

# Wisconsin Masters Swimming

Newsletter Date  
April, 2004

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### Again—Already????

In the last issue of the newsletter I indicated there would not be another issue until June. Well...Here we are already! With several summer swims needing publicity it was decided we couldn't wait until July for the next newsletter. This is a little early for June/July swims. So be careful not to misplace this newsletter and/or forget about these events! Hope to see many of you in the swim this summer

## CHAIRMAN'S LANE

Dick Pitman

In case you missed the State SCY Meet at Carthage College in April, *shame on you!* You missed some great swims. A total of 26 new individual state records were set, 9 relay records were set, and one **National** record was set! The latter was set by four guys over 55 with reputations for speed and efficiency in the water: **Dan Slick**, from Madison, led off with a backstroke split of 1:09.31; **Mike Ziniel**, from Sturgeon Bay, followed with a 1:16.14 breaststroke split; **Dan Natali**, from Appleton, "flew" his leg in a nifty 1:00.86; and **Tom Meehan**, from Greenfield, anchored the relay with a swift :56.76 in the 100 free. Their final time was 4:23.07 which broke the old record of 4:26.23 held by a team from Walnut Creek, California.



By the time you get this newsletter the USMS National Meet at IUPUI in Indianapolis will have finished and I have confidence that many of our state swimmers will be wearing some expensive hardware around their necks. We have a couple of swimmers who went to the meet with first place seeds: **Ryan Zahorik** and **Laurie Alioto!** In addition, **John Bauman** had put together some excellent relays (a thankless and extremely thought provoking process!). If everyone swims well we should have had a respectable showing at Nationals.

I want to remind you that we have a couple of Open Water Swims coming up this summer. The first one is the **9th Annual Lake Amy Belle Swim** conducted by **Eric Jernberg**. This is an unsanctioned event but it is a lot of fun. The other is the **2nd Annual Lake Mendota Swim** which takes place off of Governor Nelson State Park on the north side of the lake. You can find details on these in this newsletter. Unfortunately, The Racine Quarry Swim will not be held.....again.

I would like to discuss the issue of insurance—specifically USMS insurance. You may be aware that one of the benefits of being a USMS member is having insurance when you travel to sanctioned USMS meets and when you swim in workouts. However, you are probably not aware that you *may not* be covered when you practice. You are **NOT** covered when someone other than a USMS coach/member or USA coach is conducting the workout. You *may not* be covered if you practice with a couple of your buddies in a high school pool, community pool, or YMCA pool. Also, the coach *may not* be covered if there is a USA swimmer participating in your group. So, do not ever assume anything about your USMS insurance. If you want more information go to the USMS website and look under "Administration" and then "LMSC Handbook" for the chapter on Insurance. They have a useful grid which shows what is covered and what is not covered. You may be surprised. Good reason to keep *your own* insurance up to date!

This is soooo stupid but true....Try it, it's going to drive you crazy! While sitting at your desk, lift your right foot off the floor and make clockwise circles. Now, while doing this, draw the number "6" in the air with your right hand. Your foot will change direction and there is **NOTHING** you can do about it!

## One Hour Swim at Juneau High School

January 31, 2004

Organized by Eric Jernberg

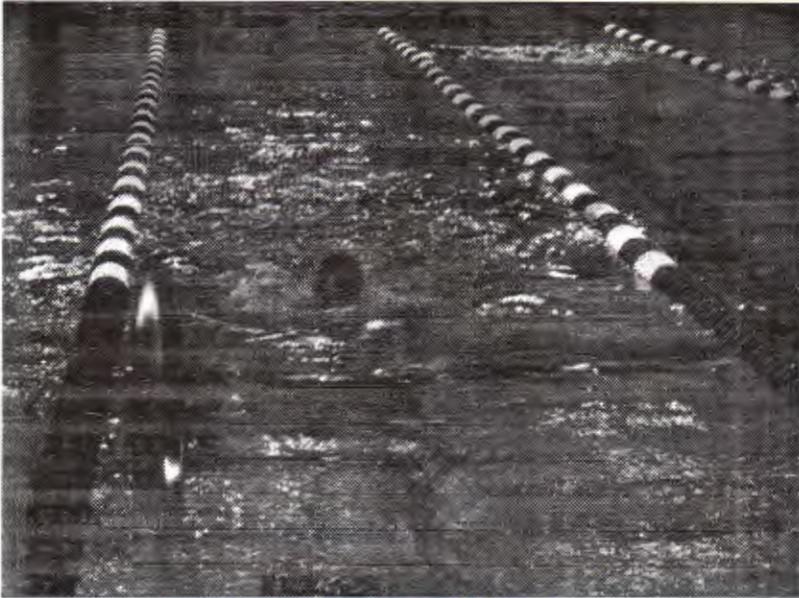
Thirty-Two swimmers (11 adults and 21 youngsters) participated in the One Hour Swim held at Juneau High School on January 31, 2004. Seven Wisconsin Masters swimmers participated as well as 2 Masters' offspring! **Eric Jernberg's** daughter **Cassy** (only 5 years old) and **Melodee Nugent's** daughter **Makenzee** (age 7) each swim 88 lengths (2,200 yards)! Wisconsin Masters swimmers who participated were: **Lauren Jensen—36** (4,650 yds); **Mark Kaczmarek—47** (4,500 yds); **Melodee Nugent—37** (4,300 yds); **William Curtis—45** (4,250 yds); **John Cooper—57** (3,900 yds); **Gary Dunn—46** (3,350 yds); and **Monica Diamond—52** (3,300 yds).

