

# Wisconsin Masters Swimming

## OFF THE BLOCKS!

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This will be my last column as your Chairman for Wisconsin Masters Swimming. I may contribute from time to time, but this will be my last official statement.

I don't like to interject politics into this forum because personal political thought is, well, personal. But, there is something I would like to say about our deficit, Medicare and swimming. By the time you receive this the economic cloud we are under MAY have lifted...of very possibly, not.

If you paid attention last June (2010) when **Phil Whitten** wrote the article, "Do Swimmers Live Longer?" in the USMS Swimmer Magazine, you can't help but be impressed

with the statistics of the physical fitness of swimmers compared to the other sports. What does this have to do with our economy? I, for one, feel these are related. If you maintain a healthy lifestyle, then in your more mature age your health will be less of a drag on the economy. You probably won't need as many medical services as someone who doesn't take care of themselves.

If you go to some of our meets you will notice we have some older folks who swim pretty well—I mean *very* well! **Alex MacGillis, John Bauman, Bill Payne, Fred Salzmann, Morgan Byers, Betty Lorenzi** (I know, she's not in our LMSC anymore but was for many years). We've had many others who excelled at our sport well into their 80's! To my knowledge not many of them had terrible health problems. They certainly were not a drag on the nation's economy.

As most of you know, I had a little scare at the State Meet which turned out to be nothing at all. But, what if it had been more dire? I'm a veteran, so I usually go to the Madison VA for all my medical needs. But, I also carry a Medicare card which I used at the Schroeder Urgent Care. If I wasn't in better health I could be using precious health resources. (The emergency room nurse who took my vitals there said I had the heart of a 40 year old. I told her that I was 66. She was impressed!)

I'm in good health because I swim. I take care of myself. And, I'm lucky not to have—at least not yet—any terrible disease or condition that would affect my health. But, one must not trust to luck alone. That is why I swim. So, if Medicare or general health care is to be rationed or cut back or becomes obscenely expensive, then we must rely on ourselves to maintain a level of physical fitness so we don't succumb to a failure of economic fitness.

I mentioned **Phil Whitten** at the beginning of this column. I have enormous respect for him. He happens to be my age so we compete in the same age group, and sometimes in the butterfly events. Phil has Parkinson's Disease which he is able to control through medication and swimming! It is amazing what he is able to achieve in the water. But, that's why he swims. And, probably, because he swims.

So, if you want to be a good citizen and do your part to stay economical-ly fit, swim an extra mile today. And, swim it hard—every few laps—because every lap can be contributing factor to your physical and economic fitness!



Dick Pitman

# 25K Solo Swim

Melodee Nugent

Four Wisconsin swimmers headed to Noblesville, Indiana for the 25K Solo Swim on June 18th. The event was hosted by the Forest Park Aquatic Center and the Noblesville Adult Swim Team (NASTI). They did an excellent job with the event and had many volunteers. A nice program was provided that gave a short bio of the 66 swimmers. There were many talented open water swimmers, with accomplishments such as: The English Channel, Catalina Channel, Great Chesapeake Bay, Manhattan Island, and St. Croix. These swimmers came from 23 states in the US and several were from Canada or Puerto Rico.

The course consisted of five 3.1 mile loops in the "idle zone" of the Morse Reservoir. The night before the race, boat rides were provided to show the swim course, as well as instructions for the swim. We woke up the next morning to rain and thunder, not good for any swim. This caused a 2 hour rain delay (starting now at 9:00 AM) and a change in the time limit for the swim. So instead of a 10 hour time limit, it was now an 8 hour time limit. If the swimmers did not complete the 4th loop by a certain time they were told to stop since they wouldn't finish the entire swim anyway in the 8 hour time limit. So it then became a 20K swim for them. This was a disappointment to those who could have probably finished in the 10 hour time frame.

The swim started in a light rain and finished on a partly sunny day. The water was calm for most of the swim except for hours 5-6 when the wind shifted and caused 1.5—2 foot waves. The wind died down after about 45 minutes. Each swimmer also had a kayak escort. If you didn't bring your own, they provided the kayaks and escorts. Eleven swimmers did not finish the race. Twenty-eight were only able to finish the 4 loops because of the time limit (12.4 miles). This included **Jerry Lourigan** (age 46) with a time of 6:39.15 and **Erica Bergstrom** (age 24) with a time of 6:56.06. The remaining 27 swimmers completed the 25K. **James Biles** (age 50) had an amazing time of 6:22.62 and was third in the 50-54 age group. **Melodee Nugent** (age 44) finished in 7:30.03 and placed third in the 40-44 age group. **James** was 6th overall and **Melodee** was 26th overall. The fastest swimmer was a 35 year old male with a time of 5:42.04 with a 50 year old just 2 seconds behind him. Of the 27 swimmers that completed the swim, 15 were over the age of 40, which made for some very competitive age groups for the older folks.

