WISCONSIN MASTERS SWIMMING

September, 2003

Chairman's Lane

Dick Pitman

How Deep is Your Pool?

Summer is over, fall is here. You know what that means, don't you? A new season! Our first meet will be in Appleton at Lawrence University on October 25. You will find the entry form in this newsletter. This is also the time of year when we have our Annual Meeting. Hopefully you will get this in time to plan on attending. It will be September 27, from 1-3 PM at the Madison East YMCA, 711 Cottage Grove Road (just off Stoughton Road or US Hwy 51). This is where we have our February meet for those who are familiar with that meet.

I want you to know that I really enjoy this job...as long as all I need to do is promote Masters Swimming to the *unwashed* (as **Herb Howe** sometimes referred to non-swimmers), and **John Bauman** continues to take care of registrations and Top Ten. One of our state treasures is **Herb Howe,** that venerable 92 year old indefatigable swimmer. I want to assure you that he's still as sharp as ever. These days he describes himself as, "blind as a bat and deaf as a post," although he doesn't appear to be quite that blind or quite that deaf. **Herb Jr., Phil** and **Lyn Hellmuth,** and I had lunch with **Herb Sr.** one fine day in August. **Herb Sr.** admitted that he hadn't been in the water since July, but he hadn't forgotten how to swim or lost his love for the water. When the waiter tried to pour him some water he recited his favorite quip *about* water written by Petroleum V. Nasby 140 years ago: "...That water would never find its way, undiluted, into my stomach." **Herb** has a poem that he recites which I cannot, unfortunately, remember.

People like **Herb** and his son, who is my age, and **Phil** and **Lyn** make me feel good about my swimming community. My pool is very deep...rich is the number of people I am touched by. This is the subject of my sermonette: **enlarging your group by having fun in your group.**

I can't tell you how fortunate I feel being able to workout with a fun group of people. Most of the year I only get to coach them, but this summer, since I'm not coaching at the East Y, I've been able to enjoy swimming with them. This is truly one of the best parts of Masters Swimming. For many years it was just **Steve Justinger** and myself on a Saturday morning and Tuesday and Thursday evenings. We know almost as much as is possible to know about each other. Over the past few years our group has set aside the last Thursday of the month for a social hour at a nearby bar following our practice. About a year ago a few people starting going every Thursday. Then it was a Tuesday thrown in every once in a while. I think last fall we started going every Thursday. Of course, we had *aging up* parties for **Suzi Green** in 2001 and **Steve Justinger** last September. This summer we had an *aging up* party for **Kim Mayer.** I can't wait for my aging up party next year! I never thought I would look forward to turning 60! (I know – you didn't think I was that old, did you?)

Sometime in May we were informed by the management at the Harmony Bar & Grill that there was a contest among softball teams for the number of pizzas and pitchers of beer consumed. So, someone on our team asked that we be included. As summer rolled on – along with all those Thursday evening workouts – we found our team, **"Floaters",** was in first place! When the softball teams found out that a bunch of swimmers had won *their* contest, they were justifiably upset. They felt the only irrational thing to do was to challenge us to a softball game. The City Rec League rules require an equal number of men and women on the field at all times. So, we had to put out a call to all swimmers in Madison to come to our aid for the honor of swimmers everywhere. The call was answered. We ended up having 25 people show up for 10 spots on the team! But, I was confident I knew we would have enough players for our game...because our *pool* in Madison is deep.

Flash! This just in! Our second batter up, Mike Rubens, hit his second pitch over the fence! Nobody did that the rest of the day. Right after that the umpire told Matt Kading, our manager, that there is a limit of one home-run per team per inning.

If you just tuned in you're probably thinking, *What does softball have to do with swimming?* It's about teamwork, about friendship, and trying something new. It's about having fun.

