

# Wisconsin Masters Swimming

## CHAIRMAN'S LANE

Dick Pitman

**Newsletter Date**  
**March/April-2007**

### LMSC OFFICERS

**Chairman:** Dick Pitman  
dpitman@usms.org

**Secretary:** Suzi Green  
greensuzi@ameritech.net

**Newsletter:** Nancy Kranpitz  
jnkranpitz@yahoo.com

**Top Ten/Records:** John Bauman  
wmacswim@sbcglobal.net

**Officials:** Susan Zblewski  
szblewski@wi.rr.com

**Treasurer:** Ingrid Stine  
wmacswim@sbcglobal.net

**Registrar:** John Bauman  
wmacswim@sbcglobal.net

**Coaches:** Dick Pitman  
dpitman@usms.org

**Sanctions:** Eric Jernberg  
jernberge@yahoo.com

**Safety:** Jerry Lourigan  
lourigan@chorus.net

**Fitness:** Stacey Kiefer  
Stacey@kiefer.com

**Long Distance:** Eric Jernberg  
jernberge@yahoo.com

**Webmaster:** Ray Diederich  
diederichswim@cs.com

State Meet Entry Information can be found on pages 4-5 of this newsletter!

### WISCONSIN MASTERS WEBSITE

www.swim-wimasters.org  
Check it out for the latest meet results, state records, and MORE!

In the fall of 1972 I had an exceptionally good swim! The water was cool and clear. I could see literally the length (almost) of a football field. I was scuba diving someplace you've probably never been. It was exhilarating, yes. But I had a harrowing experience which I would like to relate.

I was in the Coast Guard at the time serving as one of three divers. We were ordered over the side one day to inspect our ship for some possible damage. Now, as a diver you are required to have a "line-tender": someone to hold a taut line which is attached to you while you are diving so you don't wander away too far. It's kind of a leash, it you will.

I'll admit, I volunteered. What's that warning when you're in the service? Never volunteer! Well, it was an extra \$90 a month which in 1972 was pretty nice! I was sent to Great Lakes Naval Base for a psychological assessment to see if I had any suicidal tendencies or was just plain crazy to want to do this. I passed. Then, I was sent—in March, mind you—to beautiful, balmy Key West, Florida, while my wife and two young daughters languished in Milwaukee's dreadful winter.

I was in Florida for a month and received training at the US Naval Base there which was, at the time, the headquarters for the Atlantic submarine operations. Every morning we were up at 5:00 AM for calisthenics, a 3 mile run, then a quick breakfast, then class, then a dip in the ocean for training that lasted about an hour.

The other participants came from other services. We had a Navy doctor who had a rank of Commander. There were several guys, all lower enlisted ranks, from the Air Force. They were there as part of their training to be Air Force Para-Rescue. You can see what they have to do by visiting this site:

<http://members.tripod.com/-thede/scuba.html>. Scuba school was Part 1. From Key West they were going somewhere to learn the art of parachuting. Then, they would learn how to parachute with a scuba tank on their back, hit the water without knocking themselves out and make the rescue. They were all hoping to catch an astronaut. I don't think any of them would have passed the psych evaluation if they had had to take it!

One day our regular instructor was sick and we got a substitute: Commander Swayze. I'll never forget this guy. We swam too slow, or ran too slow after an exercise and he had us all get down and do five push-ups! Five! Now, that doesn't sound like many to you. But, we still had full tanks on which was like another 50-70 pounds. And, we had a former SEAL in our group trying to re-qualify who taunted Mr. Swayze by yelling "MORE!" Even the Para-Rescue guys didn't appreciate this harassment!

My scuba partner was one of these Para-Rescue guys. He was probably the sanest of the group. Real nice guy—wish I could remember his name! Our instructors were all SEALs, most of whom had been to Vietnam, swimming up the Mekong planting bombs or rescuing folks. These guys were certifiably nuts! But, some were good guys nonetheless. Our test dive was a 100 foot dive where we had to climb down a knotted rope, touch the bottom, grab a piece of rose coral (which only grows at that depth) and return to the surface, stopping every once in a while to let our nitrogen slowly enter our blood stream again. On our way down, though, our instructor, Lt. Sutherland, a short, red-haired Irishman swam down to see how we were doing. Maybe we were taking too long, but he swam down with only a snorkell!



