

Wisconsin Masters Swimming

CHAIRMAN'S LANE

Newsletter Date
Dec/Jan 2010

LMSA OFFICERS

Chairman: Dick Pitman
WIChair@usms.org

Secretary: Suzi Green
greensuzi@ameritech.net

Newsletter: Nancy Kranpitz
jnkranpitz@yahoo.com

Records: John Bauman
wmacswim@sbcglobal.net

Top Ten: Jeanne Seidler
jseidler2@wi.rr.com

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
jerry53716@att.net

Fitness: Stacey Kiefer
Stacey@kiefer.com

Long Distance: Eric Jernberg
jernberge@yahoo.com

Webmaster: Ray Diederich
rayd@diederich.com

This newsletter is very abbreviated because we wanted to get the January/February meet information out to everyone so they can make plans. So, inside you will find the meet entry information for **Pabst Farms** in January, **Oshkosh YMCA** also in January, and the **Madison East YMCA** meet in February. Also included is a Universal Meet Entry form for you to download and print or cut out and copy. I usually print a few copies with my USMS card overlaid in the spot that calls for it



Dick Pitman

I trust everyone has read the minutes of the Annual Meeting...Right? (If not, go to our web page, click on "About Us and Join" and scroll down to "Administration" page.) I felt we had a very good meeting even though it went on a little longer than planned. There seem to be more issues than can be resolved in just two hours. We went three and I don't think we resolved everything. We did set the meet schedule for the coming short course year. One thing we did was resolve to set up a task force to look into document management of our Wisconsin Masters documents—by-laws, records, history, meet results, etc. We also raised our registration fees to coincide with the new USMS fees that went into effect November 1, 2009. I think the minutes read that we moved, seconded and approved that we raise all of our fees to cover the increase imposed by USMS. A slight correction: that is only for the individual registration, club, and one-event registration fees. It doesn't affect meet entry fees. They will be whatever is posted on the meet registration form posted on our website.

We're very excited about returning to Schroeder Aquatic Center for our 2010 State Meet.. I think the last time we were there was 2002. Thanks go to **Jeanne Seidler** for working out the details with Schroeder management. If you have never swam there before be assured that it is a fast pool. I remember the last year we swam there. Former long time WMAC swimmer **Betty Kendall** had just finished swimming her race and as she walked by me I politely told her, "Good swim, Betty!" She stopped and looked at me and said, "You know, people ask me why I swim. So I tell them, where in the world can you swim in such a beautiful pool as this and *have a lane all to yourself!*" God bless Betty! I've held that thought ever since. This was the pool that **Mary T. Meagher** set a world record in the 200 meter butterfly that stood for 20 years. Who wants to swim in Lane 5?

After years of trying and not really succeeding we will have a mid-year Board meeting for Wisconsin Masters in February. We haven't decided on an exact date yet, but we won't try to do it after our meet in Madison. That hasn't worked—we're always too distracted. The purpose of the meeting will be to discuss our goals and whether we're on track with them. I'm thinking that the meeting will be held in Madison.

SCY Meet Schedule

January 10, Pabst Farms, Oconomowoc
January 17, Oshkosh YMCA, Oshkosh
February 14, Madison East YMCA, Madison
March 20, Baraboo Middle School, Baraboo
April 10-11, State SCY Championships, Schroeder
April 15-18, YMCA SCY Nationals, Ft. Lauderdale
May 20-23, USMS SCY Nationals, Atlanta, Georgia



WISCONSIN MASTERS WEBSITE

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

Don't forget our one and only Short Course Meter meet December 5 at West Bend High School.

WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET

Sunday, January 10, 2010

Sponsored by: The YMCA at PABST FARMS and the Wisconsin Masters Aquatic Club

Sanctioned by: The Wisconsin LMSC for USMS, Inc. Sanction No. 200-000

Location: YMCA at PABST FARMS, 1750 Valley Road, Oconomowoc, WI 53066

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

Time: Sunday, Jan 10, 2010. Warm ups 8:00 AM—8:45 AM; meet starts at 9:00 AM.

Eligibility: Participants must be a member of U.S. Masters Swimming, and be age 18 years old or older. A copy of the entrant's membership card MUST be attached where indicated on the entry form.

Rules: Official USMS Rules will govern the meet. All events will be timed finals.

Seeding: Heats will be computer seeded, 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 one watch/lane.

Warm-ups: Lane 8 will be the designated start/sprint lane with swimming 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, kick-boards, fins, etc, may not be used at any time during the warm up period.