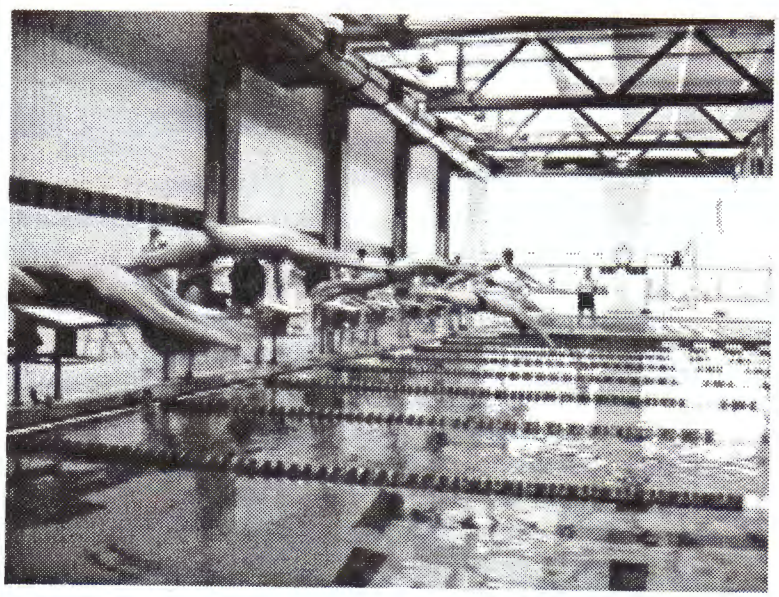
What really matters here is that there is a social context that runs beyond swimming laps, doing flip turns, interval training, stroke counts, etc. It's about a community of like-minded people. Early in August I met a woman from Washington, D.C., who wanted to see if Madison was a place she would like to retire to. She made a mistake by casually

(Continued on Page 2)

Chairman's Lane (Cont)

Telling me – *Me! Of all people!* – that she swam Masters in D.C. So I casually invited her to our Thursday evening practice. She swam next to us because we were a little too fast for her. But, as we got out I invited her to go to the Harmony Bar & Grill with us because, after all, it was *Harmony Night!* She had a great time. She was talking with people she didn't know two hours before as if she had known them for years. She told me the group with whom she swims does the workout, gets out and goes home. There is no social interaction there at all. Two days later she was still raving about our *Harmony Night.* I know if she does decide to move to Madison it will be because she knows that she can drop right into our group. What really got her was when I answered her question, "What's the reward for winning the most pizza and beer consumed?" I said, "Well, it's more free pizza and beer!" That gave her the biggest laugh.

So my challenge-question to you is, *How Deep or Shallow is your Pool?* Do you have aging up parties for people in your group? (You're all invited to mine next summer.) Do you do things outside the pool together? Do you reach out to the larger swimming community in your area? Do you host a swim meet, an open water swim, a swim clinic? Do you want to grow a large group of friends? I always make room at my workouts for people visiting from other masters programs because it *deepens* my pool. And, those people usually go back and tell their swimming associates what a great group Madison is. Those Madison Masters are serious about swimming but they also know how to have fun.



And they're off! A good start for one of the races at the WI State SCY Championships.

The **ANNUAL MEETING** for **Wisconsin Masters Swimming** will be held **Saturday, September 27**, from **1-3 PM** at the **Madison East YMCA**, 711 Cottage Grove Road, (just off of Stoughton Rd or US Hwy 51), Madison, WI. This meeting is open to **ALL** Wisconsin Masters registered swimmers. Please bring your support and concerns to this meeting. You need not be an officer in the organization – it is open to **ALL.**

USMS Long Course Nationals Results

Five Wisconsin Masters swimmers ventured to the **Long Course Nationals** which were held at Rutgers University in New Jersey in mid-August. And YES, they were there during the blackout! However, **John Bauman** reports that the power remained on in the area where they were although many swimmers were delayed getting to the pool due to the outage and missed their heats. Wisconsin Masters swimmers who participated and their results are:

W. Morgan Byers 76

2nd 200 Free	3:13.84
2nd 400 Free	6:50.73
1st 800 Free	14:31.35
2nd 1500 Free	27:53.40
5th 200 Back	4:05.81
2nd 200 IM	3:52.31

George May 66

3rd 100 Breast	1:40.35
2nd 200 Breast	3:41.21

John Bauman 73

6th 50 Breast	:46.55
6th 100 Breast	1:57.80
6th 200 Breast	4:22.96
4th 50 Fly	:47.71
4th 200 IM	4:18.37

Becky Heller 39

2nd 50 Free	:38.57
2nd 100 Free	1:02.29
2nd 200 Free	2:20.55
1st 50 Fly	:30.74
5th 200 IM	2:47.64

Betty Lorenzi 76

1st 800 Free	15:14.26
2nd 1500 Free	28:56.44
1st 50 Back	:48.45
1st 100 Back	1:45.59
1st 200 Back	3:53.58

State records were set by **Morgan** in the 200 IM, **Becky** in the 50, 100, 200 free and 50 fly, **Betty** in the 1500 free, and **George** in the 200 breaststroke. **Congratulations for your fine representation of Wisconsin Masters Swimming!**

Can vegetarians eat animal crackers?

Why did kamikazee pilots wear helmets?

Coach's Corner

Dick Pitman

After coaching at the Madison East Y for the last several years I decided to expand my coaching this year, as many of you are aware. In February I started coaching Masters at Madison East High in the morning. This was the home pool of Jim Montgomery and many of his records are still displayed on the record board. It's a great pool: cool, clear, clean water. It's only six lanes, but that's what they built in the '50's or whenever it was built. It's a really nice pool to swim in. There are no windows but the lighting is pretty good. I had to re-certify my lifeguarding – after 40 years! I passed. But, that was something I needed to do, and wanted to do anyway.

This summer I coached at an outdoor, six lane, 25 meter pool on the far west side of Madison. Actually, in the town of Verona. It is only two years old and it is part of the Jewish Community Center. They asked the Madison School-Community Recreation department to manage it for them, so we decided to run a Masters program there. It's been moderately successful. When the sun is shining at 6:30 in the morning there is no finer place on earth to be! When it's cold and damp there are plenty of places better to be – if you're the coach; but if you're in the pool, it is pretty nice.

I experienced a whole different group of swimmers. It was a fun challenge. Most of them survived me, I think. There were a few I didn't see as much of as I would have liked. But, some of them were traveling across town at a pretty early time of the morning: 6:00 to get there by 6:30. There were a number of novice traithletes who were earnest about improving their swimming abilities. I'm proud to say they definitely have improved and are actually moving on to the conditioning phase. I have to admit I thought I had met my ultimate challenge when I told one swimmer to do a basic balance kick (head down, chin in neutral position, arms at side, crown of the head and crown of the butt on the surface, gentle kick) to the other end of the pool. This swimmer was actually going backwards! I had never seen that! But, I can thankfully say he's going in the right direction now. He's done two triathlons this summer and I think he completed them to his satisfaction. Now I know how my sister, a sculptress, feels when she finishes a project.

I've certainly felt elation in the past when I've molded a swimmer, noted improvement and saw him/her excel beyond expectations. That's part of what being a coach is all about.