**Congratulations to all!**

**Yeah!**

**Well Done!**

**Way To Go!**



**Jeff Bauer** swims the breaststroke while competing in the State Meet in April at Carthage College.

*Have you taken a  
look at me  
Lately?????*

**WISCONSIN MASTERS WEBSITE**

**[www.swim-wimasters.org](http://www.swim-wimasters.org)**

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

### Relay All Americans! 2002-2003

Eight Wisconsin Masters Swimmers have been accorded **Relay All American** status by virtue of their relay having the fastest time in the United States for their particular age group, type of relay (medley or free) and distance (200, 400, or 800). Those swimmers so recognized are: **Candy Christensen (56)**, **Edith Jacobsen (56)**, **Nancy Kranpitz (58)**, **Betty Lorenzi (76)**, **Tom Meehan (56)**, **Janet Schultz (52)**, **Ingrid Stine (64)**, and **Mike Ziniel (55)**.

**Congratulations to All!**

Editor's note: For most of us, achieving All-American status is the furthest thing on our mind when gathering together to swim a relay. A state record—maybe...but more often than not swimming on a relay is just a FUN thing to do! So next time you are asked to be a relay member—join the fun! Who knows what the end result will be!

### New National Record!

At the SC Yards Wisconsin State Meet on April 3 at Carthage College **Dan Slick**, **Mike Ziniel**, **Dan Natali**, and **Tom Meehan** swam a 4:23.07 and took 2 seconds off the listed 2002 National Record for the Men's 55+ 400 yard Medley Relay!

**Congratulations, Guys!**

# 9th Annual YMCA Lake Amy Belle Swim Race Saturday, July 17, 2004

**When:** Saturday, July 17, 2004, Race at 11 AM, Check in at 10:30 AM

**Where:** Lake Amy Belle at Camp Minikani, Hubertus

**Who:** All swimmers who can complete a 500 yard swim in 13 minutes or less

**Fee:** \$12.00 (\$10 for YMCA members); Late fee \$20.00 (call for family discount)

**T-Shirts:** \$10.00 (guaranteed only if ordered by July 6, 2004)

**Awards:** Medals to all finishers. Trophy to 1st place

This is a fun race and safety is our top concern. Hand paddles and fins are not allowed, but floating tow devices are allowed, provided and required for all swimmers age 10 and 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 mile or one 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 500 yard time.

**Advance Registration:** Due by **Friday, July 9th.** After that, registration cost is \$20.00.

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

**Directions to Minikani:**

Take the US-45 freeway north from Milwaukee and exit at **Lannon Road** (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 Road** (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 \_\_\_\_\_ One Mile Race \_\_\_\_\_ 500 yd Time \_\_\_\_\_

**Fee Enclosed (\$10, \$12, or \$20)** \$ \_\_\_\_\_

**T-Shirt's (optional \$10 each)** **Shirt size (if ordered)** \_\_\_\_\_ **Large** \_\_\_\_\_ **X-Large** \_\_\_\_\_ **XX-Large** \_\_\_\_\_  
(XX-Large \$11 each)

**Total Enclosed:** \$ \_\_\_\_\_ **Make Check payable to:** North Milwaukee Swim Club

**Mail to:** Lake Swim, 5204 W. Wells, Milwaukee, 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 this race.

**Participant's Signature** \_\_\_\_\_ **Parent's Signature (if minor)** \_\_\_\_\_

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

**DON'T DELAY - ENTER TODAY!**

## Coach's Corner

Dick Pitman

At the State Meet this year I decided to break with tradition and swim a couple of events other than butterfly and IM. As much as I love the 400 IM I decided to pass although I'll swim it at Nationals. Because of the way the events were ordered at the State Meet I decided to test myself at the 100 and 200 free. My 200 free on Saturday was so-so, but my 100 free on Sunday was astounding! I dropped about 3.0 seconds from the Stevens Point meet and went 1:00.55! That was my personal best ever! Yeah, yeah, I know. I've been under a minute many times for the 100 fly (though not lately) but I never broke a minute for the 100 free...not even in high school. Why now? At my age? I'm only a couple of months from turning 60! Let me tell you how I trained for this stupendous achievement.

