiology at the International Center for Aquatic Research of U.S. Swimming in Colorado Springs, CO., swimmers are the ones that truly value the versatility of "them".

What are "them"? Stretch cords. Bungies. Whatever you want to call them. They can be just as valuable as having a pool in your back pocket as you can turn any place into a weight room at any time by using them.

Stretch cords are held in high regard by both swimmers and coaches because they work the muscles in a unique way. Free weights and machines absolutely can condition the body. But the "structure" of the machines limits your range of motion. Sttretch cords, on the other hand, are able to provide a smooth, consistent resistance which is much like what one experiences when exercising in water. In addition, when using stretch cords you can move your arms and legs at any angle simulating the same motions you are used to when you swim. Simulating swimming motions using stretch cords provides more resistance than water can provide.

Stretch cords are versatile. You can use them on deck as part of your "warm up". Substitute a stretch cord workout for a pool workout. This is especially valuable when you travel. But probably the biggest benefit occurs when you incorporate the use of stretch cords into a regular dry-land training regimen.

About the only additional "equipment" you will need is a place to "anchor" the cord. You will have to loop it around something that won't budge. Be sure to get equal tension on both sides of the cord. This is most easily established by folding the cord in half, drawing a line when it beds to mark the middle of the cord. Simply put this mark behind whatever you are using as the anchor. Then - let your imagination be your guide. An overhead beam "anchor" is great for upper chest, upper back, and rear deltoids. Use a low "anchor", loop the end of the cord around one ankle, and work your legs. A waist high "anchor" allows you to bend at the waist and simulate free, fly, and breast-stroke arm motions. Always stand far enough away so there is tension on the cord at all times. Make sure you feel a slight pull coming from the cord before beginning each exercise. Then **S-T-R-E-T-C-H** your way to increased speed and greater endurance in the pool!

TAPERING

From Fitness Tips - a publication by the USMS Fitness Committee

Nothing in sports works as well as tapering; i.e., tapering your swim workouts in preparation for a big meet. This subject has been discussed with many experienced swimmers over the years and the result is conflicting opinions. In addition, trying some or all of this advice can result in the formation of your own conflicting opinions! No matter, there are components of tapering that deserve our attention.

Tapering has two very important components. One is to rest the swimming muscles and the other is to refine your racing technique. Resting the muscles is the easy part. Refining your technique takes a little work. Here we have our first conflicting opinions!

If you are a sprinter, start 2 weeks from your big swim meet and reduce your total workout yardage by 24% per day. If you are a distance swimmer, start 10 days out from the big meet and reduce your daily yardage by 33% per day. Take a day off from swimming at some time during this process but try not to take more than one day off. Two days before the start of the meet do not swim at all, don't mow the lawn or shovel the snow. Get someone else to do it. You are tapering! The day before the meet swim 1200 yards nice and easy.

The yardage tapering is straight forward. The intensity tapering takes some thinking. Early in the taper, swim longer intervals but swim slightly faster. If you usually do 5 x 100 on 1:30 and finish the 100 in 1:20 do 5 x 100 on 2:00 and try to finish in 1:15. Also, change speeds when you swim. While doing a 100 swim, do the first 25 easy and build your speed so that you are at about 85% speed in the last 25. Try 75's where you alternate 25 fast, 25 easy, 25 fast. But whatever you do, do not swim anything at 100% speed during the taper period. As they say in the coaching business, "do not leave your best swim in the workout pool".

Another tapering trick is sprinting 12 1/2s. That is half the length of the pool. Start at one end, do a good streamline push off and swim half way down the pool and stop. Swim from halfway to the far wall doing a good, fast flip turn and stop. Come back stopping halfway again and sprint the last 12 1/2 practicing a good race finish. All swimming is done at 85% speed, practicing moving your hands fast. Take a good deal of rest between swims so whatever you do, you do it well, not fatigued.

If you can not dream up a good taper workout, try this one:

- 1) Warm up.....500 swim
- 2) 2 x 200 swim, 80% sprint the 4th and 5th length.
- 3) 3 x 100 on 2:00 (or an interval 30 seconds longer than your usual)
- 4) 8 x 75 with the first length a stroke other than freestyle such as one you may be racing on a 30 - 50 second rest interval.
- 5) 8 x 25 ascending on 45 seconds. (Swim the first one fast and each successive one slower).