Most swimmers don't HAVE to look for ways to add more activity into their daily lives. However, if you are looking for simple ways to augment the benefits you get from your swimming, try a few of these tips. Park your car farther away from the entrance to the grocery store, or shopping mall, and walk the extra distance. Take the stairs instead of the elevator or escalator while shopping or at work. Walk to a coworker's desk instead of using the phone or e-mail. Stand, or better yet, walk around while talking on your phone. Adding any little physical activity to your daily routine can help improve your blood sugar, lower your blood pressure, increase your HDL (good cholesterol), help you lose weight, and reduce your waist size. All simple things which can bring big results!



## National Senior Games Association

**Bill Payne** took his swimming talents to the **National Senior Games Association** (formerly known as the Senior Olympics) National championships in Houston, Texas, in late June. After one day devoted to warm-ups the competition began and lasted for three days. Bill says the facility was excellent and the meet well run.

Competing in the 80-84 age group Bill placed first in the 100 yd fly (1:52.34), second in the 50 yd fly (:49.45) and 4th in the 500 free (9:34.15). You can read more about the Games on their website ([www.NSGA.com](http://www.NSGA.com)).

Congratulations, Bill!

The **4th Annual Rock Lake Figure Eight Swim** will be held on Sunday morning (shortly after the coffee and donuts are gone) August 7, in Rock Lake at **Fred Salzman's** cabin on Rock Lake in Winchester, WI (*WAY* up north—not the Winchester by Oshkosh!). Contact **Phyllis Jane Smith** at [smith9085@att.net](mailto:smith9085@att.net) for more details and directions to Fred's cabin.

Don't forget about the **Lake Amy Belle** swim on Saturday, August 6th. Contact **Eric Jernberg** ([jernberge@yahoo.com](mailto:jernberge@yahoo.com)) for last minute entry info. Following the swim there will be a cook-out and brief LMSC meeting at the home of **Jeanne Seidler**. **Jeanne** and **Neil** will be providing chicken and brats. Contact **Jeanne** ([jseidler2@wi.rr.com](mailto:jseidler2@wi.rr.com)) if you plan to attend and bring a dish to pass.

# Out of Staters at the State Meet

David Watts

Our friends from South of the Border made a very good showing at the Wisconsin State meet April 2-3, 2011, at Walter Schroeder. I am referring, of course, to swimmers from Illinois. It was impolite of me not to mention our guests in an earlier review of the meet, particularly as they put out some amazing swims.

There were only eight Illinois swimmers, but they eclipsed no fewer than four Wisconsin records. You won't see their names in our record book simply because they are not Cheese heads. There was **Catherine Quill** in the 100 fly (60-64) with a time of 1:28.10, and **Cynthia Jones** in the 200 free (60-64), 2:39.36. Ms. Jones also beat the mile record handily with a time of 23:13.31, and I will come back to that later.

**Kevin Scanlan** is an outstanding Illini swimmer in my age group (55-59), and he is in the top twenty nationally in several events. He won several freestyle races, and beat the Wisconsin record in the 400 IM (5:22.76).

But it was my privilege to swim right next to **Cynthia Jones** in her record breaking 1650. The USMS database allows me to relive each exciting flip turn and breakout by going to their website and looking at split times. But I can tell you from being there that Ms. Jones and I were neck and neck for what seemed like an eternity. I knew what people were thinking: "They must be doing synchronized swimming." And I got lulled into that mind set, too. At each flip turn under the blocks, I would look over, and there was Ms. Jones, pushing off, same as me.

And then it dawned on me: I'd better figure out some way to beat this woman! I wanted to go home with some sense of victory, even if I had to make a Flatlander feel bad. That's when I remembered that although my arms felt like lead, and were harder to pick up out of the water with each stroke, my legs hadn't really been doing very much. Slowly, imperceptibly, I started to kick a little bit, and was able to come in just ahead of Ms. Jones. She, however, had surpassed a Wisconsin record, and maybe I even helped her do it. She also forced me out of my lethargy, and made me turn in a better time than I otherwise would have.