Besides weight training since October, for the last year I've been concentrating on maintaining good *balance*, good *posture*, and (lately) good *rhythm*. I've talked about this before in this column, but please allow me to reiterate: Balance, Posture, Rhythm are essential for producing excellent results. I got this idea from Michael Collins last year at convention. Of course for my personal best I had a good start off the block and hit all my turns with precision. But the important thing

was keeping the stroke together in between the walls—using skills such as *stabbing the water at a 40 degree angle, getting good distance per stroke, and keeping elbows high through recovery and stroke*. But most important is *keeping the head down* (that's the Balance), *"holding the line"* (that's the Posture), and *rotating the hips to drive the arms* (that's the Rhythm).

Some of my practice sets included pull sets of 3 x 200 with about :20 rest. More recently I started doing 2 x 300 with about :45-:50 rest. I always timed myself. On the 300's I would even take my splits! I had my little piece of ceramic tile at the end of my lane so I could record these splits and times. I picked up that little trick from Michael, also. Doing these pull sets made me focus on the technique mentioned above. I didn't have to worry about kicking. All I worried about was: *keep the head down, focus the eyes on the bottom, stay inline, and rotate/drive the hips*. The workouts I did on my own were seldom more than 2200 yards. I only had time for one big workout a week—over 3000 yards—and that was usually Saturday morning with the gang at the East Y: Steve Justinger, Dan Slick, Carl Lorentz, Peter Maternowski, Peter Ives, Suzi Green, Jerry Lourigan, Jeff Bauer, Sue Stein, Tim Potter, and a few others. (I just wanted to mention the registered Wisconsin Masters.) So, that's the secret to my achieving a personal best!

If you are relatively new to Masters you may have noticed that things have changed in the technique department. If you're still entering your hand in the water with your thumb down, thinking you are slicing your hand into the water. Well.... The champion swimmers don't swim that way and the coaches who coach them don't teach that technique anymore. Put it in the box that says, "It was a good idea at the time." I try to break that habit whenever I encounter a new swimmer. What coaches are teaching now is to enter with a flat hand, elbow high, stab the water as mentioned above so when you start the pull cycle your hand is about 8-10 inches from the surface of the water. Your arm is fully extended at this point. Drop the wrist a little, cock the elbow and start the pull as soon as possible. The hips play an important role here because they are going to drive that arm forward. I

call it *rolling into the stroke*. As the hand finishes and sweeps out your hips will be rolling the other way, *rolling out of the stroke*...because you are rolling into the stroke with the other arm. Now, *you've got rhythm!*

Aimee Arnouldsen, Mike Rubens, Jerry Lourigan, Suzi Green, Dick Pitman, Connie Welch, and Jeff Bauer bring new meaning to *balance, posture, and rhythm* as they *balance out* competing and socializing, maintain good *posture* while "holding the line" in "nourishing" their bodies after a hard day in the pool, and maintain excellent *rhythm* as they drive their arms to get that nourishment to their bodies!



Jay Kemp keeps the mantra *balance, posture, and rhythm* in mind as he nears the completion of the fly leg of an IM race at the State Meet.



## Tip of the Month

### Don't Just Swim Laps; Swim with a Purpose

Paul Hutinger—Florida Maverick Masters

**Stroke Techniques:** Start each training session with stroke techniques. Improve some part of your stroke with drills. Use distance per stroke and make each stroke count! By working with paddles, you can correct stroke problems and make each stroke more powerful. When you are doing laps, try to work into a rhythm. On one length, concentrate on distance per stroke and the next length, keep the stroke count, by try to do it with rhythm. This will give you more efficiency.

**Interval Training:** Plan ahead for your next meet. Do some special work for the events you will swim. This should include drills, broken swims (5 x 100's for your 500, 4 x 50's for your 200's, etc) and technique swims. Use 10 x 100 frees as a base for your aerobic training with rest intervals of 15 to 60 seconds. Refer to training hints for the hour swim suggested in previous columns to find a pace that is realistic for you in your long swims. In order to optimize your training, time ALL of your swims, except for recovery days or following an illness.

**Each Meet:** Concentrate on one or two events for your optimum swims. These can vary, depending on the order of events. Use your other events as swim throughs to earn team points, a high point award, or if you're proficient in all your strokes, the new LMSC Leather Lungs Award. (Editor's note: Remember—this is a Florida newsletter and a Florida Award!)

**USMS Top Ten:** The address to purchase the USMS Top Ten is listed in every issue of SWIM Magazine, usually in a form along the side of a page. It is also posted on the internet. Check this publication to see if there are events you want to do special work on in order to break in to the USMS Top Ten listings. If you swim the IM's, work on your weakest stroke and do special work for it—like your turns. Improving your weakest stroke will give you the greatest percent of improvement.

