

# Wisconsin Masters Swimming

## CHAIRMAN'S LANE

Dick Pitman

**Newsletter Date**  
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*Climate is what you expect,  
Weather is what you get.*

### **WISCONSIN MASTERS**

#### **WEBSITE**

[www.swim-wimasters.org](http://www.swim-wimasters.org)  
Check it out for the latest  
meet results, state records,  
and MORE!

Some thoughts on culture: The culture of America and the culture of swimming: While writing this I am watching some debate about the canning of Don Imus from MSNBC for racist, sexist remarks he made. Juxtaposed against this is the sight of **Cullen Jones**, probably the most decorated black American swimmer in history. And, juxtaposed to this is something I read in **SPLASH** about **Michael Phelps** talking to a group of young black swimmers. It was reported that they listened to Michael with rapt attention as if he were a famous rap artist. The author of the article mused about whether Cullen Jones could have the same effect on a group of young white swimmers. I'd like to think so. Of course, Michael still has a lot more star power than Cullen has.

Another premise: Have you seen the film, **PRIDE**? It came out pretty soon after Cullen Jones made his presence known on the world stage as a gold medal swimmer. The film is about Jim Ellis, who started a boys' swim team in the inner-city of Philadelphia back in the early 70's. If you haven't seen it you better rush out and watch it before it leaves the theaters and ends up on the DVD shelves. As films go it probably is not a great film. But it does tell an important and engaging story. Some reviewer called it a *feel good* story much like *A Field of Dreams*. A good comparison. It doesn't just show there is a need for the sport of swimming to be more diverse. Rather it shows that swimming has a lot to offer all *kids*: discipline, structure, focus, delayed gratification. By delayed gratification I mean, of course, working for weeks, months, maybe years before the opportunity comes to reap any small reward or notice. I, for one, cannot imagine life without swimming! Just like most of you. It has given me so much. Why shouldn't it be shared? At the end of the film it shows Jim Ellis still coaching kids at the pool he rescued from sure demolition thirty years ago. He's still inspiring, instilling a sense of confidence and hope where none existed before.

I know this is a true story because one of the coaching magazines I get had a letter to the editor decrying the canceling of the Men's Swimming team at Rutgers University. The writer said that he swam there on a scholarship, graduated, and is much better for having also come out of that program in Philadelphia coached by Jim Ellis.

At the recent World Championships Michael Phelps really made a statement to the Swimming World: That he is just coming of age; he has a lot more unrealized potential. Look out! He is very intense and emotional about swimming and what it has given him. He epitomizes those attributes I listed above: focus, discipline, structure, delayed gratification. He shares that with kids around the world whenever he visits with young swimmers. He lets them know that it is okay to be intense and focused; that you have to be if you want to succeed in your goals. When Michael talks, kids listen. If he talked to you you'd listen too!

So, how do I draw these two concepts together? Can Michael save our culture? Save our kids? Save our world? I think Michael has the potential to do for swimming and culture what Johnny Weismuller did many years ago—popularize swimming. And popularizing swimming is something this country—this culture—needs! Will Michael run for president? Not yet. He's still under the age of 35.



## EBSC 4th Annual 100 x 100's

Trina Schaetz



They did it—100 x 100's! Some happy (and tired) EBSC Masters swimmers after completing the 100 x 100's!

### **Competition? Nothing to Fear!**

Are you thinking about trying a meet for the first time? If so, you are not alone. We have 487 people registered with our LMSC—an all time *high*. About 25% of us swam in the state meet April 28-29. That means 75% did *not* compete—and perhaps they did not do so because they may not know all the ins and outs of what competition is all about. Just about any of the meets held in Wisconsin are ideal venues for both seasoned competitors as well as for first-timers who never thought they'd enter a race. If you are new to the meet scene, the following items are good to bring to your first (and subsequent) meets:

The Necessities: Swimsuit, cap, goggles;

Also nice not to forget:

- Two towels—one for during the meet, one to keep dry for after in the locker room (you may even want a third one to sit on—sometimes bleachers are uncomfortable!)
- Extra clothes to “bum around in” during the meet such as a short sleeved T-shirt and a warmer layer such as a sweatshirt, sweatpants, etc.
- Water, snacks, energy bars, etc.
- An extra cap in case your first one tips; extra goggle straps for the same reason.
- A camera

Also, remember that masters swimmers are extremely friendly and helpful people. Veterans are always around and willing to help newcomers have an enjoyable experience in the pool. So—put the fear aside—and give a meet a try!

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

On March 17 the Elmbrook Masters Swim Club held their annual 100 x 100's practice. Twenty-three swimmers gathered at Brookfield Central High School to participate in this challenge. Laren Tiltman and Tim Young designed a great workout to keep our minds occupied along the way.