Lane 8 will be the designated lane for warm-up/warm down during the meet. No jumping, diving or socializing in lane 8 while the meet is in progress.

Facility User Fee: \$5.00 per person

Entry Fee: \$3.00 per individual event, plus the \$5.00 facility user fee for entries received up to one week prior to event. No charge for relays. Deck entries for individual events will be accepted up to 8:00 AM the day of the meet. The fee for deck entries shall be \$5.00 per event plus the \$5.00 user fee. Fees must accompany the entry form. Please make checks payable to WMAC.

Entry Limit: Five individual events plus relays. 500 yd Freestyle limited to first 28 entrants.

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.

Entry Deadline: Entries must be in the meet directors hands by Saturday, Jan 2, 2010..

Mail Entry to Meet Director: John Bauman
11917 W. Rainbow Ave 414-453-7336
West Allis, WI 53214-2166 e-mail: wmacswim@sbcglobal.net

SCHEDULE OF EVENTS

- | | |
|----------------------------|-----------------------------|
| 1. 50 yd Backstroke | 11. 200 yd Breaststroke |
| 2. 400 yd IM | 12. 500 yd Freestyle |
| 3. 100 yd Freestyle | 13. 200 yd Butterfly |
| 4. 50 yd Breaststroke | 14. 200 yd Medley Relay* |
| 5. 200 yd Backstroke | 15. 100 yd Backstroke |
| 6. 100 yd Butterfly | 16. 100 yd Breaststroke |
| 7. 200 yd Freestyle | 17. 50 yd Freestyle |
| 8. 100 yd IM | 18. 200 yd IM |
| 9. 200 yd Freestyle Relay* | 19. 400 yd Freestyle Relay* |
| 10. 50 yd Butterfly | |

*Submit relay entries at the meet. Relays may be all men, all women, or mixed (two men and two women). (Continued on Page 3) →

Pabst Farms Meet Information—Continued:

Directions to the YMCA at Pabst Farms: Oconomowoc is located midway between Milwaukee and Madison, adjacent to and north of I-94. Exit I-94 on State Highway 67, go north 2 blocks to Valley Road, turn east (right) on Valley Road, the Y will be about one mile down Valley Road.

When entering the Y early on the morning of the meet, please use the entrance on the West Side of the building as the main entrance does not open until 10:00 AM on Sunday.

Post Meet: Following the meet, plan on stopping for lunch at the Delafield Brewhaus (262-646-7821). To get there, turn left when leaving the Y, then go east about 1/2 mile to HWY P (Sawyer Rd), turn south (right) to I-94 and take I-94 east 3 miles to the Delafield Hwy 83 exit. Go south (right) two short blocks and turn east (left) on Hillside Drive, meander one mile past the Home Depot, the Brewhaus is on the right. Good eating and excellent Masters socializing!

WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET Oshkosh YMCA, Sunday, January 17, 2010

Sponsored by: The Wisconsin Masters Aquatic Club

Sanctioned by: The Wisconsin LMSC for USMS, Inc., Sanction No. 200-000

Location: Oshkosh YMCA, 3303 West 20th Ave, Oshkosh, WI 54904
20th Ave is Hwy K and is West of Hwy 41.

Time: Sunday, January 17, 2010. Warm-up at 7:45 AM, meet starts at 8:30 AM.

Facilities: 8 lane 25 yard pool with anti-turbulent lane guides, starting blocks, backstroke flags, and electronic timing.

Eligibility: Open to all registered Masters Swimmers 18 years old and older. All entrants must be a Registered Masters Swimmer and the USMS number must be on the entry form. 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 to expedite the meet.

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 from the deck in lanes 1-7.** Swimmers must enter the pool feet first in a cautious manner in lanes 1-7. Hand paddles, fins, kickboards, etc., may not be used at any time during the warm-up period.

Lane 8 will be designated for the purpose of continuous warm-up or cool down during the meet. No jumping, diving, or socializing in lane 8 while the meet is in progress.

Entry Fee: \$3.00/individual event plus a \$5.00 pool surcharge. Deck entries (same day) for individual events will be accepted only until 8:00 AM, and the fee for deck entries shall be \$5.00/individual event plus the pool surcharge. Fees must accompany entries. Check should be made payable to WMAC.

Entry Limit: Five individual events plus relays. THE 500 FREE WILL BE LIMITED TO THE FIRST 32 ENTRIES RECEIVED and each swimmer in the 500 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, January 9, 2010. Entries received after that time may be subject to the deck entry fee.