**Records:** I aged up to 80 this year and have been using the USMS records as my goal times for my three backstroke events. Teammate Regan Kenner, also 80, recently called and asked for the breast and back records in her new age group. According to Regan, "These times will make the meets more interesting and give me a purpose." For some of you, the FL (Wisconsin!) LMSC records are within your grasp. Everyone can work towards a personal record. It might be a new stroke or a new event, including one of the five postals. Your best time in a new age group or after surgery or illness is worthy of being called a personal best. Whatever level you're at, find new goals to pursue.

## DON'T JUST SWIM LAPS - SWIM WITH A PURPOSE!

For many of us the name **Klitzke** (as in **Ray** and **Doris**) is synonymous with Wisconsin Masters Swimming. While **Doris** has been forced to curtail her competitive swimming recently due to health concerns **Ray** has continued to be a regular attendee at our meets. Unfortunately, they are both currently "mending". Ray was working on a ladder and Doris was nearby when Ray fell off the ladder either striking Doris on the way down or, unbeknownst to him, hitting her head with a piece of wood! Ray landed on his hip, broke it, and needed major surgery for the repair. Doris ended up with 12 staples in her head from a 2 inch gash! They shared an ambulance ride to the hospital with Ray obviously being admitted and Doris being patched up and sent back home. We'd like to wish them both a speedy and complete recovery.

When I did the spell check for the article on the **Klitzkes** I really had to chuckle and I hope they will, too! It came up as "**Klutzes**"! Honestly—it did! 5



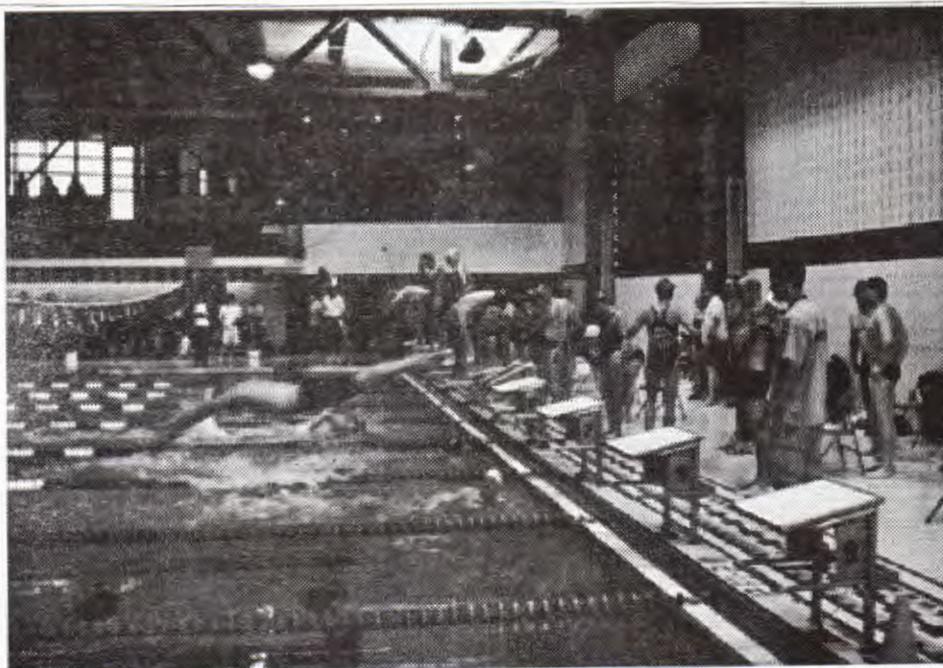
Madison Area Masters **Lynn Riley, Aimee Arnouldsen, Connie Welch, and Suzi Green** appear to be enjoying the state meet held at Carthage College April 3-4, 2004.

