

# Wisconsin Masters Swimming

## August/September 2013

### ON DECK . . .

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This past week I learned of the passing of one of our octogenarian masters swimmers, Janet Moldenhauer, age 83. Read the tribute to Jan at <http://wisconsin.sierraclub.org/foxvalley/janmoldenhauer.pdf>. I first met Janet behind the blocks at a Senior Olympics meet years ago. We both swam backstroke, and although there was big age difference between us, Janet swam faster by just a tad in the 50 backstroke and we were always seeded together in Heat 1. At that Senior Olympics, as we stood behind the blocks, Janet looked at me and said "I'm going to beat you" and I was totally shocked. I never saw myself as a competitor doing swimming to beat someone else, but rather as a swimmer just swimming in a swim meet as a goal for going to practice (e.g., one practices a little harder and doesn't sleep in, if there is a goal like a swim meet coming up.) Janet had gamesmanship, perhaps from her many years as a coach and swimmer. I did not, but I learned about it that day. And from then on, I was always aware of Janet's swims in the 50 backstroke and she continued to beat me in the 50 backstroke until December 4<sup>th</sup>, 2010, at the West Bend HS SCM meet. I finally beat her with a 1:16.12 to her 1:17.08 in the SCM pool. It was the last meet in which Janet competed. I saw Janet at the 2011 Badger State Meet in Appleton, but she was not competing.



Jeanne Seidler

Wait a minute ... are you wondering how I knew times from a meet in 2010 and who was in my heat? If you're familiar with the USMS website, you can do the same research that I did. First, I selected the USMS Events & Results Tab located on the USMS Home Page ([www.usms.org](http://www.usms.org)). From the tab, I selected "Event Results" and then from the page, I selected "Track my individual results", a link which is in the center of the page. I pulled the numbers in the previous paragraph about Janet from the Event Rankings Database by looking both of us up in the database. If you haven't found this site yet, please give it a try. You can see results from all the Wisconsin pool meets held from 2005 to the present. From the results of an individual, one can select the heat and lane (if underlined) and see the heat in which the swim took place along with the other individuals in the heat. If the time is underlined, one can click it and see the splits.

The United States Aquatic Sports Convention is being held from September 11<sup>th</sup> to 15<sup>th</sup> in Anaheim, CA. Wisconsin Delegates are Jeanne Seidler, John Bauman, Dick Pitman, Suzi Green and 1<sup>st</sup> time attendees, Mary Schneider and James Biles. This isn't a fun and partying junket. It is a working convention with committee meetings. The House of Delegates is convened with representation from all USMS LMSCs. At this convention, new and changed rules for USMS swimming (e.g., the strokes) and the administrative rules of competition (and

legislative rules) on are brought up from committees and voted upon by the House of Delegates.

USAS (U.S. Aquatic Sports) is an umbrella organization composed of one representative each from USA Swimming, USA Diving, USA Water Polo, USA Synchro and U.S. Masters Swimming. The purpose of USAS is to represent all the United States swimming disciplines as one voice to FINA. At the convention, each USA-group and USMS split into their own sessions but meet up on Saturday night, after all the business of each is finished, for dinner and awards presentations from each group. Approximately 2400 people attend, of which 350 are USMS members.

WMSC Annual Meeting (Sept 21<sup>st</sup>) ... Did you know that every LMSC is required to hold an Annual Meeting? The Wisconsin Masters Swim Committee, INC., will hold the Annual Meeting on Saturday, September 21<sup>st</sup> at noon in a meeting room at the YMCA at Pabst Farms, Oconomowoc. The preliminary agenda for the meeting is posted on the [www.swim-wimasters.org](http://www.swim-wimasters.org) website. Every Wisconsin USMS member is welcome to attend the Annual Meeting. All attendees have the right to vote on any proposal at the meeting. If you are planning to attend, please e-mail Jeanne Seidler to notify her of your intent, as we need to give a count of attendees to the YMCA for room setup purposes. The Annual Meeting will always be held on the Saturday following the weekend of the USAS Convention.

Wisconsin Senior Olympics (Sept 14<sup>th</sup>) ... Registration will close on August 16<sup>th</sup> for this meet. This is the one pool swimming competition opportunity that you can encourage a friend to enter and USMS membership is not required. The pool meet has novice events just for the swimmer who does not compete regularly. The meet is recognized by USMS and it is run by USMS rules with qualified officials. All the times from the masters' events are reported to USMS for USMS members and the places are entries into the National Senior Games qualifying database. The novice swims are not qualifying events for the National Senior Games. Please think about attending this event and encouraging your friends also to enter. The cost of entry is the fee charged by Senior Olympics to enter the sport. This meet is important because of the novice events, as it presents that opportunity for your friends to swim with you and enjoy what all other masters' swimmers enjoy in the camaraderie at a swim meet. New WMAC members often are a result of the "bring a friend" experience.