Meet Director: Dick Pitman, 2729 Commercial Ave, Madison, WI, 53704; 608-770-2307 or 608-242-8125.
E-mail: dickpitman@hotmail.com.

Continued on Page 4 →

Oshkosh YMCA Meet Entry Information—Continued

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 1st through 3rd place.

SCHEDULE OF EVENTS

- | | |
|--------------------------|---------------------------|
| 1. 400 Individual Medley | 10. 50 Fly |
| 2. 200 Freestyle | 11. 100 Backstroke |
| 3. 100 Breaststroke | 12. 200 Free Relay* |
| 4. 200 Backstroke | 13. 200 Breaststroke |
| 5. 100 Individual Medley | 14. 50 Freestyle |
| 6. 200 Medley Relay* | 15. 100 Fly |
| 7. 50 Breaststroke | 16. 50 Backstroke |
| 8. 200 Fly | 17. 200 Individual Medley |
| 9. 100 Freestyle | 18. 500 Freestyle |

*Submit relay entries at meet. Relays may be all men, all women, or mixed (2 men, 20 women)

Post Meet: Plan on burgers, pizza, Tex-Mex, refreshments at the Red Robin in Oshkosh!

Directions to Pool From the North: Take 9th St. exit off Hwy 41. Turn right on 9th St., but proceed immediately to the left lane in order to turn left onto Washburn—the first stop light. Take Washburn to 20th Ave, turn right on 20th Ave and travel 1.5 miles. The YMCA will be on your left.

From the South: Take Hwy 44 exit off Hwy 41. Turn left and proceed over Hwy 41 to the second set of stop lights. Turn right onto **Washburn**. Take Washburn to the first set of lights, go left on 20th Ave 1.5 miles to YMCA on your left.

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

WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET Sunday, February 14, 2010, Madison East YMCA

Sponsored by: Madison Area Masters

Sanctioned by: The Wisconsin LMSC for USMS, Inc., Sanction No. 200-000

Location: Madison East YMCA, 711 Cottage Grove Road, Madison, WI 53715.

Time: Sunday, February 14, 2010. Warm-up at 7:00 AM, meet starts at 8:00 AM.

Facilities: 8 lane 25 yard pool with anti-turbulent lane guides, starting blocks, backstroke flags, and electronic timing.

Eligibility: Open to all registered Masters Swimmers 18 years old and older. All entrants must be a registered Masters Swimmer and the USMS number must be on the entry form. 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 to expedite the meet.

Timing: Automatic timing system backed up by watches.

Warm-up Procedure: What used to be Lane 1 is a permanent "ramp" lane. With new blocks, Lane 7 will be a start and sprint lane with swimming in one direction only and exiting to the side or the end. Lanes 2-6 will be for circle swimming only. **NO DIVING STARTS** from the blocks or from the deck in lanes 2-6. Swimmers must enter the pool feet first in a cautious manner in lanes 2-6. Hand paddles, fins, kickboards, etc., may not be used at any time during the warm-up period.

The "ramp" will be designated for the purpose of continuous warm-up or cool down during the meet. No jumping, diving, or socializing in the ramp lane that while the meet is in progress.

Continued on Page 5 →

Madison East YMCA Meet Entry Information—Continued

Entry Fee: \$3.00/individual event plus a \$5.00 pool surcharge. Deck entries (same day) for individual events will be accepted only until 8:00 AM, and the fee for deck entries shall be \$5.00/individual event plus the pool surcharge. Fees must accompany entries. Check should be made payable to "Swim Club".

Entry Limit: Five individual events plus relays. The 500 free will be limited to the first 32 entries received. Each swimmer in the 500 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, Monday, February 8, 2010.

Meet Director: Dick Pitman, 2729 Commercial Ave, Madison, WI., 53704; 608-770-2307 or 608-242-8564.
E-mail: dickpitman@hotmail.com

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 1st through 3rd place.

SCHEDULE OF EVENTS

- | | |
|--|---|
| 1. 400 Individual Medley
2. 200 Freestyle
3. 100 Breaststroke
4. 200 Backstroke
5. 100 Individual Medley
6. 200 Medley Relay*
7. 50 Breaststroke
8. 200 Fly
9. 100 Freestyle | 10. 50 Fly
11. 100 Backstroke
12. 200 Free Relay*
13. 200 Breaststroke
14. 50 Freestyle
15. 100 Fly
16. 50 Backstroke
17. 200 Individual Medley
18. 500 Freestyle |
|--|---|

Relays: *Submit relay entries at meet. Relays may be all men, all women, or mixed (2 men, 20 women).