It was a great day!. The team gathered at 8 AM and all swam the set together. We basically switched things up every 10 x 100's and did them on 1:45. Anyone who liked a longer interval did 100 x 75's. It took the team about 3.5 hours (with two fluid/bathroom breaks worked in) to complete the whole set.

Afterwards we all convened at the Schaetz home for refreshments and refueling. We even had two massage therapists come in to help us with our newly developed kinks! It is always a great team bonding experience and takes only a little effort to organize.

### **Badger State Games**

Okay—we've had some “teaser” days—but for many of us outdoor swimming still seems eons away. Regardless—it IS coming—and along with it will be our one and only LCM meet—Badger State Games. The website is now open for registration. If you plan on mailing or faxing your registration you need to do so by June 1. The on-line option is open until June 11. The date is June 24 and the place is Shorewood Village Pool in Madison. It is a 50 M x 10 lane outdoor pool. We have had beautiful weather almost every year we've been there which is about 15 years. This meet works as our Long Course State Meet and has a “recognized” sanction which means if you are registered with USMS-WMSC your times will count for USMS Top Ten and State Records. See you on the 24th of June, the last Sunday of the month

### **!!!!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.

## 2006 SCM Top Ten for Wisconsin Masters Individuals

**Erin Detwiler 29**  
4th 200 breast 3:02.08  
5th 50 breast :38.31

**Edith Jacobsen 59**  
10th 400 IM 7:39.98

**Ingrid Stine 67**  
6th 100 fly 2:15.64  
6th 1500 free 32:36.58  
7th 400 IM 9:23.30  
10th 800 free 17:16.59

**Christopher Brunson 26**  
1st 200 breast 2:20.38\*  
4th 100 breast 1:08.61  
9th 50 breast :32.44

**Bill Payne 77**  
7th 50 fly :50.61

**Melinda Mann 50**  
1st 100 breast 1:23.06\*  
1st 50 fly :32.52\*  
1st 100 fly 1:13.21\*

1st 100 IM 1:15.13\*  
1st 200 IM 2:43.19\*

1st 200 breast 3:01.22\*  
2nd 200 back 2:54.09

2nd 50 breast :38.15

3rd 100 free 1:07.96

**Betty Lorenzi 79**  
1st 50 back :50.75\*  
1st 100 back 1:49.26\*

1st 200 back 3:56.77\*

3rd 200 free 3:44.38

5th 50 free :48.90

**John Bauman 76**  
6th 200 breast 4:41.54

**Cynthia Malyry 50**  
3rd 100 IM 1:17.50  
4th 100 back 1:21.70  
5th 50 fly :33.86

5th 50 back :37.58

**Nancy Kranpitz 61**

4th 200 fly 3:59.23

7th 50 fly :43.55

8th 100 fly 1:49.89

9th 50 free :37.37

10th 100 free 1:25.82

**George May 69**

9th 100 breast 1:37.69

**W. Morgan Byers 79**

8th 1500 free 31:11.52

9th 800 free 16:29.00

10th 200 free 3:19.85

**Janet Schultz 55**  
5th 200 breast 3:45.46  
10th 200 back 3:32.74

**Adele Douglass 68**  
8th 1500 free 33:45.01

**Carol Reinke 70**  
4th 200 breast 4:27.77  
6th 50 breast :59.09  
7th 100 breast 2:08.57  
10th 200 free 3:57.30

**Bela Sandor 71**  
1st 100 breast 1:33.17\*  
3rd 100 IM 1:24.29

**Congratulations** to all our individual 2006 SCM Top Ten winners and an **extra** "way to go" to **Melinda, Christopher, Bela, and Betty**. They have been accorded **All-American** status by virtue of their first place finishes. Melinda is a 6 time All-American, Betty 3, and Christopher and Bela each 1. **Congratulations, AGAIN!**



### Relays

#### Women 200-239

**2nd 400 Free Relay 6:05.81**

Nancy Kranpitz 61  
Candy Christenson 59  
Edith Jacobsen 59  
Germaine Havel 58

#### Women 280-310

**2nd 400 Free Relay**

Ingrid Stine 67  
Joanne Moder 68  
Carol Reinke 70  
Betty Lorenzi 79

**5th 200 Medley Relay 3:02.17**

Edith Jacobsen 59  
Candy Christenson 59  
Nancy Kranpitz 61  
Germaine Havel 58

**2nd 400 Medley Relay**

Betty Lorenzi 79  
Carol Reinke 70  
Ingrid Stine 67  
Joanne Moder 68

**6th 400 Medley Relay 6:55.80**

Edith Jacobsen 50  
Candy Christenson 59  
Nancy Kranpitz 61  
Germaine Havel 58

It took only 8 ladies to amass 5 relay rankings!. All of these relays were swum at the Lawrence SCM Meet and all three were back to back! Congratulations to these ladies for a lot of good swimming in a very short amount of time!