SWIM AROUND REVILLA

USMS Fitness Committee

The committee was contacted in regards to a proposed fitness event from the Ketchikan Masters Swim Club of Ketchikan Alaska. "The Swim Around Revilla," involves swimming the equivalent distance around the island of Revillagigedo in Alexander Archipelago in southeast Alaska. The distance is 135 miles and can be accomplished by swimming aggregate swims at workouts, meets, or any measurable swim. Once the swimmer has completed a total of 135 miles they can submit their entry for consideration in a raffle to win a trip to the island of Revillagigedo. The event was unveiled at the USMS convention and more details should be forthcoming in the near future.

DIVE INTO POOL EXERCISE!!

We current Masters swimmers aren't the first to take advantage of water's relaxing and healing properties. The Romans had their baths, Belgians had natural mineral springs, and hydrotherapy, the use of water in the treatment of injury and illness, was popular in the 18th and 19th centuries. Hydrotherapists used cold water to reduce swelling caused by strains and sprains and to decrease fever, and warm water to increase blood circulation and to calm patients. Many of these concepts are used today in modern physical therapy. In fact, today's physical therapists have gone a step further and often use underwater exercises to help patients strengthen weakened muscles, relax torn and strained muscles, and improve muscle function in patients recovering from strokes and injuries.

Why does water exercise feel so good and why is it so beneficial? First, the buoyancy of water allows your body to feel almost weightless. When you are in chin deep water your "water weight" is just one tenth that of your true weight on land. The water supports you and allows you to add grace and fluidity to your movements. This allows your muscles, joints, and ligaments to move freely and comfortably without the pounding, jarring, or straining you would experience "on land". Also, an increase in joint flexibility can be achieved while exercising in water - a great advantage for those who suffer from arthritis.

Because water is twelve times denser than air your muscles have to work harder against this resistance. Thus, you will see results of your water exercise faster in terms of strength and better muscle tone.

Tips for Starting a Low-Saturated-Fat Low-Cholesterol Eating Program

Allow your overall fat intake to be no more than 30% of your total calories. Limit saturated fat intake to 8-10% of your calories.

Remove the skin from poultry before cooking. Buy only lean cuts of meat and trim off any visible fat before cooking.

Make sure your diet includes fish.

Go meatless at least one a week.

Pasta, rice, bread and cereal are low in fat and rich in nutrients. ENJOY them!

Bake, steam, roast, boil, or broil foods instead of frying them.

Eat no more than three to four egg yolks a week.

Substitute two egg whites for one whole egg in baked good recipes.

Use skim milk, low-fat cheeses, low-fat and nonfat yogurt instead of their high-fat counterparts.

Use herbs and seasonings to add flavor to vegetables rather than butter and sauces.

Replace gooey, high-fat desserts with fruits and low-fat cookies and cakes.

Be aware of frostings and sauces! They are hidden sources of fat!

Too overwhelming? Start by checking off 6 tips to try. Once these new habits have been established begin to add others as you eat your way to a healthier you.

DEPRESSED?

Try Exercising!

One hundred fifty-six people aged 50 and older suffering from depression were recently studied. After being divided into three groups one was given instructions to exercise 45 minutes three times a week, the second was given antidepressant drugs, and the third got both the drugs and exercised. After four months the group which exercised but did not take any medication showed greater improvement than the other two. It appears that a regular exercise routine is just as beneficial for our mental and emotional state as it is for our physical health. All the more reason to continue to be ACTIVE!

**You may be disappointed if you fail, but
you are doomed if you don't try.**

BIG SHOULDERS 5 KM LONG DISTANCE SWIM - LAKE MICHIGAN - CHICAGO - SEPT 10, 2000

The weather was definitely not the best - overcast and even a few sprinkles. But the water temperature was in the low 70's (pretty good for the big pond) and 277 of 298 registered swimmers managed to complete the swim. This meet is one of the USMS National Long Distance Championship Meets and three Wisconsin swimmers competed.