Post Meet: Plan on burgers and refreshments@ Harmony Bar & Grill, 2201 Atwood Ave, Madison

Directions to Pool From the North: Take US 51 AKA "Stoughton Rd" south to Cottage Grove Rd (aka Hwy BB), turn left. You'll see the YMCA on your left.

From the South: Take US 51 aka Stoughton Rd north to Cottage Grove Rd (aka Hwy BB), turn right, go under bridge. You see the YMCA on the SE corner on your left.

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

Maui Channel Swim Update

The following Wisconsin registered people participated in the Labor Day Maui Channel Swim—which was highlighted in our last newsletter. **Brad Horner, Dave George, Kevin Yeager, Carl Johansson, Kitty Baer, Mary Kay Hall, Heather Hall, Mike Rubens, Teri Behrs, Art Luetke, Phil Hellmuth, Jenny Schienle, Reg Bruskewitz, Julie Van Cleave, Kevin Welton, Rich Lunch, Geoff Mykleby, and Kim Von During.** All but Geoff and Kim participated on a variety of Grumpy Old Badger teams.

Congratulations to all who participated in this challenging crossing under extremely difficult conditions this year!

U.S. Masters Swimming Statement on Swimsuits

Rules Committee Chair, Kathy Casey, 10/11/09

The FINA Masters Committee has recommended that the FINA Bureau, meeting in mid-January, approve its recommendation that Masters swimmers be governed by the same swimsuit rules as the elite pool swimmers. If the Bureau approves the committee's recommendation, it is anticipated it would go into effect after the Bureau meeting. If this recommendation becomes policy with the FINA Bureau, USMS will implement it for our sanctioned swim meets.

For the time being and until FINA Bureau issues its policy for Masters, the June 1, 2009, ruling that allowed technical suits in USMS swim meets is still in effect. If you choose to compete in a USA Swimming sanctioned meet, you must follow USA Swimming rules.

If you would like more information on purchasing technical suits, you may contact your swimsuit dealer or any of the following:

blueseventy; blueseventy.com
FINIS; finisinc.com
Speedo; speedo.com
TYR; tyr.com

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
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

FEES 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 _____

UMEF R2 10/03/03

Samantha Simon Conquers The English Channel!

It was just a few years ago that 19 year old **Samantha Simon**, a basically inexperienced but dedicated high school swimmer, was doing her best to reach her goal of qualifying for the WIAA State Swimming Championships. During the summer she supplemented her pool swimming by doing some open water swimming and found out she loved it. So after a disappointing final year in high school Samantha's sister suggested she forget about high school and move on to bigger things. She suggested Samantha swim the English Channel!. Being a stubborn sort, Sam convinced her family that she could do it.

The quest to conquer the channel began with Sam's first big competitive open water swim—the Tampa Bay Marathon (24 miles) in April of 2008. She finished in 4th place with a time of 8:59.17. Other open water events followed—the 25K National Championship in Noblesville, IN, in 2008, the Big Shoulders 5 K, and then a qualifying swim in Santa Barbara, CA, in March 2009. The qualifying swim for the English Channel consists of swimming at least 6 hours in 60 degree or less water. Working through the Santa Barbara Channel Association the plan was to do one of their many channel crossings. Unfortunately the weather didn't cooperate so Sam decided to "just" swim the six hours and get the boat back safely. She swam for 6 hours in 57-58 degree water with the swim being documented by an observer. The next step was to contact the Channel Swim and Pilot Federation and find a pilot who had an opening on the tide of August 12-17, 2009. These pilots book up to three years in advance, so Sam and her family weren't too hopeful. But....voila! Someone was available! Sam had had a very successful swim season at College (University of St. Thomas in St. Paul, MN) in 2009 and was in a good place both physically and mentally. With positive momentum going they booked the pilot!

Once home from college Sam trained in the pool with her club team (South Central Swim Team in Janesville) in the mornings and in the afternoons would travel to Lake Michigan to acclimate to cold water. To get used to all kinds of conditions some swims were done at night, some early in the morning before the sun cam up. The Lake Michigan training continued until the week before Sam and her family were to leave for Dover Michigan water temp had warmed up to nearly 70 training moved to Lake Superior near Duluth, MN, Bayfield, WI, for 2 days. The waters of Lake Superior 48-50 degrees—and Sam would train for 2-3 hours. Sam's mom would have her do simple math problems—Sam couldn't subtract 9 from 17 she had to come out of the water



(August 5). By then the Lake degrees—too warm! So the for 4 days and then over to were clear, clean, and cold—To check for hypothermia lems. One time, when Sam

after just 20 minutes. Sam was worried that she would not be able to acclimate to the water because it still felt so cold. However, once she got to Bayfield where the water was 62 degrees she said it felt like bath water and she was able to swim for an hour straight twice a day. Once she arrived in Dover she trained in the Harbor and off Shakespeare Beach twice a day to stay acclimated.

