

Wisconsin Masters Swimming

Newsletter Date
September, 2004

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April Newsletter Corrections!

In our last newsletter **Bela Sandor** was credited as being in the 60-64 age group AND with breaking a 50 yd breaststroke record with a time of 35:00. In reality, Bela is in the 65-69 age group and he is even faster than that 50 breast time of 35:00! Be sure to read about his record setting 50 yd breaststroke swim at the Indy Nationals in the article on page 6.

CHAIRMAN'S LANE

Dick Pitman

I think that this year's Badger State Games was one of the most memorable in our history along with the participation of **Jim Montgomery** in our 1999 games. I've heard from both **Graham Johnston** and **Nadine Day** about what a great time they had and all the new friends they made in Wisconsin. She was sorry she had to leave so soon. They had to be back in Indiana for a funeral wake. I sent her our group photo from the Union Terrace as a souvenir. I saw Nadine at the Long Course Nationals and she ran up and gave me a big hug! So, I accepted it on behalf of all of you. In a candid moment I asked Nadine how long she will keep up her torrid pace of going to a meet almost every weekend. She said she would keep swimming a few more years—until the urge to start a family emerges. Then she will settle down...for a while.



After watching the Olympic 4 x 200 women's team crush that odious 17 year old world record held by the East Germans, I e-mailed **Carly Piper**, who swims for UW-Madison and swam 2nd behind Natalie Coughlin. I invited her to join us for next year's BSG. She replied within 24 hours and said she would be delighted if her schedule permits. I mentioned this to someone and he said, "Ask if she'll bring the whole relay team." I don't think USA Swimming would go along with that, but we'll ask!

There were a total of 71 new Badger State Games records set, some of which may qualify for Wisconsin Masters state records. Only registered Wisconsin Masters swimmers are eligible to hold state records. So, Nadine and Graham do not get credit for those records they broke.

While we really appreciated the presence of **Nadine** and **Graham**, we had our own heroes fresh from winning championships at the **Short Course Nationals** in April: **Laurie Alioto** (47), **Ryan Zahorik** (29), and **Bela Sandor** (68). In the April newsletter I said that **Laurie** and **Ryan** were going to Nationals with 1st place seeds in their age groups. They did indeed win their races: **Laurie** the 400 IM and **Ryan** the 100 breast! **Bela** was seeded 2nd or 3rd in the 100 breast and ended up getting 1st! All three got a couple of 2nd place medals in addition to their gold medals. Congratulations to **Laurie, Ryan** and **Bela!** Great job!

It's a lot of fun to see members of our swimming community excel. One other stellar moment happened in the 25-29 100 IM. **Gary Hall Jr.**—the "fastest swimmer in the world" - swam the race with **Ryan** although they were in different heats but in the same age group. **Ryan** beat **Hall** in time—and if **Hall** hadn't been DQ'd for doing an illegal back-to-breast turn, **Ryan** still would have gotten 2nd! You can look it up! Well, I guess you can't because times for DQ's are not posted. But, you can look at my heat sheet where I wrote it down!

It was fun and created a lot of excitement when **Hall** and **Sabir Muhammad** faced off in the 50 and 100 free, and when **Sabir** swam the 50 fly in a total of about 12 strokes! It was a memorable Short Course Nationals.

It was memorable even more so for me since I managed to (1) miss my heat for the 100 fly and (2) crack my heel on my 200 free. Yet, I managed to have some good races and a good time.

Speaking of memorable meets—and I guess this was the year for them—five of us (**John Bauman, Jeanne Seidler, Ray Diederich, Bella Sandor** and **myself**) ventured to Savannah for **Long Course Nationals**. It happened to be the same weekend as Hurricane Bonnie and Hurricane Charley! **John, Jeanne, and I** went out for dinner Thursday night and got soaked by then Tropical Storm Bonnie. (Cont on page 6)

Keep 'em Swimming!

Stacey Kiefer

As we watched the Olympics and observed various sports that combined skill, technique, strength, speed, mental determination, dedication, and much more, we can appreciate that our sport involved all of these, including one particular aspect that very few non-swimmers see: a general feeling of encouragement at a place we call home—the pool!

While attending the 2004 Olympic Team Trials in Long Beach, CA., I was able to participate in one of the daily scheduled Masters swim practices organized by **Lucy Johnson**. The practices were held at the Belmont Plaza Olympic Pool and coached by **Lucy** and **Mike Collins**. The particular practice that I attended consisted of 3,000 yards and over THIRTY participants, with excitement in the air that would have made even the most unmotivated swimmer feel welcome, happy, and proud to be involved in a sport that promotes participation and the general rule of “the more the merrier”. Participating in a practice across the country, where I knew only two people, I could not have been more pleased with the overall refreshed and motivated feeling that I took away from the pool at the end of practice.