### **Congratulations Wisconsin Masters!**

Dick Pitman

We are *very* close to having 500 members of this community—487 as of the end of last month!. I think the proof is in the outstanding attendance we had at our recent State Meet—121!. We have more sub-clubs than ever before and they all seem pretty healthy. I just wanted to make sure all of you knew this because it is an *important* milestone in the history of our organization. Special thanks to **John Bauman** for all the hard work needed to accomplish this record and for the multitude of paper work John does as registrar to keep track of everyone both at the state and national level! Thanks to everyone!

*Dave Barry, Nationally Syndicated Columnist says, never, under any circumstances, take a sleeping pill and a laxative on the same night!*



**Steve Justinger, Erin Detwiler, Suzi Green, Laurie Alioto, and Jerry Lourigan** fashion their custom hats (made by Phyllis Smith) at the YMCA Masters National Championships in Indianapolis in April.

## Reflections on the 2007 State Meet in Middleton

Dick Pitman

The roughest part of the State Meet this year was just getting started. The problem was getting the computers to talk to each other. Now why is that? Don't ask me—I haven't the foggiest. Must be bits and bytes.

Once started the meet ran very well. The starter, Paul "Sparky" Perlberg, kept the meet running on schedule. He ran it so well that I managed to miss my heat of the 100 fly. Must be my age!

**John Bauman** told me a couple of days before the meet that the last time there was a state meet in Madison was in the '70's—over 30 years ago! He thought it was probably at the UW Natatorium. I have no idea how many attended that meet but it was probably no way near the 121 who registered for this year's meet.

As many people might have noticed, Stevens Point came to win! Formidable odds since WMAC has the most members. With about 15 or 18 swimmers they formed multiple relays. After the meet we were talking and **Steve Morris**, the coach of Badgerland Aquatic Masters ("BAM") explained why he put so many relays together. "The determining factor in who wins most meets is who wins the relays." They scored a lot of points by putting up uncontested relays!

The reason I started encouraging the formation of sub-clubs is because I wanted some competition between all these workout groups around the state. It just makes meets a little more interesting and fun if there's some reason to swim other than for time. It means that a slower swimmer on a team can score points for the team just by showing up and finishing the event—legally! Because you never know who is going to sign up, show up, and finish the race!



**Art Luetke** celebrates his new state record in the 100 yd freestyle (1:00.38) in the 60-64 age group at the YMCA Nationals. Art somehow managed to maintain his taper and followed up with more record setting swims at our state meet including swimming faster than his age in the 100 free!

### Moving???????

Have you recently moved—or are you planning on moving in the near future? Be *sure* you let our registrar, **John Bauman**, know. Send him both your old and new addresses. As an organization we are getting better and better at this. Only 2 of close to 500 newsletters were returned as "undeliverable" from our March/April newsletter mailing.



**Amanda (Amy) Maltby** and mom **Cindy** have joined the ranks of dual generation family members competing for WMAC. Amy swam USS and high school for many years, took some needed time off for college, and has recently found her way back to the pool. Welcome to our ranks, Amy!

I think my little experiment is working. This was the largest state meet ever! The competition was keen. The races were more exciting than ever. There were some very fast times! It is always fun to swim in a meet where there are other fast swimmers.

We ended up at Middleton because they could fit us into their schedule. Our state meet was originally supposed to be in early April. Carthage College, our meet host for the last four years, tried but kept getting trumped by their water polo team twice and by plans for a concert the last time. It kept getting later and later in the year and in late January we still had no site for our state meet! Middleton obliged us and was very happy to have us. They would love to have us next year, too. Their pool was closed last year for remodeling; they had to deepen their pool to meet the new rules for high school safety. The problem is that when they dug out the pool it ended up a little longer. **Jerry Lourigan** took on the job of measuring it for our meet there in early December. The result: the pool is about 75 feet 3 inches. Despite the extra length their were records broken! But if your time was a little slower than what you wanted, you now have an excuse.

Oh! One more thing. John re-checked all the results against the watch times and found some errors—many in the swimmer's favor!

### Easy Food Switch

Replace 1/4 of the sugar in a baking recipe with the same amount of nonfat powdered milk. Reducing sugar in cakes, cookies, and bread will start retraining your taste buds to prefer less sweetness in your entire diet—a good antiaging goal, because in addition to weight gain and diabetes, chronically high intake of sugar can lead to glycation. This is a process in which sugar molecules adhere to protein molecules, potentially damaging cells, increasing inflammation, and contributing to the blockage of arteries.