Summer LCM Meet (June 23rd, 2013) ... This LCM meet was attended by 91 swimmers. That is a great turnout, and I hope we can have an even larger turnout next summer. We are lucky to have a date at all in a long course pool, because there are few long course pools in Wisconsin and because all are booked for USA meets beginning in May and all the way through to early August. Your support of Wisconsin Masters by attending these meets is really important so that we can continue to have local meets in quality pools. This is true for all local meets. At our LCM meet, there were many new records and a lot of relay participation. It was a long day, with a mix of sprints, middle distance and distance plus relays.

Have you read the Editor's Notes forward in the current issue of Swimmer magazine? Please read it as it is all about WMAC's Esmeralda Perez, a member of the swimming Schneider-Perez family and the youngest member of WMAC. Esmeralda had the exciting opportunity to swim a relay with Jason Lezak at the USMS Spring Nationals in Indy while 54 of her fellow WMAC swimmers watched and cheered. Actually, the whole aquatic center rocked with cheers for everyone in the relay. Yes, it was that Jason Lezak, the Olympian. He swam the anchor leg and brought home the dramatic finish to the 2008 Men's 400 free relay by splitting a 47.xx and beating France's best 100 freestyle swimmer to win that 8<sup>th</sup> gold medal for Michael Phelps. In the issue, there are pictures of Esmeralda's relay and of Esmeralda with Jason. Esmeralda has that great Wisconsin smile in all the pictures. Esmeralda is also a member of SWAT, a USA Swimming age group team on the south side of Milwaukee. She will be swimming at Carthage College this coming season as a freshman.

Last, but not least, Christina Wright, a WMAC member who swims with the Schroeder workout group is completing a graduate program at Marquette to receive a certificate in digital storytelling. She had the camera at the SCY and LCM State Champs and has been interviewing WMAC swimmers to create a digital story of masters swimming as her graduate project. Her first video in the series is "What is Masters' Swimming" at <https://vimeo.com/70650723> and her second video is "Why Should You Join a Masters' Team" at <https://vimeo.com/70892390> and more will be posted soon. Christina is doing a great job with these videos.

See you at the pool and at the WMAC events ... Jeanne Seidler, LMSC Chair

# The Ying & Yang of Swimming

by Dick Pitman, Masters coach in Madison

It seems so intuitive that swimming should be simple. It's just a matter of moving the arms through the water and eventually you get where you want to go. Stay on top of the water so you don't sink. Try to breathe when you need to.

As we know, however, swimming well is very complicated. One of my favorite personal sayings is this: All I know about physics I learned from swimming.

I coach more than I swim right now. I get quite a thrill out of it, because I know I make a big difference in how a person moves through the water. This morning I was watching one of my women swimming down the lane. I noticed that she wasn't rotating her hips much, if at all. I stopped her when she finished that lap and advised her to rotate her hips more. By rotating she could lengthen her stroke, and thereby take fewer strokes. Besides, by rotating the hips you produce power. You provide some thrust into the hand going forward. I heard Milt Nelms, a well-known coach and technique guru, say at a Swim Clinic: "Rhythm is power. All animals have rhythm." Think of the cheetah, the dolphin. When you watch any animal in action you see rhythm and power. One way I explain this technique is to "roll into the stroke, roll out of the stroke." Sometimes mnemonic phrases can be a great aid when you're trying to fix something.

So, when my gal swam her next length, she smiled and said, "I cut four strokes off. . .and I was faster!" And, she added, "It felt much better!" As she left, I said, "Congratulations on your Breakthrough!" She smiled. She'll be excited to come to the next practice. I thought, "Gee, that was an easy fix."

## Request to Support Swim for Freedom

Swim4Freedom swim is Aug 4. Here is the entry form [http://www.swim4freedom.org/pdf/SwimLG\\_EntryForm.pdf](http://www.swim4freedom.org/pdf/SwimLG_EntryForm.pdf). Even if you haven't been training much a relay is a great option and a lot of fun. For those of you not participating – please consider donating to help support our Special Forces personnel and their families. Here is the direct link to our fundraising page <http://www.firstgiving.com/fundraiser/steele-whowell/swim4freedom2013> —Steele Whowell

Editor's Note: A relay of WMAC swimmers KariAnn Prah, Ashley Cooper, and Christine Erickson will be participating in this event. It would be wonderful to show our support for them.