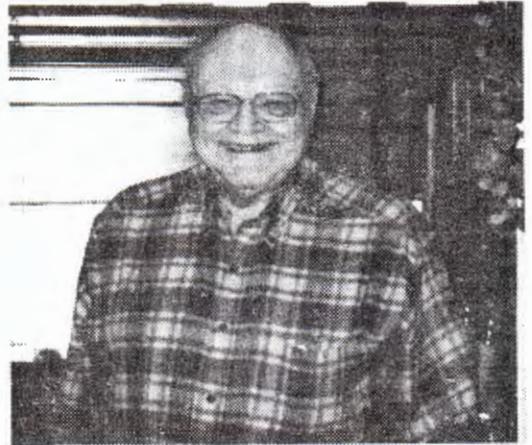
# Wisconsin Water Warriors

(Editor's note:) Technology is wonderful when it works and we are all on the "same page". Unfortunately, this did not happen with a mix up in my receiving **Stacey Kiefer's** write up about the 2006 Wisconsin Water Warriors competition. While some of the WWW information was touched upon in the last issue of this newsletter, Stacey's article is excellent and should be run in its entirety despite some duplication. Stacey's article follows:

The 2006 Wisconsin Water Warriors yardage tracking contest came and went fairly quietly this year. The number of participants was a record low of 41 down from last year's 75 and 2004's 44 swimmers. However, the breakdown of participants is interesting with 20 women and 21 men and at least one participant in every age group with the exception of a vacancy in the Women's 75+ category. From last year's results, our major decline was in the number of non-registered USMS swimmers who participated. This year we only had four non-registered participants, all a result perhaps of my overzealous recruiting, compared to last year's 39. Even my husband (a non-registered swimmer) tried to reject participating...until he learned that he would actually win his age category...by default of lack of competition (a completely unfair advantage, I'd say!).

The team totals were calculated according to the team names that were submitted on the forms (regardless of whether the team was a registered USMS/WI Masters team. **Carthage Masters** turned in the most yardage out of all of the specific teams with 375,800 yards. **Schroeder YMCA Masters** swam 107,775 yards, **Madison East YMCA Masters** swam 101,850 yards, and **Elmbrook Masters** completed 57,650 yards. Swimmers registered without a specific team, but under **WMAC** swam 425,084 yards and non-registered swimmers turned in 26,400 yards.

So, now we can ask ourselves, where **IS** our competition this year? A few individuals are proving that there are some serious yardage monsters out there, such as **Carnie Kostopulos** with 107,775 yards, **Justin Reeder** (the Men's Overall Champ) with 135,000 yards, and our three-time undefeated Women's Overall Champion, **Melodee Nugent** racking up 128,850 yards (a personal best of 73.2 miles for her—congrats!). A special congratulations also goes out to **Jack Hughes**, our oldest participant in the contest swimming 9,220 yards. Certainly some age categories



Although now "retired" from active swimming **Perry Rockwell**, 82, has left his mark in the water! Perry still holds WMAC records in the LC 50 fly (50-54, 65-69, 70-74), LCM 100 fly 65-69, 70-74, 75-79), SCM 50 fly and 100 IM in 60-64, and SCY 50 fly in 60-64, 65-69, and 70-74). Perry also coached **Art Luetke**, current WMAC swimmer, when Art was in college at Platteville State College (now known as UW-Platteville). Perry would love to hear from his former teammates. You can reach him at 1290 W. Hill Ave, Platteville, WI, 53818. We wish you well, Perry, and we miss you in the pool!

## !!!!ATTENTION!!!!

Over the course of the next 9-12 months we will be converting from a snail-mail newsletter to having the newsletter appear on the Wisconsin Masters web page. The process will be gradual with an option available THROUGH 2008 for those who wish to still receive their newsletter via snail mail. There are a lot of logistics to work out in the next several months. However—it WILL happen! The newsletter will be accessed by one's USMS ID. In addition to the newsletter the entire current membership list will also be accessible with one's ID. Please direct any comments, pro or con, to any of our LMSC officers all of whom are listed on the front page of this newsletter.

Due to an error in the listing of the e-mail address to which you were directed to send your reply to the survey in the last issue of the newsletter the survey is being run again—with the CORRECT e-mail address! You can find the survey on page 8 of this newsletter. There is also a phone number you can use if you do not have access to a computer.

are also showing strength in depth such as the two youngest female age categories and the Men's 36-45 age category. However, where are all of the men in their late-twenties/early thirties? We can only hope that those guys were too busy to send in their form and they haven't fallen out of the world of swimming.