Heather Curnutt, 26, finished 6th in the 25-29 age group with a time of 1 hour, 20 minutes, and 5 seconds..

Eric Jernberg, 41, finished 5th in the 40-44 age group with a time of 1 hour, 14 minutes, and 2 seconds.

Tom Grogan, 43, completed the distance in a time of 1 hour, 51 minutes, 1 second to finish 11th in the 40-44 age group.

The fastest time for women was 1 hour, 7 minutes, 53 seconds and the 25-29 age group had the most competitors - 15.

The fastest time for men was 1 hour, 3 minutes, 49 seconds which was also the overall winning time. The 40-44 age group drew the highest number of competitors - 26.

**CONGRATULATIONS Heather, Eric, and
Tom!**



LAWRENCE UNIVERSITY SHORT COURSE METER MEET

November 4, 2000

Ingrid Stine

Seventy-eight swimmers entered our only WI SC Meter meet held at Lawrence University's beautiful facility. It was a delightful meet with very few "no shows". Special thanks to **Bob Swain** (meet director), **John Bauman** (entry and paper work chairman), and **Ray Diederich** (results) for all they did to make this meet so successful. **Fifty-four** (yes, 54) individual Wisconsin State SC Meter records were set - 33 by the men and 21 by the women - and **ten** (yes, 10) new relay marks were established (3 in various 200 medley relays and 7 in various 400 medley relays). The meet ended at 6 PM after 2 heats of 400 free and 2 heats of 1500 free. Thanks to **Bob Swain's** arrangements close to 50 swimmers enjoyed a great meal at "Good Company". It appears that not only this meet but the gathering after are quickly becoming one of our state's best attended functions. Thanks to everyone for contributing to the success of this meet.

New Women's Records

Jessica Kent (19-24)

50 Fr :29.07
50 Bk :34.13
50 Br :38.66
50 Fly :31.46
100 IM 1:15.35

Sara Allen (25-29)

800 Fr 11:22.89
1500 Fr 21:33.36

Joan Hewett (25-29)

100 Fly 1:25.27

Kimberly Dickson (30-34)

800 Fr 10:47.36
1500 Fr 20:28.94

Mary Goggans (35-39)

50 Fr :31.07
50 Bk :35.49

Arriette Clauss (45-49)

50 Br :40.85
100 IM 1:20.91

Carol Smollen (55-59)

400 Fr 7:32.13
100 Bk 1:53.38

Nancy Kranpitz (55-59)

200 Fly 3:48.40
400 IM 7:50.23

Ingrid Stine (60-64)

200 IM 4:05.80
400 IM 8:33.19

Janice Wolowicz (60-64)

100 Bk 2:37.8

New Relay Records

W 160-199, 400 MR

Edie Jacobsen
Candy Christensen
Sara Allen
Melodee Nugent

W240-279, 400 MR

Betty Lorenzi
Carol Smollen
Nancy Kranpitz
Ingrid Stine

M120-159, 400 MR

Eric John
Joseph Mueller
Jerry Lourigan
Toby Haines

M160-199, 400 MR

Chris Beyer
Peter Allen
John Maniaci
Steve Scragg

Men 200-239, 200 MR

Dan Slick
Peter Lee
Tom Payden
Lee Perko

Mixed 100-119, 400 MR

Kimberly Dickson
Jessica Kent
Chris Liu
Jason Wrone

Mixed 200-239, 400 MR

Nancy-Leigh Fisher
Arriette Clauss
Tom Meehan
Dick Pitman

New Men's Records

Jason Wrone (25-29)

100 Fr :58.34

Chris Beyer (35-39)

100 Bk 1:16.32
200 Fly 2:49.82

Jerry Lourigan (35-39)

800 Fr 10:16.43
1500 Fr 21:17.51

Steve Scragg (40-44)

800 Fr 11:01.05
1500 Fr 20:45.11

Dave Melville (40-44)

50 Bk :31.73
50 Br :34.40
50 Fly :29.42
100 IM 1:07.65

Peter Allen (40-44)

100 Br 1:14.95
200 Br 2:48.28

Dan Natali (50-54)