## 2004 SCY State Championships

A very successful Wisconsin Masters Short Course Yards State Championships was held on April 3-4, 2004, at Carthage College in Kenosha. One hundred and two swimmers entered the two day meet which saw 26 individual state records and 9 relay state records as well as one National record broken. Several of the individual records had been on the books for a number of years. Our officials ran a very efficient meet and all went well with the timing system and back up timers. For those swimming in the Carthage pool for the first time their enthusiasm over the beautiful facility was backed up by those returning for the 2nd consecutive year. All in all it was a most successful venture. Congratulations and thanks to all those 102 swimmers who made the effort to participate in the meet—and an extra congratulations to the following swimmers on their record breaking swims: **Jocelyn Piel 24**, Elmbrook Masters, 50 free :24.70; 100 free :53.37; 200 free 1:58.71; **Germaine Havel 55**, WMAC, 200 free 2:34.67; **Candy Christensen 57**, WMAC, 500 free 7:48.21; **Ingrid Stine, 65**, WMAC, broke a 22 year old record in the 1650 free with a 30:37.48 and her 500 (9:12.76) and 1000 (18:26.00) splits on the way set 2 additional records (this has to be a record for getting the greatest benefit out of one entry fee!); **Ryan Zahorik 27**, Elmbrook Masters, broke a 19 year old record in the 50 free (:21.84) and set records in the 50 back :25.33, 100 breaststroke :58.89, and 100 IM :53.77; **Matti Koski 37**, WMAC, 50 back :26.42, 100 IM :56.72, and 200 IM 2:05.27; **Steven Davis 40**, WMAC, took 10 seconds off a 16 year old record for the 1650 free going 18:35.37; **Peter Allen 45**, WMAC, 50 breast :31.24; 100 breast 1:06.18, and took 6 seconds off the 200 breast record set by the late Robert Kueny in 1978 going 2:27.26; **Mark Kaczmarek 47**, Elmbrook Masters, 400 IM 5:11.34; **Tom Meehan 57**, WMAC, broke two 16 year old records going :31.73 in the 50 back and 1:06.38 in the 100 back; **Dan Natali 55**, WMAC, 500 free 5:59.40, 50 fly :27.28; 100 fly 1:01.56, and slashed 14 seconds off the previous record in the 200 fly with a 2:19.71.

Elmbrook Masters set new relay records in 4 events: The Women's 19+ 200 FR of **Jocelyn Piel, Carrie Johnson, Trina Schaetz, and Julie Van Cleave** set their new mark with a time of 1:48.51; **Ryan Zahorik, Dan Schaetz, Brad Hext, and Tim Young** broke three Men's 25+ records going 3:28.56 in the 400 FR, 1:43.38 in the 200 MR, and 3:45.64 in the 400 MR. WMAC Men 45+, **Michael Huck, Peter Allen, Eric Jernberg, and Jim Randolph** went 1:54.69 for a new 200 MR mark; WMAC Men 55+, **Dan Slick, Mike Ziniel, Dan Natali, and Tom Meehan** went 4:23.07 in the 400 MR for not only a new state record but a new National record as well. They beat the record set by the Walnut Creek (CA) masters of 4:26.23 set April 14, 2002. Carthage Masters **Don Rambadt, Heidi Burmeister, Erin Sorensen, and Cary DeGrazia** set a new Mixed 19+ 200 free record with a 1:45.76. Carthage's 19+ 400 MR team of **Burmeister, Rambadt, Stacey Kiefer, and Jeffrey Nelson** set a new mark with a 4:22.91. And never let it be said that fast starts, crisp relay exchanges, precise turns, and 100% effort aren't important! Carthage's **Rambadt, Nelson, Sorensen, and Kiefer** broke the 25+ 800 FR record with a 9:05.58. This broke the old record by a whopping .01!!!!

Lots of great swims, both record breaking and non, and another very successful Wisconsin Masters swim meet goes into the history books!



Freestyle Relay action at the Wisconsin SCY State Meet  
April 3-4, 2004, at Carthage College

### More Swimmers

In addition to the records that were set in the State meet, the following records were broken in meets swum in January, February, or March. Congratulations to: **Laurie Alioto 45-49**, 200 fly 2:36.05; **Nancy Krantz 55-59**, 200 fly 3:24.90; **Ingrid Stine 65-69**, 200 fly 4:08.40, 400 IM 8:05.10; **Betty Lorenzi 75-79**, 50 free :39.36; 200 free 3:09.79; 1000 free 16:59.18; 1650 free 28:05.17; 200 back 3:21.98; **Ryan Zahorik 25-29**, 100 back :55.08; **Matti Koski 35-39**, 200 fly 2:11.74; **Eric Jernberg 40-44**, 200 fly 2:16.19; **Tom Meehan 55-59**, 200 free 2:10.91; **Dan Slick 55-59**, 200 IM 2:10.36, **Bela Sandor 60-64**, 50 breast :35.00. One relay mark, the Mixed 65+ 400 Free Relay, was broken by **Fred Salzman, Ingrid Stine, Betty Lorenzi, and Tom Michelson** who swam the distance in 6:17.97.

**CONGRATULATIONS  
TO ONE AND ALL!**

# USMS 2003 TOP TEN SHORT COURSE METERS

## Wisconsin Swimmers and Relays

### Individual

**Becky Heller 39**  
10th 200 Free 2:21.33  
8th 50 Fly :32.34

**Germaine Havel 55**  
7th 50 Free :35.82  
6th 100 Free 1:19.04  
6th 200 Free 2:56.39

**Ingrid Stine 64**  
9th 200 Fly 4:29.86  
10th 400 IM 8:54.50

**Mark Soellner 26**  
7th 200 Fly 2:29.04

**Tom Meehan 56**  
10th 50 Free :28.01  
3rd 100 Free 1:01.04

**Dick Pitman 59**  
10th 100 Fly 1:17.40  
7th 200 Fly 3:07.90

**Daniel Slick 55**  
7th 100 Back 1:17.88

**Lynn Surles 86**  
3rd 50 Free :46.38  
3rd 100 Free 1:50.17  
2nd 200 Free 4:26.78  
3rd 800 Free 20:33.81  
1st 1500 Free 39:09.21\*