Being a coach in the morning also means you are the "responsible" person – the shepherd for the flock, so to speak. I rarely go in the water, but when I do I still keep an eye on all the swimmers even if I'm working with one on one. **Herb Howe, Jr.** (see my Chairman's Lane article) sent me an e-mail before he came to Madison telling me that he had had an accident at a swim meet in Washington, D.C. where he lives. It was so bizarre that I really thought he was kidding me. This is what he told me: "I had a somewhat serious accident at a meet a couple of weeks ago – jumped into the not-so-deep end of the pool, had temporary paralysis, almost drowned...two broken vertebrae and a bone pressing on my central nervous system. When I return to DC I will probably have an operation by which they may go through my mouth(!) to get to the back of my head. But, otherwise, I'm Okay." When he repeated it in person, he said when he managed to get to the surface he was able to push enough air out of his lungs to whisper, "Help!" Some other swimmers noticed him and got him out of the pool. He said that was all the air he had in his lungs. What had happened was that he jumped in with a streamline fashion with, probably, rigid legs. His heels hit the bottom and that caused a shock-wave to travel up his spine crushing the two vertebrae at the top of his spine, causing one to push against a nerve. He's very lucky. He's ambulatory and he's able to swim, but he does need to wear a cervical collar until after his surgery.

Like you I've heard lots of stories about diving accidents that result in tragedy. But I had never heard of an accident from jumping in. Obviously, he's very, very lucky. So, just be wary when you are around a pool as well as open water. Never assume a depth...always check it out before you dive, or *jump!*

Peter Maternowski, Steve Justinger, Peter Ives, and **Dan Slick** (left to right) appear to be pleased with their swims at a recent Wisconsin Masters Swim Meet. →

I have to exercise early in the morning – before my brain figures out what I am doing.

First Annual Madison Open Water Swim

Dick Pitman

August 23rd saw the inauguration of a new tradition in Madison (we hope!). We had an absolutely beautiful morning at Governor Nelson State Park. Kind of like Badger State Games weather. We had 46 entrants, five of which couldn't find their way there. We offered a 1.5 mile and a 3.0 mile swim.

Eighteen people (5 men, 13 women) swam the 1.5 mile. The overall men's winner was **Mike Rubens** with a time of 43.21. The overall women's winner was **Kris Kruse-Elliot** with a time of 45.24. Age group winners for the women were **Heidi Koss** (24), **Aimee Arnoldussen** (27), **Sue Golden** (37), **Kris** (44), **Connie Welch** (49), and **Kathy Killian** (51). For the men: **Michael Palm** (27), **Mike** (42), **Jay Kemp** (49), and **Steve Justinger** (50).

Twenty-eight people (18 men, 5 women) swam the 3.0 mile. The overall men's winner was **Eric Jernberg** with a time of 1.17.52. The overall women's winner was **Laurie Alioto** with a time of 1.18.25. Age group winners for the women were **Kathy Anderson** (32), **Sue Stein** (36), and **Laurie** (45). For the men: **Brian Engelking** (30), **Tim Carey** (38), **Eric** (44), **Gary Janicki** (48), **Dan Slick** (54), **George Conway** (55), and **Charles Hartman** (64).

If you think the race between **Laurie** and **Eric** was close, it was actually much closer because there were four swimmers within 3 minutes of each other. **Scott Johnson** (40) was right on **Eric's** heels the whole way coming in at 1.18.20. **Laurie** was 5 seconds behind **Scott**, and about a minute behind **Laurie** was **Chris Ehlenbach** (42)! It was a dramatic and exciting finish. Actually, there were many close finishes in both the 3 and 1.5 mile races.

The overall winners in the 1.5 and 3 mile events received special statuettes created by **Dan Slick** of a beautiful mallard duck with goggles on – certain to be collector items. Winners of each age group made their own fired-clay medals. And, every participant received an embroidered patch.

Two more thank-you's need to be extended: **Peter Maternowski**, who really took charge as assistant Meet Director and kept things organized; and **Reggie Bruskewitz**, who inspired the whole concept a year ago when I posed the question to him. Thanks **Reg** and **Peter**!

So, I think it was an unqualified success! Thanks to everyone for coming and helping to make it a success. If you didn't make it we will start planning next year's to make it even better.

Heidi Guzik and **Connie Welch** celebrate the finish of the Madison Open Water Swim.