# YMCA Masters Nationals

The state of Wisconsin was well represented at the YMCA Masters Nationals in Indianapolis April 12-15. Wisconsin registered swimmers represented YMCAs from across the state including Eau Claire, Green Bay, Manitowoc-Two Rivers, Oshkosh, Racine, Schroeder, and YMCA of Dane County. Approximately 500 swimmers from across the country participated in this annual championship meet. The meet was extremely well run and the days were over by about 1 PM which provided participants the opportunity to explore the Indianapolis area during the "down" time.

One of the biggest highlights of the meet had to be the record breaking performances of **Melinda Mann** who represented the Oshkosh YMCA. Melinda broke Wisconsin State, YMCA **AND** USMS records in all three of her breaststroke swims in the 50-54 age group. The new records are: 50 breast (:33.21), 100 breast (1:13.28), and 200 breast (2:42.20). Melinda also set a set YMCA record in the 100 fly with a time of 1:03.81. Congratulations Melinda! **Janet Schultz**, representing the Manitowoc-Two Rivers YMCA, captured 1st place in the 55-59 200 breaststroke and also reported a 9 second drop in her 200 backstroke time as well as surpassing all her seed times. **Art Luetke** came home with a new state record in the 100 free (1:00.38) in the 60-64 age group. It didn't last long, however, as he broke it again at our state meet last month. Undoubtedly there are many more notable swims that came out of this meet. However, as of "press time" these are the only ones that have been brought to the attention of your editor. If there are more notable swims to be recognized please forward that information to me for inclusion in our next newsletter.

Congratulations to all those who represented Wisconsin so well!

## 2007 USMS SCY Nationals

Come May 17 thirty-two Wisconsin Masters Swimmers will be descending upon the Weyerhaeuser King County Aquatics Center in Federal Way, Washington, for the 2007 USMS Short Course Yards National Championships. Those attending the meet are: **Peter Allen, John Bauman, Candy Christenson, Jessica Diehl, Curtis Dyer, Lisa Dyer, Geri Havel, Dave Holland, Stacey Kiefer, Nancy Kranitz, Cindy Maltry, Mike Murray, Geoff Mykleby, Peter Nowak, Curtis Paulsen, Donald Rambadt, Jocelyn Rau, Dan Schaetz, Trina Schaetz, Erin Schneider, Leah Schneider, Sarah Schneider, Jeanne Seidler, Mindy Seidler, Nora Settimi, Chris Stich, Darryl Stich, Laren Tiltman, Julie Van Cleave, Krista Van Enkenvoort, Bob White, and Timothy Young.** Last year a smaller contingent of Wisconsin Masters did well enough in the combined Men's and Women's scoring to bring home a 10th place banner. With higher numbers this year those attending have their sites set a little higher. For those who couldn't attend—at least be with our attendees in thought! Competition runs from Thursday the 17th through Sunday the 20th and you should be able to go on line to keep track of how your teammates are doing!

Good Luck—and have fun WMAC swimmers at the USMS Nationals!



**Peter Allen** is getting focused before swimming the 200 breaststroke at the State Meet held in April at Middleton.

## Coach's Corner

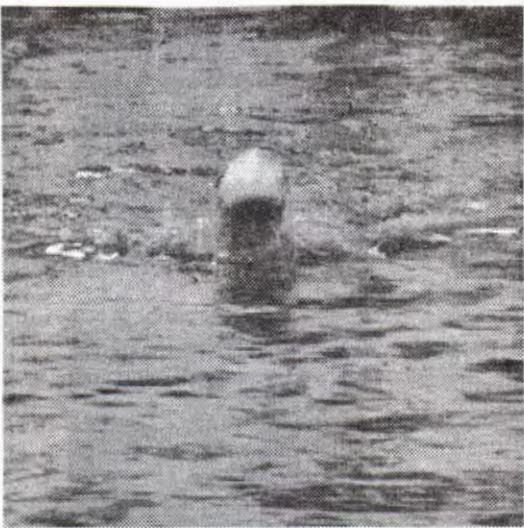
Dick Pitman

I read an interesting article about Michael Phelps written shortly after his stunning performance at the World Championships in Melbourne. It talked about his underwater performance in the 200 free. After the dive and after each turn Phelps would stay underwater, utilizing a dolphin kick, for 10 meters. The author noted that Phelps is not any faster than Piersol or Crocker or Lochte, he has just trained to go fast and farther underwater than his competitors. I remember hearing Ed Nessel at one of the USMS Conventions a couple of years ago. Ed was a coach at Rutgers and also a pharmacologist. He said something that has stuck with me ever since: he said there's a difference between the coefficient of drag at the surface and underwater. The coefficient of drag underwater is 1/3 less than at the surface. What does that mean? It means there is less drag/resistance; that you are more fluid underwater ~ i.e., **faster!**