Now that I am home again and the swim season is starting up, I hope that we can all promote this same excited feeling in our own areas. With the help of some of you, I've collected a list of things that we can all do to get people motivated and interested in our own local Masters swim teams. They are:

1. Contact your local newspaper and request they do an article highlighting your Masters swim program.
2. Keep a directory of all members of the team including name, address, phone number, and e-mail address. This enables the team to send out periodic bulletins and reminders of upcoming events.
3. Host potluck swim parties where each swimmer brings a different dish to pass.
4. Make team clothing available such as polo shirts in team colors/logos, team sweats, team suits, team baseball caps, or even just logo'd team swim caps.
5. Eat out once a month after practice at a relaxing place that everyone can enjoy and afford. Voting on a different place each month will keep everyone involved in choosing the location.
6. Highlight a few meets as “biggies”, encouraging everyone on the team to participate.
7. Keep an up to date chart of every swimmer's events and best times.
8. Design a tee shirt program that proclaims the (x) mile club to which one belongs, i.e., 50 mile, etc. As one progresses in mileage the number on the shirt is crossed out and the next number added.
9. Have “treat nights”, where swimmers bring edible treats for the group. It's amazing how encouraging desserts can be.
10. Keep it fun. Simply have a fun practice once in a while, or at least ask your coach to throw in some fun activities such as relays or a game of sharks & minnows at the end of practice.
11. Easiest of all, encourage Masters swimming by spreading the word of how fun swimming is through “word of mouth.”



8

Lady “Masters” of the Water

Many Wisconsin Masters Swimmers participate in both the USMS National meets as well as the YMCA National meets. **Betty Lorenzi** (76) from Lake Geneva and **Carol Reinke**, (67), from Green Bay, do—and Carol throws in yet another twist in that for several years she has not only swam in the Y Nationals, she has officiated the meet as well! On top of that she does it all very successfully. In the SCY YMCA Nationals held in Fort Lauderdale in April Carol captured 2nd place finishes in the 50 and 100 yard breaststroke races with times of :48.30 and 1:44.88 and a first place finish in the 200 yard breaststroke with a time of 3:44.39.

While at Nationals Carol's days began early and ran late with officiating duties keeping her on her feet from 6:30 AM until 3:00 PM. Despite having little or no time to prepare or focus on her own events Carol came home pleased with her swims—especially her victorious 200 breaststroke swim. “I was very pleased with my time. It was faster than what I had anticipated, so there is something to getting old”!

Carol's swimming days go back many years as she was a standout on the Green Bay YMCA team in the late 50's and early 60's. Having recently moved to their newly built home near Sturgeon Bay means Carol commutes nearly an hour each way to swim with about 20 other Masters at the Green Bay downtown YMCA. But she wouldn't have it any other way. The Reinke family is practically an institution in the YMCA system. Now not only do her three children continue to remain active in YMCA's in their respective cities, her five grandchildren are also enrolled in YMCA classes. It looks like the Reinke name will be a familiar one for years to come—thanks to the lead of grandma Carol!

Betty came home from Y Nationals a quadruple champion collecting 1st place finishes in the 50 back (:43.43), 100 back (1:33.61), 200 back (3:29.35) and the 1650 free in which her time of 27:53.63 set a new National YMCA record. Betty was also 2nd in the 500 free (8:23.45) and 200 free (3:06.10). Not one to let grass grow under her feet Betty traveled to Italy in June for the World Games and again collected some impressive “hardware”. She placed 1st in the 50M and 100M backstroke events (:47.55 and 1:46.38) and 2nd in the 200M back (4:01.77), 200 free (3:34.61) and 800 free (15:05.75).

Congratulations to both **Carol** and **Betty** on their outstanding performances!



{ Sara Allen, Dick Pitman, and Kathie Allen enjoy a break in the action at BSG during yet another gorgeous day of State Games swimming competition. }

WISCONSIN MASTERS
SHORT COURSE METERS SWIM MEET

November 20, 2004

- Sponsored By:** The Wisconsin Masters Aquatic Club.
- Sanctioned By:** Wisconsin LMSC for USMS, Inc. Sanction No. 204-08.
- Location:** Lawrence University, Buchanan-Kiewit Aquatic Center, near the corner of East College Ave and Law Street, Appleton, WI.
- Time:** Saturday, November 20, 2004, Warm-up 12:00 PM, meet starts at 12:30 PM.
- 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 swimmer's 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 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 12:00 PM 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, breaststroke, 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 director's hands no later than 6:00 PM Saturday, Nov 13, 2004.
- 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.

DON'T DELAY - ENTER TODAY

3

SCHEDULE OF EVENTS

1. 50M Butterfly
2. 400M IM
3. 100M Freestyle
4. 200M Backstroke
5. 100M Breaststroke
6. 200M Freestyle
7. 50M Backstroke
8. 200M Butterfly
9. 200M Medley Relay*
10. 400M Free Relay*
11. 50M Breaststroke
12. 200M IM
13. 50M Freestyle
14. 100M Backstroke
15. 200M Breaststroke
16. 100M Butterfly
17. 100M IM
18. 200M Free Relay*
19. 400M Medley 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 a 100 IM), Middle Distance (100 each stroke and 200 IM), and the Ironman (200 of 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 Avenue 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 Avenue which is Hwy 125 into the city. If coming from HWY 41 take 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 Street.