Now that the short course swim season is in full swing, it's time to get out there and spread the word about Masters Swimming. It's amazing how many people don't swim on a Masters team and/or compete, just because they simply don't know about United States Masters Swimming. I find it refreshing when patrons at the health club ask me questions about swimming and are amazed to hear that adults train and compete in meets...just like kids! Make it your duty to start talking to people you see at your local pool or gym and spreading the word about Wisconsin Masters. After all, as *most* of us would agree, it's a lot more fun to train and race with other people than trying to motivate ourselves to do it solo every day. And if you're one of those people who are temporarily taking a "vacation" from swimming, now is the time to actually follow through on that New Year's resolution and get back in the pool. If nothing else, you can always treat yourself to a reward after a good swim workout, such as **Melodee Nugent** did after competing in the Water Warriors contest. So, **Melodee**, how was that well deserved massage?!

(Stacey Kiefer—Wisconsin Masters Fitness Chair)

*Those who are at war with others are not at peace with themselves.*

## 2006 LCM Top Ten for Wisconsin Masters Individuals

### Trina Schaetz 34

3rd 50 breast :36.81  
4th 100 breast 1:22.55  
6th 50 free :29.20  
9th 100 free 1:04.60

### Laurie Alioto 48

4th 400 IM 5:55.48  
4th 200 fly 2:41.89  
6th 100 fly 1:14.47  
10th 200 back 2:47.60

### Melinda Mann 50

1st 50 breast :37.51\*  
1st 100 breast 1:24.36\*  
1st 50 fly :31.50\*  
1st 100 fly 1:11.08\*  
5th 100 free 1:07.63

### Nancy Kranpitz 61

5th 50 free :35.99  
8th 50 fly :43.42  
9th 400 IM 7:54.34  
10th 100 fly 1:51.46

### Betty Lorenzi 79

2nd 100 back 1:52.89  
4th 200 free 3:53.08

### Geoff Mykleby 53

6th 100 back 1:09.49

### Bela Sandor 71

1st 100 breast 1:31.60\*  
1st 200 breast 3:25.11\*  
3rd 50 breast :40.49

### Relay

Mixed 160-199  
5th 400 FR 5:19.73  
Steve Justinger 54  
Suzi Green 45  
Jerry Lourigan 41  
Erin Detwiler 29

Congratulations to all of our *Top Ten finishers* with extra congratulations to **Melinda** and **Bela**! By virtue of their first place times (*four* for **Melinda** and *two* for **Bela**) they have been designated as *All-Americans* in these events! Both **Melinda** and **Bela** recorded these times at the FINA World Masters Championships which were held at Stanford University in August.

### Chairman's Lane—Continued:

My scuba buddy and I started laughing, which is hard to do with a mouth piece filling your mouth.

Well, I made it through. We had a nice going away beer bust party the last night. The commander of the unit was a Lieutenant and he provided the beer. There was no sign of rank anywhere—we were all in civilian togs I believe and not on base! It was quite an experience.

But, let me return to my opening scene. I was on an ice-breaker, which had been based in Milwaukee, but got sent up to the Arctic to rescue another ice-breaker and a Navy spy ship which had some equipment failure and was stuck in the polar ice in October. This was before global warming! In the process of trying to tow one of the ships out we ended up with a broken rudder and a dropped screw (propeller). We had to go below the ship to assess the damage. Upon completion I felt myself sinking. Well, I had had to borrow my diving officer's weight belts (which were heavier than what I should have worn). But my line tender was not doing his job! I was trying to swim but I just kept sinking lower and lower tugging on my line to get some attention! Finally, I just undid the weight belts and dropped them—5,000 feet to the bottom. I swam to the ship without the aid of my line tender. But, you know when I got on board I certainly gave him a piece of my mind! My diving officer was a little miffed that I deep-sixed his weight belt, but he had another. He also added, "I would have done the same thing."

I'll never forget being down there and seeing the entire length of the ship—269 feet—clear as a bell!

*One who has never made a mistake is one who has never done anything.*

**Don't forget  
about the two Wauwatosa West  
Swim Meets on Saturday, March 10 and  
Saturday, March 31, 2007. Entry information  
was included in the last issue of our newsletter.  
It can also be found on our website (web address  
is on page 1 of this newsletter). A lot of planning  
and work goes into the offering of these meets.  
Support WMAC and make the effort to be at  
one or both of these meets. They will  
be great tune-ups for our State  
Meet in April!**



Once again the hot tub at the Pabst Farms YMCA proved to be a popular spot for those who had finished their events for the day!