200 Fr 2:23.75
100 Fly 1:09.01
50 Fly :30.78

Tom Meehan (50-54)

100 IM 1:13.38

New Men's Records (Continued)

Dan Slick (50-54)

400 Fr 5:17.92
200 Bk 2:56.32

Peter Lee (55-59)

100 Fr 1:14.85

Dick Pitman (55-59)

200 Fr 2:35.88
400 Fr 5:34.77

George May (60-64)

50 Br :42.07
100 Br 1:33.26
200 Br 3:31.69

Morgan Byers (70-74)

800 Fr 14:36.49
1500 Fr 27:26.49
100 Bk 1:45.07

Bill Payne (70-74)

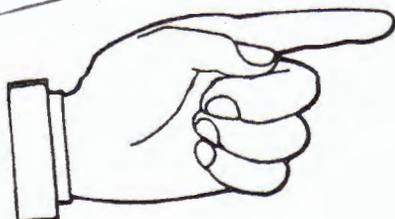
50 Br 48.19
50 Fly 42.66
100 IM 1:37.06

John Bauman (70-74)

100 Br 1:51.38

MAINTAIN MUSCLE!

The average person loses five pounds of muscle every decade after the age of 45. To help prevent this from happening to you, Gary Hunter, PhD, and professor at the University of Alabama, recommends finding a weight-training program designed to retain and build muscle.



USMS 2000 Top Ten Long Course Meters

Congratulations to the following Wisconsin individuals and relays for achieving Top Ten status for the year 2000 for LC Meters:

Lauren Jensen - 33
8th - 1500 Fr 20:29.69
Melinda Mann - 44
2nd - 100 Fr 1:24.11
Nancy Kranpitz - 55
8th - 50 Fly :46.16
5th - 200 Fly 4:05.89
7th - 400 IM 8:11.98
Doris Klitzke - 64
9th - 50 Fr :39.08*
8th - 50 Ba :48.29*
7th - 100 Ba 1:47.55*
8th - 50 Fly :48.84*
Ingrid Stine - 61
7th - 1500 Fr 31:54.18
7th - 200 Fly 4:30.99
Betty Lorenzi - 73
10th - 100 Fr 1:43.42
3rd - 800 Fr 15:39.66
2nd - 1500 Fr 29:49.69
2nd - 50 Bk :49.08
2nd - 100 Bk 1:48.23
3rd - 200 Bk 3:56.84
Betty Kendall - 80
6th - 50 Fr :54.58
6th - 100 Fr 2:04.94
4th - 200 Fr 4:33.76
Fran Zeumer - 81
9th - 50 Br 1:33.32
A. Guy Gniotczynski - 19
8th - 200 Fly 2:59.29
3rd - 400 IM 6:14.87
Dick Pitman - 56
7th - 200 Fly 3:13.93
John Bauman - 70
8th - 100 Fly 1:50.11
Perry Rockwell - 75
8th - 50 Fr :36.43*
10th - 100 Fr 1:31.31*
10th - 200 Fr 3:35.80*
4th - 50 Fly :43.25*
6th - 100 fly 2:08.27*
8th - 200 IM 4:16.78*
Lynn Surles - 83
7th - 50 Fr :42.12
8th - 100 Fr 1:46.51
9th - 400 Fr 9:45.76

*These times were from the October '99 Senior Games in Orlando. Unfortunately the times for several WI participants were not submitted to USMS.

RELAYS

Women 120+
8th 400 FR 6:03.00
Stacey Klepel - 22
Andre Schultz - 30
Melodee Nugent - 33
Ann Meneau - 40
Women 160+
3rd 800 FR 14:10.75
Andre Schultz - 30
Judy Davis - 65
Janet Schultz - 49
Martha Oppeneer - 43
Women 240+
4th 200 FR 3:09.03
Ingrid Stine - 61
Betty Lorenzi - 73
Carol Smollen - 56
Nancy Kranpitz - 55
6th 200 FR 3:44.76
Fran Zeumer - 81
Betty Kendall - 80
Judy Davis - 65
Ann Meneau - 40
7th 200 MR 3:30.70
Betty Lorenzi - 73
Carol Smollen - 56
Ingrid Stine - 61
Ann Buchel - 51
3rd 400 FR 6:59.40
Ingrid Stine - 61
Betty Lorenzi - 73
Carol Smollen - 56
Ann Buchel - 51
2nd 400 MR 7:37.88
Betty Lorenzi - 73
Carol Smollen - 56
Nancy Kranpitz - 55
Ingrid Stine - 61
2nd 800 FR 15:06.98
Ingrid Stine - 61
Betty Lorenzi - 73
Carol Smollen - 56
Nancy Kranpitz - 55
Men 160+
2nd 800 FR 10:46.03
Rob Meyer - 45
John Luettgen - 46
TG Meehan - 53
Stephen Justinger - 48