Lawrence meet results will be posted on our website: www.swim-wimasters.org.

Lake Amy Belle Open Water Swim

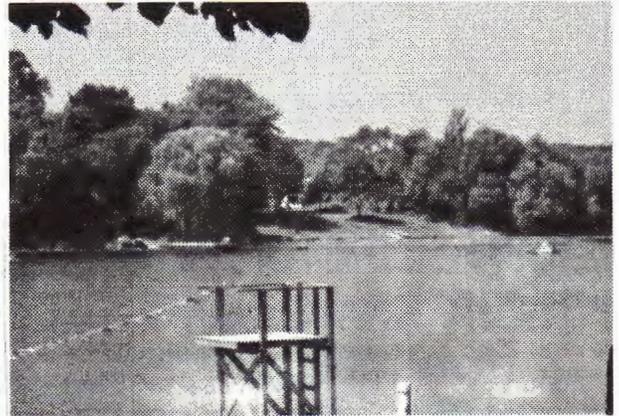
Eddie Jacobsen & Ingrid Stine

July 17 dawned with a cloudy sky and air temperature of 64! But by race time the sun came out, the air temp jumped into the 70's, the water temp registered 77, and it was a gorgeous day for the 1/2 and 1 mile swims. Thirty two swimmers (9 men, 23 women) vied for the title in the 1/2 mile race with our own **Lynn Surles**, at 87, as the oldest competitor. **Eric Jernberg's** daughter **Cassy**, 6, was the youngest.

Fourteen men took off in the first of 2 waves of the mile swim with 20 women in the second wave. Three masters swimmers entered their daughters and swam with them as an escort. **Patty Jernberg** with daughter **Cassy** (6), **Melodee Nugent** with **McKensee** (7), and **Mark Kaczmarek** with **Aimee** (14).

Megan Griep and **Josh Lindquist**, both in the 10-15 yr age group, were the overall winners in the 1/2 mile. **Abby Gottinger** (10-15) and **Caleb Gottinger** (16-19) captured the mile races. In addition to these winners **Cassy Jernberg** was honored as youngest swimmer, **Lynn Surles** as oldest swimmer, and **Eddie Jacobsen** as participant who traveled the farthest (all the way from Decorah, Iowa!)

After the swim 12 masters headed to **Lynn Surles'** house across the lake for a picnic of hamburgers, brats, kraut, chips, fruit, desserts by **Dorothy Rose** and beverages provided by **Jeanne Siedler**. Many thanks to **Eric** for hosting this event and to **Lynn** for his hospitality.



Lake Amy Belle looked inviting on July 17 as swimmers prepared for the 1/2 mile and 1 mile open water swims. Since this is a non sanctioned event non-registered swimmers may participate. If you have a relative or friend who would like to try a lake swim keep it in mind for next summer. Everyone is welcome!

Coach's Corner

Dick Pitman

I love to watch people I know swim really well, beyond their expectations. Sometimes they get first in their age group, like **Laurie Alioto**, **Ryan Zahorik**, or **Bela Sandor** did at Nationals in April. Sometimes they win their age group in a local meet. Sometimes they do well enough to place. There have been times I did well enough to finish. Sometimes that also is a goal. It was fun at National Short Course Yds to see **Janet Schultz** swim a personal best in her 200 back. The theme I'm building up to is a common refrain when I talk to someone about joining masters: "I don't think I'm good enough to swim with your group." My philosophy is simple: Everybody is good enough to swim in our group. I try to make room for all skill levels. There is nothing more rewarding than to watch someone progress from the novice/beginner lane and win a medal in a big meet!



In keeping with the theme of making Masters Swimming fun, this group of swimmers enjoyed "refreshments" at the Union Terrace at UW-Madison after competing in the Badger State Games.

Every year our Madison Y groups get together and hand out some awards. Every year I try to give an award to the Most Inspirational Swimmer. This award usually goes to someone who has overcome some difficulty or just shows through example that they don't fear the competition because the competition is themselves. In 2003 I gave this award to someone who had just learned to swim and quit smoking in the same year about five years earlier. He joined our group to learn to swim better. At the State Meet last year he quietly and unassumingly swam 10 events! Five each day! He swam events he's never swam before...just because he wanted to. He wasn't out to win anything...only to prove to himself that he could do it. **Tim Potter** is not the fastest swimmer or the most decorated swimmer in our Madison group. But he continually amazes me with the things he quietly succeeds in. He decides he is going to swim something because he determines that he is ready to try it.

Part of the Mission Statement of USMS is 'to encourage and promote physical fitness and health in adults...In a lifelong fitness and/or competitive swimming program...And to enhance fellowship and camaraderie among Masters swimmers.' In other words, a lifetime pursuit of fitness and fun through Masters swimming. So, when you ask someone to join your swimming group you are doing them a really big favor. Something that will have a profound effect on their life. **Tim Potter** has taken affirmative steps to insure his lifetime fitness and health.