So, when I read the article about Phelps' 200 free at Worlds it made perfect sense based on Nessel's theory. I'm sure Ed read this somewhere or got it from some physicist or engineer at Rutgers. Why is the drag co-efficient factor greater at the surface? It's the pressure of the atmosphere pushing down on the water that forces the molecules to bond together more tightly. The molecules underwater are not subject to the same pressure so the drag is less restrictive. Phelps' coach, Bob Bowman, must have read the same literature. The article said that Phelps probably practices his turns to stay underwater for 10 meters. Let me know if you would like a copy of this article

## Tip of the Month—Make a Friend

Paul Huttinger—Florida Mavericks



WMAC Fitness Chair **Stacey Kiefer** practices what she preaches by competing in the 200 yd breaststroke (among other events) at the Wisconsin State SCY Championships in Middleton in April.

Yoshi Oyakawa, 73, is another former Olympian. Margie has made friends with both him and Bill. Margie is an average swimmer, but every time she talks to either of these two top swimmers she mentions their comment, "How was your swim?" For most of the Masters swimmers, ability is immaterial to friendships.

Perhaps you weren't part of an age group program and you didn't hear this from your age group coach. But I don't think you're ever too old to learn. So this is my tip. When you go to a meet, make a friend. I hope this will encourage you to expand your horizons, make the meet more meaningful as well as relieve the doldrums from sitting around the pool all day. Be prepared because sometime I may ask you to "Tell me about your new friend."

*Do you have trouble sleeping? Do you have trouble staying asleep? (No, this isn't an advertisement for Lunesta!). Simply turn your bedside clock away from you to sleep better. If you can't sleep the constant reminder that you're running out of hours can make it even harder to sleep.*

Do you enjoy checking out our web site? Checking on the calendar for upcoming meets? Checking to see how you and your teammates faired in the last meet? Just seeing what is new for WMAC since the last time you logged on? If so, let our web master **Ray Diederich** know! His *correct* e-mail address is listed on the front page of the newsletter. Drop him a line and let him know how much you appreciate all the work he does to keep us informed!

Last weekend, I was at the YMCA Nationals in Indianapolis, IN. One of the highlights at any national meet is talking to my long time friend and former teammate from Illinois, Bill Mulliken, 68. He always has intriguing stories to relate and this meet was no exception.

As a youngster, Bill swam on an age group team. Before the team left for a meet they got the usual commentary about warm-ups, not eating junk food, don't run around, etc. The main thing Bill still remembers (sixty years later) was that they were to "make a friend." At the first practice after the meet, when the team was sitting on deck, the coach's first comment to a swimmer was, "Tell me about your new friend." One by one, they recounted their stories.

Bill swam for Miami University, Oxford, Ohio, and was the surprise gold medalist in the 200 M breaststroke at the 1960 Olympics in Rome. When Bill joined Masters, over 30 years ago, one of his goals was to "make a new friend at each meet". He is an elite athlete and his friends include swimmers of ALL abilities. Bill says, "It's getting harder to meet new swimmers at meets. I know so many swimmers and I don't have that much in common with the younger age groups any more."

While I was sitting in the balcony, I made friends with a 50 year old woman, Pam Allen, from Ohio. She had a good 100 IM swim, but was touched out by a tenth of a second in her heat.

I sat close to Mike Freshley, one of the top swimmers in the 65-69 age group. I had only said, "Hello" to him before. When he was swimming his breaststroke I noticed that his head was too high in the water. After his race, we talked about his swim and I mentioned his head position. He accepted my advice, and looked better in his next event. When Margie (Huttinger) talked to him, he said, "I have a new coach for this meet!"

*People who think that they can run the earth should begin with a small garden.*

*The surest way to be late is to have plenty of time*

One of the neat things about masters swimming is knowing that just about wherever we go we can usually find a masters team to work out with. **Candy Christenson** is no exception. Recently retired and with a daughter living in Dallas and working at the Tom Landry Fitness Center in Dallas, it doesn't take much arm twisting for her to make trips "down south" to visit her daughter. While there she has the opportunity to work out at the Landry Fitness Center as well as with the masters team at Southern Methodist University. Through "friends of friends" Candy has had the opportunity to get to know **Jim Montgomery** (former Wisconsinite and Olympic gold medal winner) both in and out of the pool. Candy has attended several of his Masters team workouts at Southern Methodist University. In exchange for swimming tips from Jim Candy's husband gave some private basketball tips to Jim's daughter! But without a doubt the best thing about all this is that the pool is an *outdoor* pool! Nothing beats swimming outdoors in March when you know your friends back home could be shoveling snow!