So, to Ms. Jones and her Illinois Masters colleagues, welcome to Wisconsin, and we look forward to seeing you back in 2012.



In State swimming sisters **Joanie Moder** and **Carol Reinke** (above) and **Bela Sador** (below) at the SCY State Championships in April at the Walter Schroeder Aquatic Center.



## 2011 Swim 4 Freedom

Steele Howell

The 2011 Swim 4 Freedom is coming up this weekend! I hope everyone is having a great summer and hopefully you've had time to get in the pool or lake to "loosen up" for our lake swim. The swim this year is Sunday, August 7th, and the event will be organized exactly the same as last year—swimming from Lake Geneva Beach to Gordy's (8 miles). Relays are welcome.

To get more event details and to print out your entry form please visit our website ([www.swim4freedom.org](http://www.swim4freedom.org)). The weather has been perfect lately and the lake is finally heating up. I suspect it will be in the high 70's come race day—similar to last year. For those of you swimming, now is a good time to finalize your fundraising efforts you have haven't already done so. Last year we raised just over \$15,000 for SOWF and my hope is that we can match or exceed that this year. I would encourage every participant to shoot for a minimum of \$500 but certainly any amount is appreciated.

I'm looking forward to a great swim and hopefully we'll get better weather conditions than last year.

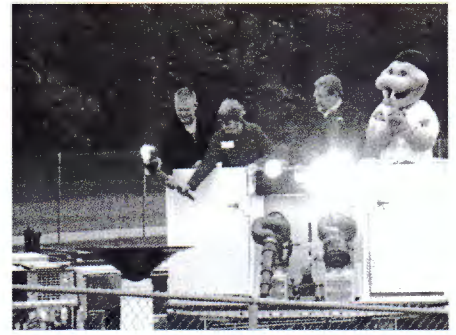
The Masters Swimming competition for the Senior Olympics will be held on September 10 at the Wauwatosa West High School Pool. Warm ups are from 12-1:00 PM with the meet starting at 1 PM. The entry fee for early bird registrations (by August 5) is \$35. It jumps to \$45 for entries received between Aug 6-10 and then jumps to \$55 for entries received from Aug 13-19. You can enter up to 5 events in this meet—so "big bang for your bucks"! All entry fees must be accompanied by an additional \$5 facility use fee. However, you can get a \$5 savings simply by registering on line. For more information and to register on line go to [www.wiseniorolympics.com](http://www.wiseniorolympics.com). Those of you as young as 50 can participate!

# Badger State Games

A warm, sunny day greeted those who participated in the Badger State Games Masters Swimming competition on June 27 at the Erb Park Pool in Appleton. As in the past, most of the timers were “kids” who had just completed their Badger State Games swimming competition earlier in the day. Their enthusiasm for us “older folk” was unrivaled—and greatly appreciated! It was motivating as well as 18 new LCM Wisconsin State Records were set. Records were broken by: **Krista Kuffel** (18-24), 50 back, :35.10, 200 IM, 2:46.43; **Kathryn Maltry** (25-29), 100 back, 1:17.97; **Megan Lassen** (40-44), 200 free, 2:30.89; **Cynthia Maltry** (55-59), 200 free, 2:48.74; **Melinda Mann** (55-59), 50 breast, :40.18, 50 fly, :33.87, 100 fly, 1:15.38; **Kristin Koeffler** (60-64), 200 free, 3:29.93; **Candy Christenson** (60-64), 50 breast, :48.12; **Nancy Kranpitz** (65-69), 50 free, :37.47, 100 free, 1:29.69, 50 fly, :46.20; **Carol Reinke** (75-79), 50 breast., 1:05.17; **Mark Ritchie** (18-24), 50 breast, :34.08; **Fritz Schenker** (25-29), 200 IM, 2:32.11; **Craig LaCount** (50-54), 50 fly, :31.41; **Bela Sandor** (75-79), 50 breast, :44.31.

The Erb Park Pool had touch pads at both ends of the pool meaning that all 50 meter race results can be sent in to USMS for consideration for LCM Top Ten ranking. A rumor pool side was that because of a possible lack of sponsors this competition may not be offered next year. Let’s hope that is NOT the case as this meet provides us with the ONLY in state LCM meet of the entire season!