## Kudos

<http://www.htrnews.com/videonetwork/2472637815001>

Way to go Janet! Taught private swim lessons to 92 yr old blind lady —Dick Pitman

## Survey Input Requested

Swim drills are a basic and essential part of swimming. We all need them, but how often do we do them? For the next newsletter, I'd like you to think about your favorite drill, the purpose of it, and why you like it. Conversely, if you have a drill you hate to do, why do you dislike it, and why is it so hard to do. Feel free to send any comments you have to [WIEditor@usms.org](mailto:WIEditor@usms.org). I will consolidate those into a column in the next newsletter.

## Elmbrook Masters Lake Swim

On July 13, Julie Van Cleave hosted a lake swim for the Elmbrook Masters. Twelve brave souls set out across the lake for a round trip swim of about a mile-and-a-half, escorted by a kayak and a pontoon boat. It was a beautiful sunny morning, with a perfect water temperature. Afterwards, everyone refreshed themselves at a Hawaiian themed luau party.

## Post Nationals Swim Party

On June 16, a post Nationals celebration party was held at the home of Dave Severance, welcomed by the 4th place banner on the front lawn. A group of nationals swimmers gathered on the back patio to create their own pizzas, which Dave baked in his new wood fired pizza oven. There were quite a number of creatively topped pizzas to be shared, while reminiscing about the team's individual and relay swims. It was a wonderful afternoon, and talk turned to next year's nationals to be held May 1-4 in warm, sunny, Santa Clara, CA.



Linda Fitzgerald, Debbie Katzman, Jen May

## Wisconsin Senior Olympics

The registration deadline for the Wisconsin Senior Olympics is August 16. After that the fee increases. To register, go to their website, <http://www.wiseniorolympics.com/w/page.cfm?pagetitle=Registration>.

## Print or Email Newsletter

If you are currently receiving a printed newsletter and would like to receive the emailed version instead, please contact John Bauman at [WIRegistrar@usms.org](mailto:WIRegistrar@usms.org). The advantage is you receive the newsletter sooner, and the pictures are in color. Please include your name and email address when contacting John.

## New WI Masters Records from WI LCM State Meet

### Individual

Men 80-84 100 BACK:2:03.89 John Bauman

Women 55-59 50 BREAST :39.41 Melinda Mann

### Women's Relays

100-119 400 LC Meter Freestyle 5:24.76  
Crystal Toll, Sonja Johansson,  
Carly Meuer, Sarah Milia

### Men's Relays

72-99 800 LC Meter Free style 9:41.59  
Conner Andrews, Philip Davies,  
Tom Merryfield, Dan Heraly

120-159 200 LC Meter Freestyle 2:46.59  
Crystal Toll, Renee Scherck-Meyer,  
Kimberly Gebauer, Sonja Johansson

120-159 400 LC Meter Medley 5:12.62  
Tom Merryfield, Thomas Bird,  
Conner Andrews, Dan Heraly

160-199 400 LC Meter Medley 6:10.42  
Linda Fitzgerald, Karen Kimple,  
Debbie Katzman, Sarah Milia

160-199 800 LC Meter Freestyle 9:30.77  
Zach Newcomer, Mark Pfaltzgraff,  
David Dallmann, James Biles

200-239 800 LC Meter Freestyle 12:34.15  
Laurie Alioto, Patricia Hagen,  
Denise Connors, Kelly Boettcher

240-279 200 LC Meter Medley 2:12.99  
Kevin Welton, James Dannenberg,  
Brad Horner, Dean Fochios

### Men's Relays

72-99 200 LC Meter Freestyle 1:45.79  
Conner Andrews, Philip Davies,  
Tom Merryfield, Dan Heraly

120-159 400 LC Meter Medley 5:12.62  
Tom Merryfield, Thomas Bird,  
Conner Andrews, Dan Heraly