In his Chairman's Column in this issue **Dick Pitman** talks about how swimming epitomizes the values of focus, discipline, structure, and delayed gratification. Ironically, two days after our state meet, he received the following letter from **Art Luetke** in which Art expresses the value of setting goals, working hard, and focusing on the long term goal. I'm sure many of us have experienced exactly what Art is expressing in this letter. And for those who haven't yet experienced it—perhaps these thoughts will inspire you to do as Art has.

Hey, Dick,

I'm not going to practice this week. But I just got to tell somebody, and I figure that you might understand this better than anybody, that I'm still enjoying a fabulous high from last weekend's swims at the State Championships!. Way back in early September, when I started the long road to this April, winning all 4 races and setting records in two was not a goal. In fact, I don't believe in goals. What I believe in and truly enjoy, is the *pursuit* of an accomplishment. I train harder than I let on (and you know that), but every year what I enjoy most is getting better, getting faster with every workout. I love interval training and I (for many a year) record every workout: the exact workout, the sets, my times, the distances. I always start out feeling like a barge in September, but I got my butt up off that sofa for all those two nights each week to go to swim practice. I can count the ones I missed on one hand.

I read once that you coaches can give us the "what" for the workouts, but it's the "how" in the way that one works them that creates performance...and the *how* is what drives me. I always look forward to that night, maybe 6-7 months later, that I can FINALLY write in my log, "*I'm there!*" Ready to go. I never know how fast I'll be able to swim but I know I'm going a lot faster and I ain't dying getting there. When I medaled top ten in 5 events at the World Masters back in New Zealand in 2002, I had no clue what was going to happen, but I knew I was ready to swim my best. I felt the same way this weekend. I had trained hard and I was *ready!*



"Cookie man" **Fred Salzmann** (right) has already taken Paul Hutinger's tip to "make a new friend". While at the YMCA Masters Nationals in Indianapolis Fred got to meet **Yoshi Oyakawa**, 73, from O\*H\*I\*O\* Masters and winner of a gold medal at the 1952 Olympics in the 100 M Backstroke. Based on what Paul wrote in his Tip of the Month, about his wife Margi's new friendship with Yoshi (pg 6), it appears that Yoshi is definitely taking Paul's advice to "make a new friend" at each meet.

Advice is an uncertain gift.



**Darryl Stich** of the umbrella club Elmbrook, is fast off the wall on his breaststroke turn while competing in the 200 breaststroke at the state meet in Middleton.

→ Winning the 50 free in :26.61 Saturday and missing the record by 3/100th was OK, and I knew that I wasn't going to challenge your record later in winning the 200 free (that's a *distance* event anyway, isn't it?) But, Sunday was unreal. **Years ago** I started thinking about still being able to break a minute in the 100 free when I got to be 60 years old...to swim faster than my age. It wasn't a goal, I just thought it could be a pretty cool accomplishment. And I set out this year, back in September, in pursuit of THAT (and of course, the state record). I even purposely dropped 12 pounds in the final 60 days. Well, when I looked up and saw :59.81, I can't tell you how really cool that felt. All those days, all those months, all those practices, all those sets, pushing myself to do them ever-faster. Well, it feels pretty damn good NOW!

As for the backstroke...I never practiced any starts, never practiced any turns, never swam any backstroke in practice. But I was feeling pumped. Winning the event was nice, but I wanted Bob White's 1988 record of :35.11. In fact, I used *that* as my seed time. And again, to look up and see :34.75, well, ...what can I tell ya.

What a weekend! It's one hell of a GREAT feeling, and it hasn't gone away YET!!  
Thanks—Art

Did you notice many of our members sporting new Wisconsin Masters T-shirts at the state meet? Many thanks go out to **Trina and Dan Schaetz** for organizing this effort. The shirts are both long sleeved, short sleeved, and there is also a sweat shirt available. In addition to the shirts we now also have Wisconsin Masters swim caps—white lettering on red, red lettering on white. Many thanks to **Stacey Kiefer** for her work in making these caps available to us.

## Wisconsin Senior Olympics

The swimming competition for the Wisconsin Senior Olympics will take place on September 8, 2007, at the Wauwatosa West High School pool. There are three registration deadlines:

Early Bird Registration—\$25.00—July 31, 2007

General Registration—\$30—August 1-10, 2007

Late Registration—\$45—August 11-23, 2007.