One more example. **Fred Salzman** used to come to the Madison West Y after the workout was completed to just put in a few laps to make himself feel like he was exercising. It took **Dave Diegel**, then the coach, a couple of years to recruit Fred into his Masters Class. The following year Fred went to his first Masters swim meet and had so much fun that he rarely misses one now. He also like to brag about how much weight he's lost, but the most important thing to Fred is all the really good friends he has made through Masters Swimming—people he otherwise would never have met! People who knew Fred before he joined Masters found him kind of quiet, shy, a little self-conscious maybe. But that's not Fred now, is it? Fred has become the life of the party—everyone's benevolent grandfather (for those 20 somethings among us). It took Fred so long to join Masters because he felt 'he was not good enough to join.' I know a lot of people who are really glad Dave Diegel convinced him and that Fred took that step forward. That is how programs are built: one person at a time.

Madison Open Water Swim

For the second year in a row the **Madison Open Water Swim** attracted a good crowd of swimmers all intent on conquering either a 1.5 mile or a 3.0 mile swim in Lake Mendota. Fourteen swimmers competed in the 1.5 mile race and 29 attacked the 3.0 mile course. Contestants came not only from Wisconsin but as far away as Chicago and Iowa for the events which were held off of Governor Nelson State Park on the west end of Lake Mendota. The air and water temperatures were both in the low 70's and a light rain was falling at the beginning of the races. There were 10-15 mph winds which presented more of a challenge to the patrol canoes than the swimmers. The weather cleared up as the race progressed.

Mike Rubens (43) and **Cheryl Ramancionis** (26) were the overall men and women champions in the 1.5 mile race. **Eric Jernberg** (45) and **Kirsten LeFevre** (23) captured the 3 mile events. Both **Mike** and **Eric** were repeat winners from last year's event.

Congratulations to all the participants!

1.5 Mile Swim Results

Mike Rubens (43)	38:00
Michael Miller (45)	38:05
Dan Slick (55)	38:11
Steve Justinger (51)	41:39
Kevin LeRoy (36)	42:52
Cheryl Ramancionis (26)	43:04
Mary Labno (44)	44:02
Sue Golden (38)	48:53
Dan Joyce (54)	51:59
Alan Kinnaman (41)	52:45
Fred Salzman (72)	1:04:00
Mark Bussian (43)	1:04:17
Pamela Cotant (46)	1:05:02
Tim Potter (48)	1:05:02

3.0 Mile Swim Results

Eric Jernberg (45)	1:09.49
Kirsten LeFevre (23)	1:10.02
Marcia Cleveland (40)	1:10.37
Laurie Alioto (46)	1:10.53
Scott Johnson (41)	1:11.18
Bill Koenen (39)	1:12:56

3.0 Mile Swim Results

Con't

Christopher Ehlenbach (43)	1:16:02
Brian Engelking (31)	1:16:16
Heather Cumuit (30)	1:19:57
Anthony Christiansen (33)	1:20:43
Melodee Nugent (34)	1:21:07
William Boyce (34)	1:23:20
Aimee Arnoldussen (28)	1:27:46
Teri Behrs (39)	1:28:52
Glenn Tranowski (32)	1:28:53
James Drought (43)	1:30:30
Anthony Leiton (25)	1:37:55
Patrick Dunks (44)	1:40:06
Connie Welch (50)	1:40:07
Dave Guzik (33)	1:41:11
Laura Heinowski (27)	1:42:09
Mandi Kawai (41)	1:43:10
Janice Baudewig Poehlman	1:43:32
Jan Baudewig Poehlman(32)	1:44:42
John Maniaci (53)	1:45:06
Mark Sheldon (57)	1:47:42
Steve Gaffield (37)	1:52:20
Nancy Weigand (56)	1:58:13
Robert Zeitner (63)	2:02:10

Wisconsin Masters Heat Up The Pool at the Indy SCY Nationals!