The **USMS National Masters SCY Championships** will be held **April 22-25** at the **IUPUI Natatorium** in **Indianapolis, IN** – practically in our "back yard". Let's be seriously thinking ahead to this meet and see if we can have the biggest and best representation Wisconsin has ever had for a **SCY National Meet**!

Laurie Alioto finishes the 3 mile Madison Open Water Swim with a smile!

With the Farmer's Almanac predicting a cold, hard winter you might want to begin to think ahead and plan for the **YMCA Masters National Championships** to be held in **Ft. Lauderdale, FL, April 15-18.**

WISCONSIN MASTERS
SHORT COURSE METERS SWIM MEET
OCTOBER 25, 2003

SPONSORED BY: The Wisconsin Masters Aquatic Club.

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 203-06.

LOCATION: Lawrence University, Buchanan-Kiewit Aquatic Center, near corner of East College Ave and Lawe St, Appleton, WI

TIME: Saturday Oct 25, Warm-up 12:00pm, meet starts at 12:30pm

FACILITIES: 8 lane, 25 meter pool with anti-turbulent lane guides, starting blocks and backstroke flags.

ELIGIBILITY: Open to all Masters Swimmers 19 years old or older. All entrants must be a registered Masters Swimmer and the USMS number must be on the entry. Each entry must be accompanied by a copy of the swimmers current USMS registration card.

RULES: Official Masters Rules will govern this meet. All events will be timed finals.

SEEDING: Heats will be computer seeded on the deck, slowest to fastest. Please submit a reasonably accurate seed time, a NO TIME will be seeded in the slowest heat. Age groups and sexes will be combined.

TIMING: Automatic timing system backed up by watches.

WARM-UP PROCEDURE: Lane 8 will be a start and sprint lane with swimming in one direction direction only and exiting to the side or end. Lanes 1-7 will be for circle swimming only NO DIVING STARTS from the blocks or the deck in lanes 1-7. Swimmers must enter the pool feet first in a cautious manner in lanes 1-7. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm up period.

ENTRY FEE: $2.50/individual event, plus a $3.00 pool surcharge. Deck entries for individual events will be accepted only until 12:00pm and the fee for deck entries shall be $4.00/event plus the surcharge

BARGAIN RATE: $10.00, plus the surcharge, for those participants that swim a Sprint, Middle Distance or Ironman pentathlon of five events, butterfly, backstroke, breast stroke, freestyle and individual medley. This fee DOES NOT cover the fees for the Minnesota Masters Postal Pentathlon.

Fees must accompany entries, checks payable to WMAC

ENTRY LIMIT: Five individual events plus relays. THE 1500 FREESTYLE WILL BE LIMITED TO THE FIRST 16 ENTRIES RECEIVED and each swimmer entered in the 1500 will be responsible for providing a person to count his/her laps.

ENTRY DEADLINE: Entries must be in the meet directors hands no later than 6:00PM, Saturday, Oct. 18.

MEET DIRECTOR: John Bauman
11917 W. Rainbow Ave
West Allis, WI 53214

(414)-453-7336 E-mail wmac@execpc.com

ENTRY FORM: The official entry form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.

AWARDS: Ribbons for 1st to 3rd place.

SCHEDULE OF EVENTS:

1.	50m	Butterfly	11.	50m	Breaststroke
2.	400m	IM	12.	200m	IM
3.	100M	Freestyle	13.	50m	Freestyle
4.	200m	Backstroke	14.	100m	Backstroke
5.	100m	Breaststroke	15.	200m	Breaststroke
6.	200m	Freestyle	16.	100m	Butterfly
7.	50m	Backstroke	17.	100m	IM
8.	200m	Butterfly	18.	200m	Free Relay*
9.	200m	Medley Relay*	19.	400m	Medley Relay*
10.	400m	Free Relay*	20.	1500m	Freestyle

* Submit relay entries at the meet. Relays may be all men, all women or mixed (two men, two women).