The Senior Olympics offers a wide variety of sports including the "usual" swimming, track and field, volleyball, tennis, golf, badminton, biking, to name a few, as well as some more obscure sports like horseshoes, lawn bowling, disc golf, and pickleball. To get the complete "scoop" on all the events you can go to the Senior Olympics website at: [www.wiseniorolympics.com](http://www.wiseniorolympics.com). Once you reach the age of 50 you are eligible to compete. Swimming even offers novice events for those who have never competed before offering those of you in our membership who are old enough and fall into this category an opportunity to get a low key introduction to competitive swimming. WMAC's **John Bauman** is actively involved in the inner workings of the Wisconsin Senior Olympics. WMACer **Mary Byers** is deeply involved in the sport of race walking. Mark your calendar for this celebration of "senior" sports in Wisconsin. The opening ceremonies are held at the Bluemound Gardens on September 4, 2007, and the competition runs from September 5-16, 2007.

## ***Men, Women, and Alcohol***

Source: National Institute on Alcohol Abuse and Alcoholism

**Q:** Why is the recommended limit for women one drink per day, but two per day for men?

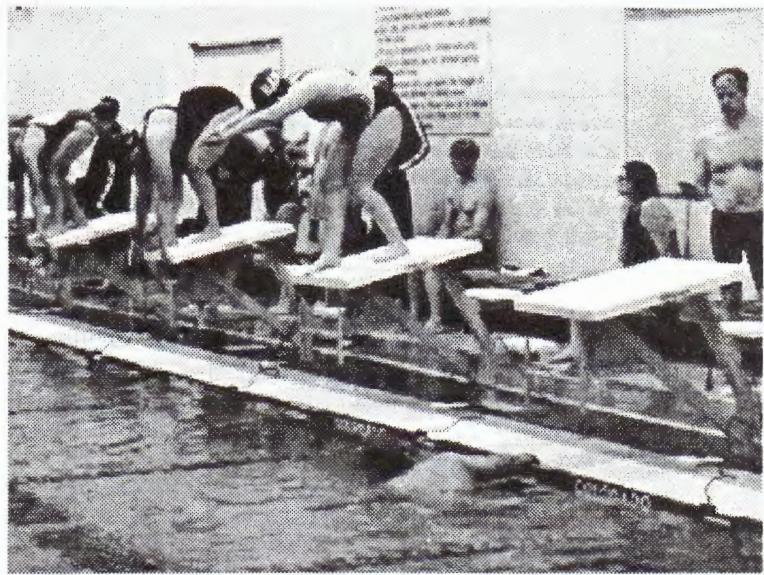
**A:** Women are more affected than men by drinking the same amount of alcohol, even when differences in body weight are taken into account. Women's bodies have proportionately less water than men's bodies. Since alcohol mixes with water in the body it is more concentrated in a woman. One drink equals 1 1/2 ounces of alcohol or 80 proof hard liquor, one 5 ounce glass of wine, or one 12 ounce beer.

## ***Break with Tradition***

Source: Health Practitioner, Vol. 15, Issue 2, page 14

Skipping breakfast is probably the biggest nutrition mistake you can make. Breakfast helps you concentrate longer, allows you to work more efficiently, and will even help stave off a bad mood before lunchtime.

For variety, try some nontraditional breakfasts such as a baked potato, a peanut butter and honey sandwich, cottage cheese and fruit, or even heated leftovers.



Swimmers take their mark from both the blocks and from in the pool at the start of the 200 freestyle race at the state meet in Middleton in April.

*When centenarians around the world were interviewed it was found that most follow the "three-quarters" rule: They stop eating when they are three-quarters full. Studies have shown that a reduction in caloric intake can increase life expectancy in animals—so why not also in humans?*

## ***Protein Power***

Source: National Turkey Federation

A three ounce serving of boneless, skinless turkey breast has 120 calories, 1 gram of fat, and no saturated fat (the type that raises cholesterol). Since it is so lean, turkey gives you 8% more protein than the same serving size of boneless chicken.

## **MOWS is Coming!**

Our very successful MOWS (Madison Open Water Swim) is scheduled for August 18, 2007. Like last year this year's event will be held on the Ironman Course in Lake Monona. **Dick Pittman** is the contact person for this event if you have questions that need to be answered NOW. The full entry form will appear in our next newsletter in July. This event offers a 1.2 mile or a 2.4 mile swim in Lake Monona. It is a loop course. Mark the date on your calendar and plan to attend what has been, in the past, a very successful open water swim.