Thirty-eight Wisconsin Masters Swimmers made the trip to Indianapolis in late April for the **USMS SCY National Championships** which were held at the beautiful **IUPUI Natatorium**. They returned to the Badger State with lots of hardware, 28 new individual state records, 7 new relay records, and a warehouse of memories. **Ryan Zahorik**, 27, led our contingent with new state records in all six events he swam (50 breast, :26.09, 2nd; 100 back, :52.62, 3rd; 100 IM, :51.89, 2nd; 100 free, :47.13, 9th; 50 free, :21.58, 7th; and 100 breast, :56.25, 1st). In close pursuit were **Geri Havel**, 55, and **Laren Tiltmann**, 34, each with 4 new state records. **Geri** set standards in the 200 free, 2:32.17, 7th; 50 back, :38.55, 4th, 100 free, 1:06.37, 3rd; and 50 free, :30.68, 4th. She was also 5th in the 100 back and 9th in the 100 IM. **Laren's** new marks were in the 100 back, :53.64, 3rd; 100 IM, :54.37, 2nd; 100 free, :47.60, 2nd, and 50 free, :21.44, 2nd. He also picked up another 2nd in the 50 fly and a 3rd in the 50 breast. **Peter Allen**, 47, set 3 records in the 50 breast, :30.73, 14th; 200 breast, 2:22.59, 6th; and 100 breast, 1:04.38, 7th. Four swimmers set 2 new records each. They were: **Laurie Alioto**, 46, 400 IM, 5:13.75, 1st; and 200 fly, 2:25.37, 2nd; **Nancy Kranpitz**, 59, 100 fly, 1:29.16, 7th; and 200 fly, 3:24.72, 5th; **Trina Schaetz**, 31, 200 breast, 2:36.71, 2nd; 100 breast, 1:11.16, 2nd; **Dan Slick**, 55, 1000 free, 12:42.33, 7th; 200 free, 2:10.04, 14th. **Laurie** also placed 2nd in the 1650, 3rd in the 200 back and 200 IM, and 4th in the 500 free. **Nancy** picked up a 4th in the 50 fly, 6th in the 400 IM, and 7th in the 50 free. **Trina** collected another 2nd in the 50 breast, 5th in the 100 IM, and 7th in the 50 free. **Dan** came through with 7th in the 200 back, 8th in the 100 back, and 9th in the 50 back. **Tom Meehan**, 57, set a new state mark with a 7th place finish in the 50 back (:31.22) and placed 5th in the 100 back, 8th in the 100 IM, and 10th in the 50 fly, 50 free, and 100 free. Finally, **Bela Sandor**, 68, set a state mark while finishing 1st in the 100 breast while also placing 2nd in both the 50 and 200 breast. Congratulations to all our new record holders!

The following Wisconsin Masters Swimmers had top ten finishes: **John Bauman**, 73, 1000 free, 3rd; 50 and 100 breast, 4th; 200 breast 2nd; **Candy Christenson**, 57, 4th 50 and 100 breast, 5th 50 fly and 200 breast; **Jane Dillon Stewart**, 61, 6th 50 free, 8th 50 back and 50 breast; **Neil Holland**, 31, 8th 1650 free; **Mark Kaczmarek**, 47, 8th 1000 free; **Stacey Kiefer**, 25, 4th 1650 free; **Corinna Maleike**, 43, 9th 400 IM; **Cynthia Maltry**, 49, 5th 100 back, 100 IM, 50 back, 6th 50 breast, 8th 200 IM, 10th 200 back; **George May**, 66, 6th 100 and 200 breast; 7th 50 breast; 8th 100 IM; 9th, 50 fly; 10th, 50 free; **Dick Pitman**, 59, 5th 200 fly; **Gordon Schalla**, 77, 4th 50 back and 50 breast; **Janet Schultz**, 53, 6th 200 IM; 9th 200 breast; 10th, 100 IM; **Jeanne Seidler**, 57, 8th 50 back and 1000 free; 9th 200 back; **Mindy Seidler**, 24, 8th 50 breast.

Many of our representatives did not have top ten finishes—but they swam great races and were a big part of our Wisconsin contingent. Congratulations to these folks on a job well done: **Peter Allen**, 45; **Jeff Bauer**, 39; **Candy Christenson**, 57; **Ray Diederich**, 61; **Suzi Green**, 42; **Bradley Hext Jr.**, 34; **Neil Holland**, 31; **Rich Hubbad**, 51; **Michael Huck**, 47; **Carrie Johnson**, 32; **Stephen Justinger**, 51; **Mark Kaczmarek**, 47; **Stacey Kiefer**, 25; **Nancy Kranpitz**, 59; **Corinna Maleike**, 43; **Susan Niemi**, 48; **Dick Pitman**, 59; **Janet Schultz**, 53; **Mindy Seidler**, 24; **Dan Slick**, 55; **Peter Toumanoff**, 53; **Julie Van Cleave**, 44; **Ann Yauger**, 44; **Timothy Young**, 33.

Moving on to the relays: It was so gratifying to see so many Wisconsin Masters swimming on relays! Whether we placed 1st, last, or got DQ'd, it was great swimming. Many thanks to **John Bauman** for his work in setting up the 19 relays that Wisconsin Masters swam. New state records were turned in by: Mixed 200 Medley 55+, 3rd, 2:12.15 (**Meehan**, **Christenson**, **Pitman**, **Havel**): Mixed 200 Medley 25+, 6th, 1:47.80 (**Tiltman**, **Schaetz**, **Zahorik**, **Johnson**): Women 200 Free Relay 55+, 4th, 2:16.00 (**Dillon-Stewart**, **Christenson**, **Kranpitz**, **Havel**): Women 200 Free Relay 45+, 7th, 2:04.09 (**Niemi**, **Schultz**, **Alioto**, **Maltry**): Men 200 Medley, 55+, 5th, 2:00.43 (**Slick**, **Sandor**, **Pitman**, **Meehan**): Men 200 Medley 45+, 10th, 1:53.20 (**Huck**, **Allen**, **Kaczmarek**, **Toumanoff**): Men 200 Medley 25+, 2nd, 1:37.39 (**Tiltmann**, **Zahorik**, **Schaetz**, **Young**).