There is quite a system for swimming the channel. The pilots book 4 swimmers in each tide. When the conditions are right they offer the swimmer in first position a chance to swim. If they turn it down it is offered to the next, etc. Sam was the 3rd swimmer on her tide. Most swimmers know that if they turn down their chance they may not get another one because the weather is so fickle. Sam's tide started on August 12. The first two swimmers went, and then the wind picked up. With only two days left on her tide she was finally offered a swim. On Aug 17 at 7:27 AM Sam took off from Shakespeare Beach.

The first half was pretty calm for the channel. She was halfway done at about the 4 1/2 hour mark and the pilot joked that they would be home for a steak dinner. Unfortunately, mother nature did not have much of a sense of humor that day because the wind whipped up and made it quite rough for the rest of the swim. There were 1 1/2 to 2 meter waves and force 4 & 5 winds on the Beaufort Scale. At Force 6 the US issues small craft advisories, Force 7 near gale conditions! Sam's parents were both in the boat doing her feedings. At times they felt like the boat was on its side more than it was upright. Things got so turbulent that one time the boat tipped and Sam had to swim under the boat and come out in front of it! But none of this seemed to phase Sam.

To check for hypothermia a plan was devised to have Sam yell out quotes after every feed to let her escorts know she was alright. So after every feed Sam would yell out a silly quote from some movie, giggle, put her down again and swim. The observer and 2 pilots all commented on what a strong swimmer she was because the conditions were quite rough!

(Cont on page 8) →

Additions and Corrections to October/November Newsletter

To those of you who receive the snail mail copy of our newsletter, please note the following corrections and additions! First, on page 7, "A Bit of Trivia", **Laren** and **Heather Tiltmann**'s last name was misspelled—twice! Also, on page 6 in the small box recognizing our National Champions from the LCM Nationals, the **Mixed 200 Free Relay, 200-239**, composed of **Brad Horner, Cindy Maltry, Melinda Mann, and Kip Fulbeck** did not receive their deserved recognition. Apologies to all are extended! The errors were caught while working to add color highlights to our e-mail version of the newsletter.

Samantha Simon Conquers The English Channel Con't:

The observer said Samantha's stroke count did not go below 72 strokes per minute for the entire swim which was unusual. Most swimmers range in the 50-60 stroke count.

At 8:38 PM, after covering 26-27 miles, Sam swam to the shore of Sangette Beach in darkness. Usually another swimmer swims to shore with the channel crosser, or one of the pilots goes to shore with the swimmer in a dingy they have on the boat. Unfortunately, the French Coast Guard would not allow the pilot to take the small boat into the beach with Sam because the water was too rough. Sam had to swim ashore alone and then swim back to the boat. Back on the boat she was excited and starving! After getting into some warm clothes and a sleeping bag she feasted on chocolate chip cookies until she fell asleep for the very cold and bumpy 5 hour trip back to Dover.

Sam's mother has been doing some research and at this time it appears that Sam may be the first person from Wisconsin to do a successful English Channel crossing. **Congratulations, Samantha Simon on this fantastic accomplishment!**

Sam signs
the wall at
the White
Horse Inn—
a tradition
for swim-
mers who
successfully
cross the
channel.



Samantha Simon—with the French coast in sight near the end of her successful English Channel crossing.

MOWS Results Correction

Valerie Adams has been mistakenly listed as finishing 2nd in the MOWS 2.4 mile non-wetsuit competition. She actually finished in a tie for first place. However, the computer and/or timing system did not know how to indicate a tie. So it simply listed Valerie as finishing in 2nd place and her opponent in 1st place. So—congratulations to Valerie on her **first place** finish in the MOWS 2.4 mile non-wetsuit swim!

Another Record!

Brad Horner set a Wisconsin State Record in the 50 meter free-style (age 55-59) by covering the distance in :26.76 as lead-off swimmer in the mixed 200 meter Free Relay at the USMS LCM Nationals in Indianapolis in August. Congratulations, Brad!