Each year Minnesota Masters sponsors a postal pentathlon swim meet. Once again this year we will incorporate all three pentathlon events in our meet, Sprint (a 50 of each stroke plus 100 IM), Middle Distance (100 each stroke and 200 IM) and the Ironman (200 each stroke and 400 IM). Official entry forms for this postal meet will be available at our meet, In past years Wisconsin Masters have placed in this postal meet and have won events and set new records

NOTE: ***Minnesota Masters will charge a separate fee for entry in its postal pentathlon. Lawrence Meet entry fees DO NOT include the Minnesota Masters entry fees.***

POST MEET: when the meet is over plan on burgers, pizza, Tex-Mex and refreshments or what have you at Good Company at the west end of College Ave. at the railroad crossing (Northeast corner). It's on the way out of town and the food is good.

DIRECTIONS TO POOL: The pool at Lawrence University is on the main campus on East College Ave. which is HWY 125 into the city. If coming from HWY 41 take the HWY 125 off-ramp (West College Ave.) and go east all the way through the downtown business district to the campus on East College Ave. The Chapel and Main Hall are on opposite sides of the street. Both are easy to spot! The pool is just east of and behind Main Hall on the south side of College Ave. Parking in and around campus is limited. If you're headed east on College, go past the Chapel to the next stop light and turn left. Go one block, turn left again, go another block to Union St. and turn left again. There's a visitors parking lot next to the Chapel and a fair amount of on-street parking in this general area. the rec. center and pool are straight south of Union St.

Lawrence meet results will be posted on our web site, www.swim-wimasters.org

WISCONSIN MASTERS SWIMMING ENTRY FORM
LAWRENCE UNIVERSITY
October 25, 2003

If a copy of your current registration card is in the box to the right you do not have to complete the personal information below, except for the phone number.

Sec. 202.1.1 F (2) of the USMS rules requires you to submit a copy of your current registration card with each meet entry.

Please place your current membership card here and make a copy of the entire entry form or paste a copy of the card here.

NAME _____

MALE
FEMALE USMS NO _____

BIRTH DATE _____ AGE _____

TEAM _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

USMS rules limit a swimmer to no more than five individual events per day.

NON-PENTATHLON ENTRY			PENTATHLON ENTRY		
EVT #	EVENT	SEED TIME	EVT #	EVENT	SEED TIME

MEET ENTRY FEES:

_____ EVENTS @ $ 2.50 ea. + pool surcharge $ 3.00= $_____

LIABILITY RELEASE

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signed _____ Date _____

Tip of the Month – Read the Newsletter!

Nancy Kranpitz – Editor WMAC Newsletter

Most issues of this newsletter contain a "Tip of the Month" column written by **Paul Hutinger** of the Florida Mavericks. His latest column was entitled as above. However, most of the gist of his column pertained specifically to his team (The Mavericks). So I have "lifted" (with Paul's prior permission, of course!) parts that are definitely relative to us as well as changed names and references where appropriate to get his timely message across to our membership. So.....

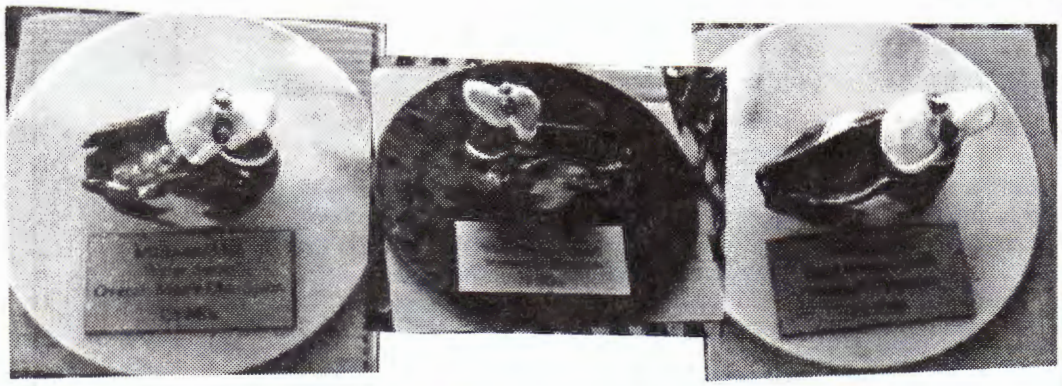
One of the advantages of being part of Wisconsin Masters Swimming is that we are not limited to a single group workout at a pool at one time. We are spread out all over the state and have numerous facilities we use at many different times of the day in order to get our workout in. However, this can also be a disadvantage – especially when it comes to communicating news. Personal communications, for most of us, are limited to phone calls or e-mails. Without a "common" bulletin board to post news and entry information we must rely on our newsletter. In most years that means four to five issues.