Congratulations to ALL of our Wisconsin Masters National competitors! Whether you placed first or last your presence at this meet allowed the rest of the country to see that when it comes to first class competition—Wisconsin does it best!

Chairman's Lane (Cont)

There was also a tornado warning that caused the last couple of heats of the 1500 to be postponed until the next morning. Then, with Hurricane Charley moving up the Gulf coast of Florida, the powers that be had to decide whether to cancel the meet altogether! Fortunately, at 5 AM on Saturday they announced that the meet was on and Saturday actually turned out to be a beautiful day. As a small team we did okay, thanks to **Bela's** 1st, 2nd, and 3rd place finishes in the breaststroke events.

Art Overman, a friend of mine from junior college days in California who retired last year from American Airlines, flew out to experience a Masters meet and watch me swim. He got so excited that he vowed to start swimming and get in shape. His first meet, he vowed, will be our Oconomowoc meet on January 16. He's really looking forward to it and to making new friends and seeing old friends. While on the Riverboat cruise in Savannah Saturday night of the meet some guy sat down next to Art. Turning around Art was in shock! It was **John Campbell**, who swims for Mission Viejo in CA. The two of them had not seen each other in 38 years when they both patrolled the Huntington Beach State Park as lifeguards! Masters swimming has a way of re-uniting old friends, doesn't it?

Share the "Where"

Where do YOU swim? At what time? For how long? Do you have a coach on deck? Are the workouts organized? Is there a fee involved? Are visitors welcome? You get it—now share it! We need to update our website listing of "Places to Swim". Contact **John Bauman** at wmac@execpc.com to Share the "Where"

Don't delay—contact John TODAY!

2004-2005 Scheduled Meets

November 20-Lawrence U (Appleton) 25 M SC
Jan 16-Oconomowoc @ Pabst Farms Y 25 Yd SC
Feb 13-Madison @ East YMCA 25 Yd SC
Mar 26-Stevens Point @ SPYMCA 25 Yd SC

WISCONSIN MASTERS SWIMMING ENTRY FORM

LAWRENCE UNIVERSITY

November 20, 2004

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 _____

Keep 'em Swimming!

Stacey Kiefer

As we watched the Olympics and observed various sports that combined skill, technique, strength, speed, mental determination, dedication, and much more, we can appreciate that our sport involved all of these, including one particular aspect that very few non-swimmers see: a general feeling of encouragement at a place we call home—the pool!

While attending the 2004 Olympic Team Trials in Long Beach, CA, I was able to participate in one of the daily scheduled Masters swim practices organized by **Lucy Johnson**. The practices were held at the Belmont Plaza Olympic Pool and coached by **Lucy** and **Mike Collins**. The particular practice that I attended consisted of 3,000 yards and over THIRTY participants, with excitement in the air that would have made even the most unmotivated swimmer feel welcome, happy, and proud to be involved in a sport that promotes participation and the general rule of “the more the merrier”. Participating in a practice across the country, where I knew only two people, I could not have been more pleased with the overall refreshed and motivated feeling that I took away from the pool at the end of practice.

Now that I am home again and the swim season is starting up, I hope that we can all promote this same excited feeling in our own areas. With the help of some of you, I've collected a list of things that we can all do to get people motivated and interested in our own local Masters swim teams. They are :

1. Contact your local newspaper and request they do an article highlighting your Masters swim program.
2. Keep a directory of all members of the team including name, address, phone number, and e-mail address. This enables the team to send out periodic bulletins and reminders of upcoming events.
3. Host potluck swim parties where each swimmer brings a different dish to pass.
4. Make team clothing available such as polo shirts in team colors/logos, team sweats, team suits, team baseball caps, or even just logo'd team swim caps.
5. Eat out once a month after practice at a relaxing place that everyone can enjoy and afford. Voting on a different place each month will keep everyone involved in choosing the location.
6. Highlight a few meets as “biggies”, encouraging everyone on the team to participate.
7. Keep an up to date chart of every swimmer's events and best times.
8. Design a tee shirt program that proclaims the (x) mile club to which one belongs, i.e., 50 mile, etc. As one progresses in mileage the number on the shirt is crossed out and the next number added.
9. Have “treat nights”, where swimmers bring edible treats for the group. It's amazing how encouraging desserts can be.
10. Keep it fun. Simply have a fun practice once in a while, or at least ask your coach to throw in some fun activities such as relays or a game of sharks & minnows at the end of practice.
11. Easiest of all, encourage Masters swimming by spreading the word of how fun swimming is through “word of mouth.”