# WISCONSIN MASTERS SWIMMING CHAMPIONSHIPS SHORT COURSE YARDS

April 28—29, 2007

- Sponsored by:** The Wisconsin Masters Aquatic Club.
- Sanctioned by:** The Wisconsin LMSC for USMS, Inc. Sanction #207-006
- Location:** Middleton/Cross Plains Area High School  
2100 Bristol Street  
Middleton, WI 53562
- Time:** Saturday, April 28 and Sunday, April 29, 2007  
Warm-up: 11:00 AM, meet starts at 12:00 noon.
- Facilities:** 8 lane, 25 yard pool with anti-turbulent lane guides, starting blocks and backstroke flags.
- Eligibility:** Open to all Masters Swimmers 18 years old or older. All entrants must be a registered Masters Swimmer and their USMS number must be on the entry. Each entry must be accompanied by a copy of the swimmer's 2007 USMS registration card.
- Rules:** Official Masters Rules will govern the meet. All events will be timed finals.
- Seeding:** Heats will be seeded slowest to fastest by computer. Please submit a reasonably accurate seed time. A **NO TIME** will be seeded in the slowest heat. Entries for the 1650 freestyle will not be accepted without a seed time which, at the discretion of the meet director, may be subject to change based on prior performances. Age groups and sexes will be combined to expedite the meet.
- Heat Sheets:** Heat sheets will be provided.
- 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 of the pool. 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, kick-boards, fins, etc., may not be used at any time during the warm-up period.
- Entry Fee:** \$2.50 per individual event, plus a \$5.00 pool surcharge. **Deck entries for individual events will not be accepted.** Fees must accompany entries. Make checks payable to Wisconsin Masters Aquatic Club (WMAC). Submit relay entries at the meet.
- Entry Limit:** Five individual events per day plus relays. The 1650 FREESTYLE WILL BE LIMITED TO THE FIRST 32 ENTRIES RECEIVED and each swimmer entered in the 1650 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 Friday, April 20, 2007.**
- Send To:** **John Bauman—Meet Director**  
11917 W. Rainbow Ave  
West Allis, WI 53214-2166  
(414) 453-7336 e-mail: [wmacswim@sbcglobal.net](mailto:wmacswim@sbcglobal.net)
- Entry Form:** The official Universal Meet Entry Form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.
- Awards:** Ribbons for 1st through 3rd places.
- Order of Events:** See Page 5 for schedule of events.
- Directions:** *From the east* on I-94 take I-39/I-90 (from **N and S you'll already be on this**) to 12 & 18 West (Beltline). Go west on the Beltline (US 12) to US 14 (Spring Green/LaCrosse/University Ave exit 251). Keep right on the ramp. Turn left onto University Ave. Turn north onto Bristol St. *From downtown Madison:* University Ave West to North on Bristol St.

## SCHEDULE OF EVENTS

### Wisconsin Masters Swimming Championships Short Course Yards—April 28-29, 2007

#### Saturday, April 28

1. 50 yd Freestyle
2. 200 yd IM
3. 100 yd Backstroke
4. 200 yd Breaststroke
5. 200 yd Freestyle
6. 100 yd Butterfly
7. 50 yd Breaststroke
8. 200 yd Freestyle Relay\*
9. 400 yd Medley Relay\*
10. 800 yd Freestyle Relay\*
11. 500 yd Freestyle

#### Sunday, April 29

12. 50 yd Butterfly
13. 400 yd IM
14. 100 yd Freestyle
15. 200 yd Backstroke
16. 100 yd Breaststroke
17. 100 yd IM
18. 200 yd Butterfly
19. 50 yd Backstroke
20. 200 yd Medley Relay\*
21. 400 yd Freestyle Relay\*
22. 1650 yd Freestyle

\*Relays: Submit entries at the meet. Relays may be all men, all women, or mixed (2 men/2 women)

Meet results will be posted on the Wisconsin Masters web site:

Visit our Web site: [www.swim-wimasters.org](http://www.swim-wimasters.org)

### *Aimee's Story*

Dick Pitman

I can't remember when **Aimee (Arnouldson)** started swimming with us. I know she started swimming at the Madison West Y when **Dave Diegel** was coaching there. When Dave left and the West Y schedule changed she and others came over to the East Y Masters. Aimee was in grad school studying neuroscience. I remember a couple of years ago she was trying to recruit some swimmers to do an underwater sensory-receptivity project. Last June she finally received her Ph.D. in Neuroscience. We all congratulated her and wished her well, and "Uh, Aimee, do you have a job?" She was hired before she received her Ph.D. by a local science firm.