It has been suggested that you keep a folder for your newsletters, entry forms, registration card, calendar, etc. Keep this where you can find it and refer to it as needed. This message bears repeating! I would be lost without my "swimming drawer" in our computer desk.

Shortly you will be receiving a calendar listing the state sponsored and National Meets, location of these meets, start times, and any social event following the meet. Know for sure you (and perhaps 3 of your workout friends) are coming? Think about joining forces to swim a relay. Are you coming "solo" to the meet? Look around for other "solo" folk, introduce yourself, and join forces in the form of a relay. It is always nice to include as many people as possible. Remember – ALL relays are GOOD relays. Some are state record possibilities, some are USMS Top Ten possibilities, and some are swim throughs – just to give that new person, or that inexperienced person, the opportunity to try something new and feel like a real team member.

Remember, being a member of Wisconsin Masters Swimming is a team effort. Do your part for the team by staying informed, participating in as many meets as possible, reading your newsletters, and keeping your masters swimming information in an easily locatable place. We'll do our part to help you be successful in reaching your fitness and/or competition goals. By working together we will all reap the benefits of being a part of a successful team. Keep on READING THE NEWSLETTER!

The annual National Convention for USMS is being held in San Diego, CA, September 10-14. **Dick Pitman** and **John Bauman** will be attending. Highlights of the convention will be included in the next issue of this newsletter.



Winners of the Madison Open Water 1.5 and 3 mile swims were awarded these unique "trophies" made by **Dan Slick**

LMSC OFFICERS

Chairman – Dick Pitman
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Webmaster – Ray Diederich
Long Distance – Eric Jernberg
Coaches – Dick Pitman
Officials – Debra Mueller
Top Ten/Records – John Bauman
Health/Safety – Nancy-Leigh Fisher
Fitness – Dan Slick

Have you moved recently????? Anticipating moving in the near future??? Be sure to notify John Bauman of any address change. This is the only way to ENSURE that you will continue to receive your SWIM Magazine.

Amy Belle Lake Swim

Ingrid Stine

Sunny skies, air temperature of 80 degrees, water about the same temperature, and a good sized crowd all combined to make the 8th annual Amy Belle Lake swim a fun filled event. **Eric Jernberg** was the Meet Director and did another outstanding job of organizing and running the swim.

Twenty three males and females "enjoyed" the ½ mile race, almost one time around the lake. Of course, our oldest competitor was **Lynn Surles** (86). The fastest time was 10:32 turned in by a girl from Eric's swim team.

Forty three swimmers entered the one mile race. Eric decided to start this race in 2 waves – men first with women following 4 minutes later. Fastest time was 16:43 for the men and 17:26 for the women. After the races Eric held a little award ceremony and each participant received a medal and a candy bar.

Afterwards 14 of us gathered at Lynn's house on the lake across from the race site for a picnic. Hamburgers, brats, salad, fruit and 2 desserts were on the menu along with beer and soda. After the party we had to go for another swim in the lake!

Thank you, Eric, for a wonderful job in running this open water swim!