Men 200 +
5th 400 FR 4:52.26
Rob Meyer - 45
Stephen Justinger - 48
TG Meehan - 53
Peter Lee - 57
4th 400 MR 6:03.17
TG Meehan - 53
Peter Lee - 57
Dick Pitman - 56
Stephen Justinger - 48
Men 280+
8th 200 FR 2:59.59
Gordon Schalla - 74
John Bauman - 70
Robert Kueny - 69
Tom Michelson - 69
4th 200 MR 3:20.33
Gordon Schalla - 74
John Bauman - 70
Robert Kueny - 69
Tom Michelson - 69
3rd 400 FR 7:12.27
Robert Kueny - 69
John Bauman - 70
Harlan Drake - 72
Tom Michelson - 69
1st 400 MR 7:54.85*
Gordon Schalla - 74*
John Bauman - 70*
Robert Kueny - 69*
Tom Michelson - 69*
Mixed 160+
3rd 400 FR 5:37.35
Martha Oppeneer - 43
Janet Schultz - 49
Patrick Dunks - 40
Steve Scragg - 40
3rd 400 MR 5:33.37
Janet Schultz - 49
Melinda Mann - 44
Marc Davis - 32
Rob Meyer - 45

The **Big Shoulders** 2001 swim is scheduled for Sunday, Sept 9, 2001. Interested? Contact **Eric Jernberg**, our WI Long Distance Chairman at 1-414-443-6460.

THANK YOU

Wisconsin Masters thanks the following members for their donations to the Wisconsin Masters Swim Committee and the Wisconsin Masters Aquatic Club:

Morgan Byers - Cash donation to WMAC.

Roy Diederich - Bought computer programs for the WMSC.

Bob Swain - Paid sanction fee for the Lawrence SCMeter meet.

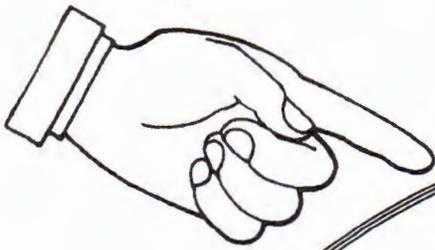
Dick Pitman - Paid sanction fee for the Madison East YMCA meet.

Bob Kueny - Cash donation to WMAC.

Our program is stronger because of people like you! Thanks so much!

TAKE NOTE!!

By virtue of their 1st place ranking Gordon, John, Robert, and Tom have been named relay All-Americans!
Congratulations!



NOT ALL FATS ARE CREATED EQUAL

Want to lower your risk for heart attack? One of the keys is reducing your total fat intake to no more than 30 percent of daily calories and limiting your saturated fat to 8-10 percent of calories. Controlling fat intake will keep your arteries from becoming clogged by too much cholesterol. But did you know some fats are more harmful than others?

Here's some definitions to keep in mind as you track your fat intake,

Saturated fatty acids: Found mainly in foods from animals (red meat, whole-milk dairy products) saturated fatty acids can also be found in tropical oils - palm, palm kernel, and coconut oil. These are often used in commercially baked goods. ***Cut down on foods high in saturated fats; they raise blood cholesterol the most.***

Cholesterol: A fat-like substance in foods from animals (meat, poultry, fish, egg yolks, milk, cream cheese, butter and other dairy products), Foods from plants (fruits, vegetables, grains, nuts) don't have cholesterol.