## New WI Masters Records from WI LCM State Meet (continued)

### Men's Relays

160-199 800 LC Meter Freestyle 9:30.77

Zach Newcomer, Mark Pfaltzgraff,  
David Dallmann, James Biles

240-279 200 LC Meter Medley 2:12.99

Kevin Welton, James Dannenberg,  
Brad Horner, Dean Fochios

240-279 400 LC Meter Medley 4:54.77

Kevin Welton, James Dannenberg,  
Brad Horner, Dean Fochios

320-359 400 LC Meter Freestyle 9:16.38

Fred Salzmann, Alex MacGillis,  
John Bauman, Tom Michelson

This relay ties the record for the event set 6/24/2012

Men 320-359 800 LC Meter Freestyle 18:58.07

Donald Jackson, Alex MacGillis,  
Tom Michelson, John Bauman

### Men's Relays

Men 320-359 400 LC Meter Medley 9:05.30

John Bauman, Alex MacGillis,  
Donald Jackson, Tom Michelson

### Mixed Relays

100-119 800 LC Meter Freestyle 10:42.43

Andrew Toay, Sonja Johansson,  
Carly Meuer, David Pasterski

100-119 400 LC Meter Medley 5:22.09

Carly Meuer, Cassie McCauley,  
Andrew Toay, Mike Anderes

120-159 400 LC Meter Medley 5:10.39

Philip Davies, Mindy Seidler,  
Zach Newcomer, Rachel Budde

200-239 800 LC Meter Freestyle 10:48.37

Debbie Katzman, David Drury,  
Karen Kimple, David Clark

## A l c a t r a z   S w i m

by David Watts

The very name Alcatraz can instill fear into many swimmers. After all, no one ever escaped the island, which was home, at different times, to Al Capone and Robert Stroud ("The Birdman"). I got roped into doing an Alcatraz swim because my son Kevin, who lives in the Bay Area, badgered me into it. There are a number of Alcatraz swim sponsors, but we went with Tri-California, and you could do just the 1.5 mile swim, or add a 7 mile run across the Golden Gate Bridge and back. Or you could do a relay. I invited my younger son, Corey, to be my relay partner and handle the 7 mile run.

Tri-California held a pre-race meeting with photos of what to sight on, and a discussion of weather and currents. There would be a strong ebb current, heading west from Alcatraz out through the Golden Gate. The current helps you along if you judge it correctly – you basically swim toward shore, and the current carries you along the shore to the finish line at Crissy Field beach.

Monday May 27<sup>th</sup> (Memorial Day) was race day. Four hundred participants boarded the ship "Hornblower" by 0700, after a shuttle ride from Crissy Field. About half were doing the swim only, the rest the swim-run. There were 16 relay teams.

By 8 AM the boat was in position off Alcatraz. Weather was a little windier than predicted, but on command, everyone started jumping into the cool gray waters of the Bay. When you jump, you cross a timing mat, and you start swimming when you hit the water. I felt buffeted by the waves and wind, and I don't think I was able to put two strokes together in a straight line. But eventually I could see people on Crissy Field beach, and I put my head down and swam in. I jogged across the swim finish line with a time of just under 42 minutes – or 28 minutes per mile.

I made it to the transition area, and handed off my timing chip to Corey. Although my swim time wasn't the fastest, Corey's run time was the best of the day, and our relay team took first place! Kevin had a very fine swim-run time.

Although the swim itself wasn't always enjoyable, to have done this swim, and to have participated with my boys in this iconic event, made it a great experience. I recommend Tri-California, which supported the event well from beginning to end, including a fleet of kayaks, a jet ski, and larger boats to protect the swimmers – as well as great preparation and coordination, and top-notch food and medals at the end.

Would I ever do this event again? When I came out of the water, I said "No way." But it was great to team up and do this as a family, and even share top honors with my son. So if I ever do get roped into this again, I will once again try to team up with a premier runner.



## S w i m m i n g o n Y o u r O w n

Last month I asked for input from those of you who swim alone. I had responses from several people, and have included their stories below. The common theme is motivation. I hope some of their stories will encourage you.

— Mary Schneider

Saw the recent newsletter looking for comments on those of use who swim on our own.

Thanks to Greg Hollub, I got into masters swimming when he was briefly at the Waukesha YMCA. He organized a team and I believe we had 14 swimmers for our first meet at Wauwatosa West. Since he left, our "team", the "Y-nots", dwindled to just me.

I'll admit, if it wasn't for the meets, followed by open water swims and "Go the Distance", I wouldn't continue putting in the yards. I've increased now to averaging 7 miles a week. I also play basketball one to two times a week for what I call my cross training to avoid boredom.

I must say, thanks to Melodee Nugent for introducing me to the SwiMP3 player. My kids got it for me one Christmas for one of the best presents I ever received. What a tool for making the workouts go better. Can't imagine swimming a workout without it now.