WISCONSIN MASTERS WEBSITE

www.swim-wimasters.org

Check it out for the latest meet results, state records, and MORE!

Newsletter Format

Nancy Kranpitz

I am sure that by this point in reading the newsletter you have realized that the format is a bit different from that of past issues. I am working on a different computer with a different program than in the past. Blame the absolutely gorgeous late summer weather we have been having up here in the north woods for luring me out on my bike and in my kayak when I should have been delving into the "how to" aspect of the new program. Suddenly I find myself in a time crunch in getting this newsletter out and my homework isn't nearly complete. The next issue should look more like the issues you have received in the past. By then the snow will be flying, the lakes frozen over, and both my bike and kayak will be hibernating for the winter! Sorry – please bear with me and allow me to pursue some simple pleasures at the expense of this newsletter!

OPEN WATER SWIMMER OF THE YEAR!

Eric Jernberg

Melodee Nugent was Wisconsin's 2003 Open Water Swimmer of the Year! Melodee edged out **Steve Justinger** for the award 26 points to 23 points. Each swam in the Lake Mendota and Amy Belle race for 10 points each. However, Melodee had swam at Amy Belle 6 previous times for 6 more points while Steve had swam Amy Belle 3 previous times for his total of 23 points. Neither swam at the Eau Claire Y race.

Look for more information on the 2004 Open Water Swimmer of the Year next spring.

Senior Olympics Swimming Report

A spirited crowd of Seniors (age 50 and over) turned out for the swimming competition of the Wisconsin Senior Olympics. Novices as well as experienced Masters swimmers competed in the afternoon schedule of events. It was wonderful to see those who had never competed before putting forth their best effort in the pool. It was also wonderful to see so many "younger" seniors (in their early 50's) in attendance! As one of those swimmers said, "This used to be a meet I could just come to and swim through. But now there are so many of us in my age group I really have to work hard!" Many excellent swims were turned in and all seemed to have a great time. Thanks to **John Bauman** for heading up the swimming competition. It was also great to see former WMAC star **Doris Klitzke** on deck helping out. While Doris is no longer able to compete she continues to contribute to Masters and Senior swimming with her on-deck presence

"Tater People" - Some people are very bossy and like to tell others what to do, but don't want to soil their own hands. They are called "Dick Taters."

A Perspective From 9000 Feet

Glen Rudie*

Two summers ago I was out in Salt Lake City at the Junior National Volleyball championships and as part of the festivities we went to one of the winter Olympic event sites. We all took the guided tour and part of the tour was driving up to the start of the bobsled and luge runs. The tour guide explained to us how much the bobsled cost, how many miles of piping for coolant etc. were involved and other fun facts. I remember thinking at the time how many first class volleyball facilities could be built for the same amount of money. At least one per state. This struck me as a waste of money since bobsled, luge, and skeleton are something very few can participate in. My next line of thought was to how much effort and energy goes into youth athletics and how little goes into adult athletics for the general population. It seems that after schooling is completed there isn't a lot of opportunity for the adult recreational enthusiast. I guess we are all supposed to go to the gym or jog around the block. This is where you and your masters swimming cohorts come in. I want to thank you and the other dedicated people who have the passion to develop and maintain organized adult athletics. Without this effort we "big kids' wouldn't have beneficial activities that we can participate in. Activities that can be done during cold weather are even fewer.

Even though I am not one of the elite or ultra dedicated swimmers I have enjoyed meeting and socializing with my fellow splashers in addition to the workouts and coaching. I also look forward to continue stroking this fall, winter and spring.

So, once again, Thanks for the dedication to the cause. Without it many of us would have less to do and a little bit less life to enjoy.

*Glen is a new swimmer who started last fall with the Madison area swimmers.

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Coach's Corner
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USMS LC National Results
Lake Amy Belle Results
Lawrence SCM Meet Entry Form
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