8

Lady “Masters” of the Water

Many Wisconsin Masters Swimmers participate in both the USMS National meets as well as the YMCA National meets. **Betty Lorenzi** (76) from Lake Geneva and **Carol Reinke**, (67), from Green Bay, do—and Carol throws in yet another twist in that for several years she has not only swam in the Y Nationals, she has officiated the meet as well! On top of that she does it all very successfully. In the SCY YMCA Nationals held in Fort Lauderdale in April Carol captured 2nd place finishes in the 50 and 100 yard breaststroke races with times of :48.30 and 1:44.88 and a first place finish in the 200 yard breaststroke with a time of 3:44.39.

While at Nationals Carol's days began early and ran late with officiating duties keeping her on her feet from 6:30 AM until 3:00 PM. Despite having little or no time to prepare or focus on her own events Carol came home pleased with her swims—especially her victorious 200 breaststroke swim. “I was very pleased with my time. It was faster than what I had anticipated, so there is something to getting old”!

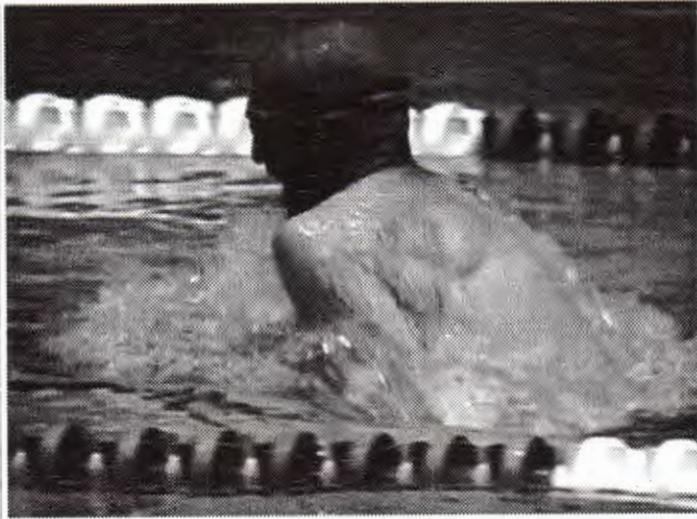
Carol's swimming days go back many years as she was a standout on the Green Bay YMCA team in the late 50's and early 60's. Having recently moved to their newly built home near Sturgeon Bay means Carol commutes nearly an hour each way to swim with about 20 other Masters at the Green Bay downtown YMCA. But she wouldn't have it any other way. The Reinke family is practically an institution in the YMCA system. Now not only do her three children continue to remain active in YMCA's in their respective cities, her five grandchildren are also enrolled in YMCA classes. It looks like the Reinke name will be a familiar one for years to come—thanks to the lead of grandma Carol!

Betty came home from Y Nationals a quadruple champion collecting 1st place finishes in the 50 back (:43.43), 100 back (1:33.61), 200 back (3:29.35) and the 1650 free in which her time of 27:53.63 set a new National YMCA record. Betty was also 2nd in the 500 free (8:23.45) and 200 free (3:06.10). Not one to let grass grow under her feet Betty traveled to Italy in June for the World Games and again collected some impressive “hardware”. She placed 1st in the 50M and 100M backstroke events (:47.55 and 1:46.38) and 2nd in the 200M back (4:01.77), 200 free (3:34.61) and 800 free (15:05.75).

Congratulations to both **Carol** and **Betty** on their outstanding performances!



{ Sara Allen, Dick Pitman, and Kathie Allen enjoy a break in the action at BSG during yet another gorgeous day of State Games swimming competition. }



Peter Allen, 47, shows great form in racing to three new state records in the breaststroke events at the USMS SCY Nationals in Indianapolis in April.

NEW RULE!

In July there was an emergency rule change necessitated by a ruling by FINA, the International Swimming Federation. This new rule prohibits the use of any communication device that allows coaching from the deck as seen in pro-football, any kind of pace or cadence prompter (like the popular "Tempo Trainer"), and presumably wrist-watches where you can set the timer to tell you what your 100 pace is for example, by setting a signal for every 1:20 or so. So, **don't be surprised if an official tells you to remove your watch before you're allowed to swim!**

It Happened in Savannah

Dick Pitman

Have you ever done anything embarrassing at a swim meet? Like get DQ'd? I can't remember the last time that happened to me. Oh wait!

Yes! I see it clearly: there's a fog, no, a hurricane. That's it! Hurricane Charley! It must have been Savannah. The weather, the excitement. No, it wasn't the goggles. It was preparation. It was focus. Okay, I'll admit it. There weren't a lot of witnesses, only about 1,000.

But they were mostly strangers. I'm only telling this story once so pay attention!

At Savannah my first event was the 400 IM. I dove in and my right goggle lens filled a little bit with water, just enough to be annoying. I thought, Hmmm, when I get to the turn for breaststroke I'll flip my lens at the end of the pullout. So that's what I did. I finished the race, had a decent time of 6:43+ and exited the pool. A man in white came over and said, "I had to disqualify you. You took two kicks off the wall during your pullout." I groaned and then said, "Well, I was just clearing my goggle lens that had filled with water." The official, with a smile in his voice, said, "gee, if I had seen you do that I would have disqualified you for that." He explained it would have constituted a non-continuous motion. The worst part about this DQ is that I would have had an easy 4th place—and maybe a 3rd!