Polyunsaturated fatty acids: Find these in sunflower, corn, soybean, and safflower oils. They tend to reduce blood cholesterol levels and won't harm your heart.

Monounsaturated fatty acids: Find these in olive oil, canola oil, and in certain plant foods such as avocados. They are not harmful and like polyunsaturated fatty acids they help to lower blood cholesterol when your diet is low in saturated fats.

By reading labels and making a few simple changes in how you are eating even you can reduce your heart disease risk. And above all - don't forget to exercise while you are eating more healthfully. Our recommendation of choice of activity?

SWIMMING
of course!

5 MILE MINNETONKA LAKE SWIM

July 29, 2000
Ingrid Stine

The grueling 5 mile Minnetonka Lake swim was held the same weekend as our Wisconsin State Meet at Wilson Park. Those who attended that meet know the weather was far from good and anyone who thought they would escape questionable Wisconsin August weather by heading to Minnesota were sorely mistaken! It was just as ugly there as it was here: overcast, drizzle, windy. On top of that competitors in the Minnetonka swim battled 2 to 3 foot waves on the lake. **Eric Jernberg**, one of our Wisconsin participants, summed it all up in one word: "**ROTTEN**"! The only good part was the water temperature - in the mid 70's.

Seventeen women, 46 men, and 8 relays for a total of 71 people finished this race. It wasn't only the swimmers who struggled as many of the escort canoes tipped over in the high waves creating a nightmare for race officials concerned with participant safety.

Three Wisconsin Masters competed in the 5 mile race:

Eric Jernberg, 41, finished 20th overall and 3rd in his age group in 2 hours and 23 minutes.

Gary Janicki, 45, placed 42nd overall and 4th in his age group in 2 hours and 49 minutes.

John Boyd, 49, placed 50th overall and 6th in his age group in 3 hours and 4 minutes.

The fastest time (1 hour and 52 minutes) was turned in by a 43 year old swimmer from Minnesota. The slowest time (5 hours and 13 minutes) was swum by a 70 year old lady also from Minnesota.

Congratulations to Eric, Gary, and John! Wisconsin Masters is proud of your outstanding swims!

"Tri" Something New

Fitness Tips - A publication by the USMS Fitness Committee

Part of swimming well and enjoying it is not to get bored with it. So - when you feel boredom setting in get out of the pool and into a different athletic activity. If you are smart you will choose an activity that enhances your swimming. If you are lucky, you will enjoy it!

One activity that attracts swimmers is triathlon. This is the activity where you workout constantly, eat everything in sight, and greet your tri-buddies with phrases like, "Just biked 35 and gonna run 10 tonight". In fact, triathletes have a language all their own. A "century" is a 100 mile bike ride, "transition area" is a place where partial nudity is allowed in public, and "aero bars" make you bike faster. Master swimmers enjoy triathlons because we are usually winning or near the lead after the swim leg! However, the moment of glory doesn't last long as the hard core triathletes hammer us on the bike and jogging legs.

Triathlon training appeals to swimmers because it involves a little bit of swimming. But if you really want to get out of the water for a while you can always try running. Road races are quite motivating and distance swimmers can benefit from the increased cardiovascular conditioning provided by run training. Track workouts can vary from long distance runs to interval training similar to swimming. Substitute 6 x 100 free on 1:45 with 6 x 400 meter runs on 1:45. It is roughly the same burn.

Bike riding and racing are good also. You get the same cardio conditioning as running without the pounding on your knees and ankles. If you live in an area where there are a lot of hills, the interval training part is built in. Biking is also injury free providing you don't fall or get hit by a bus. Plus, most swimmers look great in those tight shirts and spandex bike shorts!

Canoeing, kayaking, or rowing are good suggestions for working the upper body. Kayaking can be done "solo" (canoeing requires a partner) and your season lasts as long as the lakes remain ice free. Rowing can be fun and you don't even need water. Most gyms have plenty of rowing machines and you can row while you watch TV.

Whatever you try, remember that it should involve raising your heart rate to 85% of its aerobic capacity for at least 30 minutes three times per week. Most importantly, you should enjoy it and after your break from swimming be ready to jump back into the pool invigorated!

Dive into Masters Swimming!



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