It was exciting to learn in mid-January that one of her projects caught the attention of the producers at CBS News. The project: Brain-Port, a device that may allow blind people to "see" images with their tongues. It aired on the 5:30 PM CBS Evening News with Katie Couric in January with another airing on the Saturday Early Morning Show. Time Magazine also was going to do an article as part of their "Mind & Brain" series. I forwarded it to Bill Volckening, the editor of USMS Swimmer magazine and to Jody Welborn, the Chair of the Sports Medicine Committee for USMS. I heard immediately from Bill who asked more questions, like, "Is she registered with USMS?" "Does she compete?" So, there may be an article in USMS Swimmer in the near future.

Well, yes, Aimee does compete. She and her husband, **Glenn Tranowski**, compete in a few to several meets a year. Aimee participates in our practices as much as is practicable for her. Glenn became detoured by a passing fancy for *curling!* Science is an integral part of their lives since Glenn is a mechanical engineer.

Aimee and Glenn are one of two couples who have met in our Madison East Y Masters group who eventually got married. This was last summer when Aimee was also working on her Brain-Port project. In addition, she recently participated in her "Aging up" party! I don't know how she squeezes so much into her life!

Congratulations, Aimee, on the work you have put into your Brain-Port project and for the well deserved recognition you have received for it. And congratulations to you and Glenn on your marriage. At least if Glenn isn't going to be

IN the water while pursuing his new sport he is at least still involved with a water sport of sorts albeit on frozen water!

### *Slim Down With Soup*

One simple dietary change can help fight obesity: People who eat one or more bowls of soup each day lose more weight than those who eat the same number of calories but go soupless. A nutritious soup that is low in salt re-hydrates as it nourishes and helps to flush waste from the body. Homemade soup is best, since canned soups are usually loaded with salt and chemicals.

### *Bone Up on Fish*

The omega-3 fatty acids in fish, along with other nutrients, protect blood vessels from plaque, reduce inflammation, prevent high blood pressure and help maintain good respiratory health. Populations with a diet consisting mainly of fish, fresh fruits, and local vegetables experience little cardiovascular disease and are in general healthier and live longer.

# WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date \_\_\_\_\_

Meet Location \_\_\_\_\_

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 and E-Mail address

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 copies to be used when entering swimming meets.

Each meet may have different fees, please be guided by the specifics on the meet information page.

NAME \_\_\_\_\_

MALE \_\_\_\_\_  
FEMALE \_\_\_\_\_ USMS NO \_\_\_\_\_

BIRTH DATE \_\_\_\_\_ AGE \_\_\_\_\_

TEAM \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

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

EVT #	EVENT	SEED TIME		EVT #	EVENT	SEED TIME

**FEE PER MEET INFORMATION PAGE:**

\_\_\_\_\_ EVENTS @ \$ \_\_\_\_\_ ea. + pool surcharge \$ \_\_\_\_\_ = \$ \_\_\_\_\_

**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 \_\_\_\_\_

# Coach's Corner

## Joel Rollings

It is getting to be the point in the year where Master's State seems a long way off and the winter is getting to you. It might be a good time to charge up your workouts to revitalize them. It is amazing how small changes in a workout can make dramatic changes in how you feel about the workout. I only have an undergrad degree in kinesiology so there are a lot of people doing Masters swimming that are far more knowledgeable than I am about the physiology of exercise. From what I have read the body is very quick to adapt to workouts. Your body is going to find the most efficient way to perform a series of repetitions. After about seven weeks the body reaches a plateau and you don't make the quick adaptations you've become used to. In a nutshell, the workout becomes pretty stale.