Congrats to all on some very fine swimming.



**Nancy Kranpitz** (red jacket, 2nd from left) was one of 4 Badger State Games participants selected to help light the torch during opening ceremonies for the 2011 summer BSG. The ceremony was held just prior to a Timber Rattlers baseball game in Appleton and included a “ride” in a fire truck “bucket” up 100 feet before lowering back down to light the torch. Her participation provided an excellent opportunity to spread the word about our great sport!



**Kip Fulbeck** won the 50 free at the USMS SCY Nationals in Mesa, AZ.



**Jeanne Seidler, Erin Schneider, and Julie Van Cleave** proudly display the 5th place banner awarded to WMAC at the SCY Nationals in Mesa, AZ, in April.

## Tip of the Month-Exercise and How It Relates to The Immune System

Paul Hutingger

As a trained exercise physiologist, I am on the list to receive updated research information. I have listed several items that I hope will be of interest to you. They are in no particular order.

★Exercise has a positive effect on the immune system. It has the potential to restore the detrimental effects of aging and persistent viral infections.

★Heat shock proteins (HSP) are decreased in disease states associated with insulin resistance and aging. In other words, hot showers and hot baths are beneficial to the body. A word of caution--avoid hot tubs as they can have a high bacteria count.

★Age-related deterioration in running and swimming speed is more severe in long distance events than in sprints. The authors believe that the fiber type and atrophy have an effect on the power generating capacity of a 25% reduction, but the maximal velocity is not affected as much. A good example is Richard Abrahams, 66, who has a 50 yd time of 22.10 and a 100 y time of 49.42, which demonstrates the speed component. His personally devised training utilizing 25 and 50 yd high intensity training seem to work.

★Dr. Al Sears wrote an exercise program called “PACE: The 12-minute Revelation.” This is based on research for 3 times a week, which is based on the anaerobic phase of exercise rather than the aerobic. This type of training would only help the swimmers in the sprint events, the 50’s, 100’s and 200’s.

★If you are a distance swimmer, continue with your regular training, but incorporate this type of intensity in your workouts, at least two times per week. Marcia Cleveland, English Channel swimmer 1994, always included sprint swims within her long distance training workouts.

★For more information check out the Sears web site: [www.pacerevolution.com](http://www.pacerevolution.com).

# Alcatraz Sharkfest aka Escape From Alcatraz!

Over the past couple of years WMAC swimmers **Julie Van Cleave** and **Peter Allen** have conquered some pretty unique open water swims. When last summer's swim across Lake Winnebago (8 miles) followed by a bike ride around the lake (75 miles) didn't satisfy their hunger for adventure they decided to tackle the **Alcatraz Sharkfest**—also known as the **Escape From Alcatraz**. For those of you unfamiliar with this swim it involves being ferried out to Alcatraz Island from the San Francisco shoreline, then jumping off the ferry into the water to await the starter's gun. While the mileage across the bay (1.5 miles) pales in comparison to other open water swims **Peter** and **Julie** have done, the tide, current, and yes, possibly sharks, add a new dimension to this swim.



**Peter Allen** and **Julie Van Cleave** wait to board their ferry to Alcatraz Island and their escape back to the San Francisco shore.

According to **Peter**, both he and **Julie** had experienced rough conditions in previous swims and neither felt that the conditions for the Alcatraz swim were that bad. Both had prepared well and both elected to wear wetsuits as the water temperature was around 60 degrees. **Peter** likened the start (jumping off the ferry) to images of WW II paratroopers going off the back of a plane! With 800 swimmers taking part it made for quite a scene. The course runs south but an ebb tide tends to carry the swimmers west toward the Golden Gate Bridge. If you didn't compensate for the effects of the tide (by not aiming left) you would end up missing the opening to a breakwater and the finish line.

When not looking down for sharks **Peter** said that when breathing he enjoyed the view of the Golden Gate Bridge to one side, the Bay Bridge to the other, and the San Francisco skyline when looking ahead. Both **Peter** and **Julie** also said entering this race was a great excuse to spend a long weekend in San Francisco with their spouses, Margaret and Jay.

As for results—**Peter** placed 16th in his age group (50-54) and **Julie** placed 2nd (50-54). As a “reward” for her high finish Julie received a special bottle of wine labeled Sharkfest Bloody Red Wine!