**Laurie Alioto 45**  
9th 200 Free 2:35.96  
4th 200 Back 2:46.36  
10th 200 Breast 3:22.15  
3rd 200 Fly 2:53.63  
2nd 400 IM 5:59.44

**Edith Jacobsen 56**  
8th 200 Back 3:29.97  
8th 200 Fly 4:00.35  
9th 400 IM 7:22.55

**Betty Lorenzi 76**  
3rd 100 Free 1:36.05  
1st 50 Back :48.19\*  
1st 100 Back 1:44.14\*  
1st 200 Back 3:40.06\*

**Dan Natali 55**  
2nd 100 Fly 1:10.20  
2nd 200 Fly 2:39.03

**Bela Sandor 68**  
1st 50 Breast :38.20\*  
4th 200 Breast 3:29.82

**George May 66**  
6th 100 Breast 1:39.45

**John Bauman 73**  
10th 100 Fly 1:59.40

**Melinda Mann 47**  
1st 50 Breast :36.68\*  
1st 100 Breast 1:20.43\*  
3rd 100 IM 1:15.03

**Candy Christensen 56**  
7th 50 Breast :46.68

**Nancy Kranpitz 58**  
7th 200 Fly 3:52.31

**Carol Reinke 67**  
7th 50 Breast :55.44  
8th 100 Breast 2:00.88  
4th 200 Breast 4:14.81

**YEAH!**

\*Congratulations to **Melinda Mann, Betty Lorenzi, and Lynn Surles!** Their first place rankings have earned them All-American status for Short Course Meters for 2003!

### Relays

#### Women 200+

Jane Stewart 61 } 8th 200 FR 2:47.53  
Candy Christensen 56 } 4th 200 MR 3:04.35  
Nancy Kranpitz 58 } 4th 400 FR 6:16.31  
Germaine Havel 55 } 6th 400 MR 7:06.27

#### Men 240 +

9th 200 MR 3:02.37  
Fred Salzman 71  
Daniel Slick 55  
Jay Kemp 49  
James Sevenich 74

#### Women 240+

Edith Jacobsen 56 } 2nd 200 FR 2:59.12  
Ingrid Stine 64 } 1st 200 MR 3:11.18\*  
Betty Lorenzi 76 } 1st 400 FR 6:28.81\*  
Janet Schultz 52 } 1st 400 MR 7:16.48\*  
2nd 800 FR 14:25.00

\*Congratulations to **Edie, Ingrid, Betty, and Janet!** Their first place rankings in the Women 240+ 200 MR, 400 MR and 400 FR have earned them Relay All-American status for Short Course Meters, 2003! Way to go, ladies!

#### Men 200+

8th 400 MR 5:14.42  
Daniel Slick 55  
John Couper 57  
Dick Pitman 59  
Tom Meehan 56

#### Men 240+

4th 200 FR 2:12  
Michael Huck 47  
John Couper 57  
Tom Meehan 56  
Lynn Surles 86

**Well Done!**

# 2nd Annual Madison Area Masters Lake Mendota Open Water Swim

Saturday, August 28, 2004

Sanction #204-006

**When:** August 28, 2004. Warm-ups and registration 7:00 AM. 1.5 mile race starts at 8:00 AM; 3.0 mile race starts at 8:15 AM.

**What:** Open water swims of 1.5 and 3.0 miles around a 3/4 mile rectangular course marked by buoys.

**Where:** Lake Mendota at Governor Nelson State Park, 5140 Hwy M, Waunakee, WI. In-water start. This is not a beach start/finish.

**Who is Eligible:** Only registered USMS swimmers, 19 yrs plus. One day event registrations are available for \$18.00. Annual is \$35.00. Swimmer *must* submit a qualifying time of less than 10:00 for 500 yards.

**Fee:** \$20.00 before August 21st, \$30.00 day of race. Check made payable to SWIM Club, c/o Peter Maternowski, 1404 Morrison Street, Madison, WI., 53703.

**Awards:** Trophies for overall men and overall women winners. Gold medals to each five year age group winner.

**Swim Caps:** Will be provided and will be required to be worn.

**Meet Director:** Peter Maternowski 608-286-0824 (evenings).

This is a unique location and specially chosen because of its safety features. Because there is a long shallow shelf the race will be an "in-water start" which means from a tread water position. The finish will likewise be across a line in the water. The course chosen will be in water that is at least 4-4.5 feet deep and no deeper than 6.5 feet. There will be lifeguards in boats, canoes, or kayaks to keep swimmers on course and to offer aid if needed.