My next event, the 50 fly, my goggles came down and settled at my throat. I could survive that and actually went under my seed time and got 8th!

My 100 fly was the next day. My favorite event. My signature event. I had changed goggles but I had run up to the block without fixing the strap. I had forgotten that I still had my watch on so had to take it off quickly (see New Rule above) and scramble up on the block. "Take your marks," BANG! I hit the water and my goggles came off. They didn't just come off; that would have been better! They settled on my upper lip making it very difficult to breathe. I finished the 50 gasping, threw off the goggles, and finished the race. Time—way off. Still got 4th, but could have had 3rd. Then, the man in white again. "Sorry, I had to disqualify you. You didn't touch with both hands." In my state of anxiety I had grabbed the wall with my left hand, pulled my goggles from my mouth, turned and pushed off into the void. I forgot to touch the wall with my right hand.

Lessons learned? ALWAYS SWIM IN PRACTICE THE WAY YOU WANT TO SWIM IN A RACE. ALWAYS BE READY WELL BEFORE THE EVENT. FOCUS.

My next two races I was ready. Ready to NOT be disappointed. Sunday morning my 400 free was the first event. Outside lane, seeded 8th in my age group. Goggles in place where I like them. I dove in. My senses were keen. I felt the water surrounding me. I kicked dolphin, the flutter, to the 15 meter mark, came up and started stroking. All my pent up frustration was coalescing into energy and power. I felt great! It's quite exhilarating to be freed of fear—*fear of failure*. I was swimming the way I had been practicing for months! Placing my hand in front of my shoulder, catching high and early in the stroke, pushing the water to the belly and *sweep out!* Recover, Vault over the balance point, as Richard Quick says. Whoo, in a rhythm. "I think I'm having a good swim. I think I'll go under my seed time." The last chance I had to swim at Shorewood in Madison, Jack Pettinger had watched when I did a trial swim of my 400 free and I had gone under my 6:05 seed time by .09. When I finished I complained of soreness, tightness. Jack said simply, "You'll do fine." I finished the race and looked at the scoreboard: Lane 1 5th Pitman 5:52 I thought, "Wow, 13 seconds under my seed time and 5th! I was so happy to have one race go well. It was all worth it. When I went to find my label for my medal it read "Pitman, 60-64, 400 free 5th, 5:40.20"! Someone had given me another 12 seconds! The man in white? When I got home I checked the state records and found I had broken one of the oldest records on the books—**Herb Howe's** 1976 record of 6:05. About 10 days later I visited Herb and told him I had broken his '76 record of 6:05 by going 5:40.20. His response? "Well, it's about time someone broke it!" I then gave him my medal (and they were really pretty medals) for the 400 free. He was very touched and put it around his neck. One of my BEST swimming "events"

WISCONSIN MASTERS SWIMMING
10346 Cedar Falls Road
Hazelhurst, WI 54531

Check Out:

Chairman's Lane
Lawrence University SCM Entry Form
USMS SCY National Results
Coach's Corner
USMS LCM National Results
2004-05 Meet Schedule
And lots more...

LONG COURSE NATIONALS RESULTS
Savannah, Georgia

Five Wisconsin Masters Swimmers braved two hurricanes, a tornado warning, and torrential rain when they traveled to Savannah, Georgia in August for the Long Course Meters National Championships. They were:

John Bauman 74
5th 800 free 19:02.68
9th 100 back 1:59.92
7th 200 breast 4:27.29
9th 100 breast 1:57.14
8th 50 breast :48.89

Dick Pitman 60
8th 50 fly :33.62
5th 400 free 5:40.20
4th 200 fly 3:08.33
400 IM DQ
100 fly DQ

Bela Sandor 69
2nd 200 breast 3:26.65
3rd 100 breast 1:31.40
1st 50 breast :39.73

Jeanne Seidler 58
9th 800 free 22:17.99
6th 200 back 5:25.85
10th 50 back 1:10.95

Raymond Diederich 62
15th 50 free :59.43
8th 50 back 1:05.26

Congratulations **John, Dick, Bela, Jeanne, and Ray** for some great swims and thanks for representing Wisconsin Masters swimming so well in this big national meet!



Graham Johnston, pictured above with **Suzi Green**, was an honorary competitor in our Badger State Games this past June. Graham swim in the 1952 Olympics for South Africa and has twice attempted to swim the English Channel. In addition he is the ultimate Masters Swimmer having accumulated more than 150 1st place championship swims since 1993! After the BSG he was going home to rest and get ready for the Maui Channel Swim. He has usually done this race as part of a relay (6 swimmers) because it's 11 miles. But since one or two of his relay buddies are laid up this year he's going for the solo record. Everyone who met him at BSG fell in love with him. Hope YOU got to meet him!