The July 6, 2011 edition of the Appleton Post Crescent has a very nice article about Peter and Julie's adventure along with a couple of pictures. You can find it on line at [www.appletonpostcrescent.com](http://www.appletonpostcrescent.com)

The preliminary Top Ten for SCY is posted on the usms website. For individual listings go to:

[www.usms.org/comp/tt/toptenlmsc.php](http://www.usms.org/comp/tt/toptenlmsc.php)

For Relay listings go to:

[www.usms.org/comp/tt/toptenrelaylmsc.php](http://www.usms.org/comp/tt/toptenrelaylmsc.php)

If you notice any errors please contact **Jeanne Seidler** who is our Top Ten Recorder. WMAC has LOTS of people on these lists!

**Julie Van Cleave** proudly displays her bottle of special wine, Sharkfest Bloody Red Wine, at the awards ceremony after the Escape From Alcatraz swim!



In 2010 there were 553 swimmers from Wisconsin registered with USMS. In 2011 that number is 525—or 93.7% of last year's number. 325 of us (61.9%) registered on-line vs. 200 (38.1%) who did a paper registration. There were only TWO LMSC's in the country who had more paper registrations than we did! Registration for 2012 is still 4 months away. But let's keep these statistics in mind when late November rolls around. On line registration is EASY, QUICK, and saves a few trees in the process!

## Maui Channel Swim

Brad Horner

The **Grumpy Old Badgers** (friends/family) have 5 relays doing the **Maui Channel Swim** from Lanai to Maui on Saturday, September 3rd. This breaks our previous **Grumpy Old Badger** record of 25 swimmers (including 1 solo) in 2003 and 24 swimmers in 2009. Add to that the friends and family who are accompanying the swimmers and the party is more than 50 people! Many people are also doing the Aumakua swim (individual, 2.4 miles or 1 mile) on Labor Day. **Factoids:** Ages of relay team members this year range from 19 to 68; People come from 7 states (Wisconsin, Colorado, Alaska, California, Oregon, New Jersey, and Hawaii); A little less than half are ex-UW Swimmers, UW rowers, or a UW swim team manager; We have relays entered in the following divisions—**Grand Makule** (360 years and over), **Womens, 2 Makule Relays** (240 years and over), **Mixed Makule** (3 men/3 women 240 years and over). Check out the next newsletter for a post-event report!

Did you know that skipping meals could harm your heart health? In a study by the USDA and the National Institute on Aging, people who ate one meal per day had big increases in "bad" LDL cholesterol compared with three-mealers.

## MOWS

Don't forget that this year's **MOWS** is also the National Championships for the 2.4 mile open water swim. You must be an annual USMS member and are not allowed to wear a wetsuit for this race. There are also races in the 2.4 mile distance for annual and well as event registrants—one wave for wetsuits and one for no wetsuits— as well as a 1.2 mile swim in the same two categories. Go to the WI masters website for complete entry info and to register on line!

# Diamond Lake Open Water Swim

Melodee Nugent

Previously held in September, but moved to June 5th this year, the **Diamond Lake Open Water Swim** provided a great opportunity for an early season open water event. The lake is located near Cassopolis, MI (2 hours from Chicago). A barge ride took us across the lake to a private island, where a family welcomed us into their house for the day. **Craig Strong** did an excellent job of organizing the event. Awards of gold painted drift wood were presented to top finishers in each age group and a BBQ picnic lunch was provided after the swim. Considering we had a cold spring, the water temperature was 70 degrees, perfect for a sunny day. Nice looking jersey style t-shirts with the DLOC logo were given to the swimmers.

There were 3 distances you could swim—a 2.5K, 5K, and 10K. The 2.5K was an out-and-back swim to the mainland with the 10K being 4 laps. There were a total of 41 swimmers that participated. Wisconsin was represented by 6 swimmers with 3 being represented by the Nugent family: **Melodee** (10K, 2:45.56), her 14 year old daughter **MacKenzie** (2.5K, 51.17), and her friend **Kelsey Warren** (2.5K, 51.20). Other swimmers included **Joe Azzara** (10K, 3:11.39), **Jason Lassen** (5K, 1:48.09), and **Megan Lassen** (2.5K, 42.18).

So if you are looking for an early season open water race, please consider swimming at Diamond Lake next year!

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