I have a variety of workouts I make up for myself, depending on events I'm swimming, whether pool or open water swims. Variety and drills are the spice of swimming! Mixing my metaphors here. Once in a great while, someone swims with me. Doing 100's with them to push you really makes a difference. That's rare, so I'm used to swimming on my own. The positive is I can swim what I want (stroke, distance) and don't have to worry about sharing a lane. — Gus Robledo

Because I have 3 young kids and a job that requires travel/irregular hours, it has been very hard to commit to join a team and practice at a specific time each day. Having swum competitively from when I was 8 through my college years, I really miss the team camaraderie.

Fortunately, there are 2 pools on the college campus where I work (Marquette University), which are open in the morning, around lunchtime and the late-afternoon/early-evening. I also swim at Hoyt Pool in Wauwatosa in the summer. I have a few swimmer friends through work and other networks with whom I swim occasionally, if our schedules allow.

As far as staying motivated, my swimmer friends help motivate me to commit to working out. I write up my own workouts or think of them when I get to the pool. Having coached swimming years ago, I still think this is fun. When

I'm feeling uninspired to think of a workout, there are some websites, including USMS.org, that have workout suggestions. I also do a few competitions a year (meets and open water races) that keep me focused and motivated.

Finally, the website [dailymile.com](http://dailymile.com) is a social media site (like Facebook) for runners, triathletes, bikers and some swimmers. On that site, I have developed a network of workout friends, like teammates, who share their workouts and keep each other motivated.

Hope this info is helpful to my fellow Masters swimmers! Feel free to use any of these suggestions in the next newsletter. — Brian Ruark

I will take a few minutes to give you some thoughts on swimming workouts without a team. I think you are so fortunate if you are someone who has a team to workout with. Getting you motivated is one of the most positive effects but if you don't have a team, you have to find other ways to get motivated. I feel very fortunate that I have a friend emailing a workout to me. It has to be the next best thing. I look forward to the email and print it right away. I try to swim 3 days a week so I make sure I swim the workout that's sent to me, and then for the third one I repeat one or do one I picked up at Dallas or Coronado Masters when swimming with them. While I am swimming those workouts, I think of the fun times and the smiling faces of the swimmers I have met. Having others in your lane to try to keep up with or who make fun comments in between sets makes it easier to work out hard. So if I am swimming alone, I put myself back in those times. My friend is the most motivating to me though. I think of her and sometimes even talk to her while I am getting ready, and as I walk into the Y. Our Y has 2 lanes for lap swimming at all times and the water temp is good now so I try to pick a time when there are the least distractions, since it is very easy to visit with people and lose focus. Many afternoons there are only a couple people there so I often aim for that time. Swimming alone, it is easy to modify the workouts. Especially at the end, it is easy to say "that's enough". However, if I have a workout I know my friend did, I feel very motivated to do that workout. Some days when I am tired I tell myself, my friend took the time to send this so just do it. Swimming alone, you have to have a plan but also goals. If I enter a meet, I know I will work harder so I will add a 4th workout a month before a national meet.

This summer our outdoor aquatic center has added lap swimming from 4-5 pm each day. I like to golf in the summer, so this is a great time to have it. Unfortunately, since I was the only one who has come, they may end it. That's another disadvantage of swimming alone.  
Just thoughts. — Candy Christenson

Thought I would throw out my 2 cents worth on working out alone right now before I forget to do it! I have never had a team to work out with since I joined masters 34 years ago! Downsides on training alone: Motivation! On cold, dreary winter mornings it can be too easy to rollover in bed, turn off the alarm, and go back to sleep. No one is depending on me to give them a ride to practice; no one is depending on me to be a lane and pace mate; I haven't paid any coaching fees to anyone so I don't have to worry about "getting my money's worth"; no one will miss me if I don't show up! Workouts: I either have to write up my own, go on line and find some, or depend on someone who is on a coached team to share workouts with me. But the biggest downside is that I have no one on deck to critique me as far as stroke and turn technique is concerned in both a corrective manner as well as a complimentary manner. At Indy they taped all our swims and when looking at them I realized I really "camp out" on the wall on my flip turns - something an on deck person could have pointed out to me. Also, I have been working to improve my breaststroke and in watching the breast leg on my IM I decided it really looks much better than it feels. It would be nice to be able to get feedback like that on a regular basis.

Upsides: I can alter workouts and no one will be there to make me do it right! E.G. I can use my fins on sets not designated as a fin set, adjust send off times to fit how I feel on that particular day, substitute kicking and/or pulling for a swim set, etc. I am not tied to specific workout times although up here in the north woods I am totally dependent on the community swim times available at the local high school. The nearest YMCA is a 55 min drive away (one way) and other than the HS pool there is nothing.