**Rules:** USMS Rules for Long Distance Swimming shall govern this race.

**Weather Check:** Call or e-mail meet director. Rain date-August 29, 2004, 7:00 AM warm-ups and registration.

**Directions:** I-90 to Hwy 30 to Hwy 113 North to Hwy M, turn left into Gov. Nelson State Park.

**PARKING IS AVAILABLE BUT PARK ENTRANCE IS NOT INCLUDED IN MEET FEE:** Day pass for entering State Park is \$5.00. Annual is \$20.00.

**Time Limit:** 1 hour 15 minutes for the 1.5 mile swim; 2 hours for the 3.0 mile swim.

**Deadline for Meet Entry:** Postmarked by August 21, 2004. Same day registration for competition is \$30.00.

**Wetsuit Rule:** Swimmers choosing to wear a wet suit will not be eligible for awards or official placing in the results due to the competitive advantage wet suits provide. The water temperature should be no lower than 72 degrees F.

**Accommodations:** Contact Meet Director about hotels in area if coming a long distance.

**Mail Completed Form & Fees by Aug 21, 2004 To:** Peter Maternowski, 1404 Morrison St. Madison, WI 53703

## LAKE MENDOTA OPEN WATER ENTRY & WAIVER FORM

NAME \_\_\_\_\_  
AGE ON RACE DAY \_\_\_\_\_ SEX \_\_\_\_\_  
BIRTHDATE \_\_\_\_\_ USMS# \_\_\_\_\_  
CLUB NAME \_\_\_\_\_  
CLUB CODE \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_  
ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

ENTER ONE ONLY: \_\_\_\_\_ 1.5 MILE SWIM \_\_\_\_\_ 3.0 MILE SWIM

**ENTRY FEE:** \_\_\_\_\_ \$20, \$30 day of race; Check payable to SWIM Club; Mail to Peter Maternowski, 1404 Morrison St., Madison, WI., 53703; Attach current USMS Registration; One day event registration \$18.00; Annual membership \$35.00.

**ONE DAY USMS EVENT FEE:** \_\_\_\_\_ \$18.00, enclosed made payable to WMSC)

**DONATION TO WMSC?** \$ \_\_\_\_\_ Thank you very much!

**MOTEL INFO?** \_\_\_\_\_ Please send me information on local hotels.

**DIRECTIONS?** \_\_\_\_\_ Please send me detailed directions.

**Liability Release (required):** 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 those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS 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 NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE WISCONSIN MASTERS SWIMMING COMMITTEE, INC., THE WISCONSIN MASTERS AQUATIC CLUB, MADISON AREA MASTERS, GOVERNOR NELSON STATE PARK, STATE OF WISCONSIN, TOWN OF WESTPORT, 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature \_\_\_\_\_ DATE \_\_\_\_\_



ATTACH COPY OF  
CURRENT USMS  
REGISTRATION

Did you know there is now a **30-Minute Fitness Swim Challenge** sponsored by USMS as one of their Fitness Challenges? It is a fitness postal designed to motivate you to swim continuously for 30 minutes. You can take the challenge anytime in 2004. You may enter once in the first 6 months (Jan-June) and once again in the 2nd six months (July-December) or for the entire year. You can swim in any pool 20 yards or longer. Each swimmer must have a verifier to certify you swam continuously for 30 minutes. A verifier can be your coach, a counter, a teammate, spectator, or a lifeguard. Cost is \$5.00 and all entries must be received by January 10, 2005. For more information check the USMS website (usms.org) and look under Fitness. If the one hour swim is just too much for you this 30 minute challenge may be just the thing for you!

Maybe if I work really hard on keeping my head down and floating my legs I'll get good enough so I can do the 30 Minute Fitness Challenge in May and progress so I can swim three events in the Badger State Games in June!

It's not too early to be thinking about the **Badger State Games**. The Masters swimming competition will be held on Sunday, June 27, 2004, at the Shorewood Pool, 901 Swarthmore Ct., Madison. This is a beautiful 50 meter outdoor pool with more than ample deck space for viewing the swimming while you're not competing. On-line registration is being encouraged—with a fee of \$27 vs. a fee of \$32 if you choose to mail or fax in your entry. Mail or fax entries will be accepted until 5/18/04 (that will come up quickly) while the on-line deadline isn't until 6/13/04. We have always had gorgeous weather for this event and an excellent turnout. Let's keep the tradition going.