# Annual YMCA

## Lake Amy Belle Swim Race

### Saturday, July 21<sup>th</sup> 2007

**WHEN:** Saturday July 21st, 2007, Race at 11:10 am, Check in at 10:30

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

**WHO:** All swimmers who can finish a 500-yard swim in 13 minutes or less

**FEE:** \$16 (\$10 for Y Members), late fee of \$24 (call for family discounts)

**T-SHIRTS:** \$12 (guaranteed only if ordered by July 1st, 2006)

**AWARDS:** Medals to all finishers, trophy to 1<sup>st</sup> place swimmers

This is a fun race and safety is our top concern. Hand paddles & fins are not allowed, but floating tow "noodles" are allowed, provided and required for all swimmers age 10 or 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 or 1 mile race. Those swimming in the mile swim 2 laps around the course. Guard boats will follow swimmers. Any swimmer too tired to finish may swim to a boat for aid. Any swimmer receiving aid will not be allowed to continue. All finishers receive a medal. Swimmers must fill out the entry form and release below, including their 500yd time.

**Advance registration** is due by Friday July 13<sup>th</sup>, after that, registration cost is \$24

**Weather check or other questions:** Eric Jernberg 414-443-6460 or [jernberge@yahoo.com](mailto:jernberge@yahoo.com)  
No refunds if event is cancelled due to bad weather

**Directions to Camp Minikani from Milwaukee County**

Take US-45 freeway north from Milw & exit at Lannon Rd 93<sup>rd</sup> exit past Main St. Menomonee Falls)

Go left on Lannon Rd. to the first 4 way stop (state route 175, Appleton Ave.)

Turn right for 1 block to Willow Creek Rd.

Turn left and drive west for 1 mile to Amy Belle Rd.

Turn right on Amy Belle Road, drive  $\frac{1}{4}$  mile to the camp entrance on your left at Amy Belle Lake Rd. (note camp signs)

**Cut & Return**

Swimmers Name \_\_\_\_\_ Age \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Check One:   $\frac{1}{2}$  Mile Race  1 Mile Race  500 yard Time \_\_\_\_\_

Fee Enclosed (\$10, \$16, or \$24) \$ \_\_\_\_\_

T-Shirt (optional \$12 each) shirt size (if ordered)  large  x-large  xx-large  
(xx-large \$13 each) \$ \_\_\_\_\_

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

Mail to: Lake Swim  
5204 W Wells  
Milw 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 yd time listed above and I am in good physical condition to swim in this race.

Participants signature \_\_\_\_\_ Parents Signature (if minor) \_\_\_\_\_

Date \_\_\_\_\_ YMCA or Team affiliation \_\_\_\_\_

## A Note From Nancy (your editor!)

Ol' Murphy's Law caught up with me today. I figured I had the newsletter all put together, most every little space used up, had even taken it to the printer and breathed another sigh of relief....and then came home to an e-mail with the Lake Amy Belle Entry Form and a note to please include it in the newsletter! A quick call to the printer revealed that no actual printing had started yet, so yes, I could make some changes. Put the thinking cap back on, scrounge some health journals for a few more fillers, and still 1/2 page to "fill". So.....Here are just a few thoughts about one of the articles you've already read in this newsletter.

I always enjoy Paul Huttinger's articles and his "Make a Friend" article in this issue brings out one of the best things about masters swimming. But I must challenge Bill Mulliken on his comment "...I don't have that much in common with the younger age groups any more."

In 2005 at USMS SCY Nationals in Ft. Lauderdale, the Wisconsin contingent really didn't mingle. The "young kids" (most of them were from Elmbrook) sat under their tent in the bleachers and we older ones found some shade on the deck. In 2006, again in Florida, WI Masters as a team rented a shaded area large enough for all of us. So young and old, if they wanted to stay out of the sun, were all in the same small area. Once again, most of the WMAC crew was "the kids" - those in their 20's and 30's with a few 40's sprinkled in for good measure. A lot of them were about the same age as my daughters and son-in-law. I suppose I was about the age of their parents. Their kids were close in age to my granddaughter—or just that much older that I could envision what Hayley will be like in a few years. I found the meet much more interesting in that I was not only cheering for my teammates but also following who their chief competitors were and how they did against them. In return I discovered (on one of my two breath lengthy turns in the 200 fly) that there was a whole new contingent of my teammates cheering for me! Of course, our lives take totally different paths with this age difference. But swimming is the common denominator that we share regardless of our ages and/or the difference in our ages.

Next week I'll be in Federal Way for the SCY Nationals along with 31 other WMAC competitors. There will be a very limited number of those of us over the age of 50. But I'm so looking forward to being re-energized by my younger teammates—people I would *never* have met were it not for Masters Swimming. I noticed some new names on the National Team roster and I hope to add those people to the growing group of "kids" I enjoy sharing meet time with. Like the "high" Art Luetke experienced this past weekend at state, I'm feeling a high just knowing this younger group of people are getting so "into" masters swimming. The future looks very bright for WMAC for years to come.