By changing your routine you can re-challenge your neuromuscular system. In the last article I mentioned changing IM to focus on the transitions by switching on stroke counts rather than just at the walls. A similar way to do this would be a modified Fartlek training set. Instead of a 500 swim going 25 fast, 25 EZ, 50 fast, 50 EZ on up the ladder, change speeds over the course of a few cycles. Two cycles sprint, 4 cycles moderate, 2 cycles EZ, trying to maintain your form throughout the swim. So hit the energy system (like a full sprint) but back off before your stroke degrades. A friend of mind mentioned one of his ideas that we all have certain tempos when swimming where we are most comfortable. Challenge this by trying

to maintain technique and stroke count and go below your usual swimming rate. You can get tempo trainers that are incredibly annoying over long distances. But they can help you work at different rates. So at lower velocities you become challenged to work on core strength and balance by maintaining your posture and line, then move up a couple of cycles per minute above what you are used to.

Another way to mix things up would be to target your core during training. Break up sets with bridging on the deck, or sit ups during the rest interval. So basically target muscle groups that you are going to need at the end of the race early on in a set. A sample set is 8 x 75 build on 1:30, then when you touch the wall climb out and bridge during the recovery. So your heart rate comes down during the rest but your core muscles are challenged for the full 12 minutes of the set.

Any variation is going to help keep you going. Even something as simple as opening a phone book can help. Think of five names and look up their phone number. The last 4 digits will be the length you do IM. My office extension is 6235 so I would do 6 lengths fly, 2 length back, 3 lengths breast, and 5 length free.

I hope some of these ideas help, and if I am way off on my basic idea of physiology let me know!



Role reversal!  
Kids cheer for adults in our sport!

*WMAC would like to extend a hearty thank you to the members of the Oshkosh YMCA youth swim team for their help in making the 1st Oshkosh Masters meet such a success. They provided their services as timers—which made it especially nice for the Masters swimmers who could then concentrate on swimming rather than on swimming AND timing! Thanks, again, kids!*

### Our First Meet at Oshkosh!

On Sunday, January 28, WMAC held their first meet at the Oshkosh YMCA. **Melinda Mann** was the force behind the scenes in securing the facility for our meet. Although attendance wasn't the greatest (about 35 entrants) those who swam enjoyed the beautiful facility and responded with some nice times. It was a first masters meet for several of the participants and a welcome back meet for **Ann Yauger** after an absence of several years. After the meet, participants gathered at Hudson's Grill to do one of the things Masters swimmers do best—eat and socialize!

While enjoying a great meal **Melinda Mann** whispered to **Dick Pitman** that **Candy Christenson** had confided in her that she had aged up to 60 just in time for the Oshkosh meet. Melinda said "Don't say anything because Candy will just die!" Well, Dick mulled it over for a couple of seconds and then instinctively knew that Candy wouldn't die. She was there among her friends—her fellow masters swimmers!. So, Dick got up and said, "We need to recognize a special accomplishment of one among us. Candy Christenson aged up to 60 this week! Congratulations, Candy!" Well, Candy slumped down on the table as if she *had* died. Melinda let out an "Oh, no!" But, Candy recovered quickly and was smiling and acknowledging the birthday greetings in short order. A minute later the entire wait staff from Hudson's descended on Candy to give her a hearty "Happy Birthday" cheer and put a chocolate soda in front of her. No sooner than she started in on that treat the leader of the wait staff said they had a little duty for her to perform first. She had to do the hula hoop thing!. Candy very kindly obliged to the delight of all!. Thanks for being such a good sport, Candy! And Happy Birthday!

## A Little Questionnaire!

Every one of you can help us as we go through the process of going "on-line" with our newsletter. Please take a minute or two to thoughtfully answer the following three questions.

You may e-mail your response to:

dickpitman@hotmail.com or  
rpitman@restainobunbury.com or  
WIChair@usms.org

1. Do you have easy access to a computer?
2. Our LMSC has a wonderful web site (see page one of this newsletter on how to access it). Do you view it "often", "occasionally", or "never"?
3. Do you, *personally*, want to receive the newsletter on line instead of getting a paper copy? This question pertains only to **YOU**.

If you do not have computer access you may phone in your response to **Dick Pitman** at 1-608-242-8125

**Please**—it will only take a couple of minutes to respond. Help us make a decision that will be acceptable to our members.



Three down—17 to go! Lap counters keep the 500 free swimmers aware of where they are in the race.

**Easy Food Switch!** Replace a can of soda with a cup of tea. Tea infuses you with antioxidants instead of the wallop of sugar you get in a can of soda. Green, black, and especially white—drink it hot or iced. All offer the powerful nutrients and a boost of caffeine.

WISCONSIN MASTERS SWIMMING  
10346 Cedar Falls Road  
Hazelhurst, WI 54531