### ***Tip of the Month***

#### ***Efficiency in Freestyle***

#### **HEAD DOWN, FLOAT LEGS FOR DISTANCE**

What one simple change in your freestyle mechanics could make you more efficient in the water? Let's go back 25 years in Masters swimming when the one hour postal was first introduced. I was primarily a sprinter, even though I did swim the 1650, and wanted to swim for an hour. This swim called for a change in both mechanics and a special training program. For my shorter events, I used a power kick. For this longer distance, I needed to make a change to float my legs up, which gave me less resistance. I also changed my head position by dropping my head and breathing to the side and toward my shoulder. This helped me streamline and keep my body more level. Look under water at your teammates and observe how deep their legs and feet are, especially for the slower swimmers. Using a pull buoy to float your legs and body in pull sets will give you an example of how much easier it is to swim this way, especially for the men.

The head will feel low when you begin to change, but you will need to over correct to obtain a good horizontal position. Margie says, "I thought my head was down when I dropped my chin. That didn't do it. I wasn't horizontal in the water until I learned to keep my head inline with my spine..." She was typing out this tip the night before she did her hour swim. During her swim, she concentrated on four words, "head down, float legs." She did work on these tips during her training and with the reinforcement from this article was able to swim 115 yards farther than she did last year.

The next change is special training. Work on a pace in practice that you think you can maintain for a 1650. Work on that pace with 10 to 20 x 100 free. Gradually reduce your rest to 10 to 15 seconds. This is also good strategy for any of your distance swims, like the 500 and 1000. Increase the number of 100's if you plan to swim the 3000—6000 yards or 5K/10K postal events.

Usually I don't see swimmers with their heads too low in the water. At a recent meet, I saw a swimmer who was swimming down hill. Her head was too low in the water—which also caused a resistance. She had to raise her head to maintain a horizontal position and streamline.

#### ***STREAMLINE FOR SPRINTS***

If you are a sprinter, what is one part of your technique that you can improve? The answer is, **streamline**. The arms must be stretched out straight with elbows locked. Bury your head and squeeze it between your arms. Lap one hand over the other. This position is important in the dive as well as on each pushoff. The other strokes each have something special you can do to improve your streamline.

Contributed by Paul Hutinger  
Florida Maverick Masters

**WISCONSIN MASTERS SWIMMING**  
10346 Cedar Falls Road  
Hazelhurst, WI 54531

**Another USMS Fitness Event  
Virtual Swim Series**

This is a collection of swims created by Master's teams throughout the US. Use your practice, or lap yardage, converted to miles, to conquer Waterways all over the country including some you might never want to actually swim. Go to the USMS website ([usms.org/fitness/fitnessevents.shtml](http://usms.org/fitness/fitnessevents.shtml)). There you will find a description of each swim along with photos and a chart. Some have distance choices. Some of the virtual swims are actually open water courses and others are waters most would not dare to swim in reality. These Virtual swims are also designed to educate you about the different places, and perhaps, lure you to visit someday. **Virtual Swims** available are: **California:** Alcatraz Ultimate Survival Swim—29 miles and Catalina Island—22 or 54 miles. **Florida:** Swim to Key West—10 segments of 10-40 miles, total of 200 miles; **Louisiana:** Lake Pontchartrain—24 miles; **Michigan:** Great Lakes Lighthouse Swim—20 miles; **New Hampshire:** Lake Winnepesaukee—15, 20, or 40 mile options; **Ohio:** Erie Canal Swim—40-50 miles; **Texas:** Cedar Creek Lake—12 miles; **Oregon:** Crater Lake—34 or 58.45 miles and Willamette River—61, 72 and 50 mile segments—total of 183 miles; **Vermont:** Lake Champlain—12, 36, or 120 mile options; **Washington:** Lake Washington—13 or 26 miles. Paul & Margie Huting and the Florida Maverick Masters will be sponsoring this event for 2004. If you can't get the info you want or need from the web site contact the Hutingers at 1755 Georgia Ave NE, St. Petersburg, FL., 727-521-1172.

***Wisconsin Masters Swim at USMS SCY Nationals***

By the time you receive this newsletter the USMS SCY Nationals will be history. Did you know that 40 masters swimmers from Wisconsin were a part of that history? Those swimming were: **Dave Alarie, Trish Alarie, Laurie Alioto, Peter Allen, Jeff Bauer, John Bauman, Candy Christensen, Ray Diederich, Jane Dillon-Stewart, Suzi Green, Germaine Havel, Brad Hext Jr., Neil Holland, Rich Hubbard, Mike Heck, Carrie Johnson, Steve Justinger, Mark Kaczmarek, Stacey Kiefer, Nancy Kranpitz, Corinna Maleike, Cindy Maltry, George May, Tom Meehan, Susan Niemi, Dick Pitman, Bela Sandor, Dan Schaetz, Trina Schaetz, Gordon Schalla, Janet Schultz, Jeanne Seidler, Mindy Seidler, Dan Slick, Laren Tiltman, Peter Toumanoff, Julie Van Cleave, Ann Yauger, Timothy Young, and Ryan Zaborik.** Over 1,500 swimmers were entered in the meet which spanned 4 days. Notable swims, of which we hope were many, will be noted in the next edition of the newsletter.