My biggest battle up here in the "boonies" is that I am about the only person who uses the pool who really works out hard. I had to battle with the powers that be to get the overhead lights in the pool area turned on so I could actually see the sweep clock from the far end of the pool. There was a group of ladies who "swim" but like the atmosphere of a darkened pool environment. I still can not get them to put in lane lines and institute circle swimming. According to these same ladies the lane lines take up space where someone could be swimming. Finally this year we have a lifeguard who is willing to put in one lane line if requested to do so, and of course, I request it every time I swim. Also, we finally have a lifeguard who actually shows up, on time, every day, and does actually "guard" us. For many years we dealt with lifeguard no-shows (just what one wants to deal with after rising at 5:30 AM, driving 10 miles into town in -20 degree weather) and lifeguards who slept while we swam! And one final complaint, our only pool in the area (high school) closes for the entire month of July for maintenance leaving me no place to swim except in the lakes - which this year in mid June still have temps still in the high 50's! —Nancy Kranpitz

## P a n - A m G a m e s

by Melinda Mann

The 2013 Masters Pan Am Games were a terrific meet! The facility was beautiful and the meet was extremely well run. Tropical Storm Andrea caused a bit of a problem on Thursday as the meet had to be stopped for over 3 hours but the meet organizers got the meet back on track as soon as the weather cleared and finished all the events for the day. The Open Water event was held at Siesta Key Beach which was voted the number one beach in the USA in 2012. The soft white sand is gorgeous and the weather was beautiful that morning. Missed seeing you there!

### Results:

John Bauman: 50 Back—3rd, 100 Back—3rd, 200 Back—6th, 50 Breast—5th, 100 Breast—5th

Melinda Mann: 50 Free—3rd, 50 Fly—1st, 50 Breast—1st, 100 Fly—1st, 100 Breast—3rd

Elyce Dilworth: 200 Free—17th, 100 Back—15th

Melodee Nugent: 3K open water—7th

Dean Fochios: 50 Free—11th, 100 Free—5th, 200 Free—6th, 50 Back—4th, 100 Back—10th



John Bauman is at the far left



Melodee Nugent (article by her below)

The open water event was held on the last day of the Pan American Games. The morning was absolutely perfect for an open water swim. The course was on beautiful Siesta Key Beach on the Gulf of Mexico. New to me was fingernail and toenail checks at registration for the swimmers for safety reasons. For me, it was not an issue, but for women who had acrylic nails, they spent a lot of time trying to trim those down!

The event had 104 swimmers for the 1K and 296 swimmers for the 3K. There were 8 different heats for the beach start (it started with <50 males 1k, >50 males 1k, <50 women 1k, etc.). It was a 3 loop course for the 3K with a beach start. The water was in the mid 80s and slightly wavy. I was 7th place in my age group of 21 swimmers with a time of 49:28. There was lunch after the swim followed by awards.

I was very impressed at how well this event was organized and how the community welcomed all of the swimmers. I met a nice group of swimmers from the Florida Aquatic Combined Team (FACT).

# Key West Open Water Swim

by Melodee Nugent

The Swim Around Key West was a 12.5 mile swim around the island. The swim started on the Atlantic side and continued around to the Gulf of Mexico and back. I enjoyed the Gulf side more, since the water was clearer and not as choppy. The storms earlier in the week helped cool off the water to low 80s on the Atlantic side, which helped during the 90+ degree day we had (the Gulf side was much warmer). From what I heard, we had excellent conditions compared to the year before. There were competitors from 22 different states and one swimmer from Canada. Compared to other races, they did not provide a swim cap, so I proudly wore the green and gold Green Bay Packer swim cap.

There were 2 waves of swimming. The first wave left earlier so they could catch the start of the swim with less waves and they were excluded from the final results for awards because they had an advantage. The second wave of swimmers left half an hour later. The first place swimmer was a 21 year-old male from Alaska with a time of 4 hours and 12 minutes. I was 8th place overall of the 61 solo swimmers with 4 hours and 55 minutes (4th place woman and 1st place woman Master Swimmer (40+)). There was another Wisconsin swimmer, Pauline Crane, from Madison. She came in 55th place with a time of 7:05. My escort, Deb, was experienced with the course and was pleased to have another swimmer that was a "winner". I totally depended on her as my eyes and ears of what was going on. There was an 8 hour time limit for the swim with a couple swimmers coming in after that. There were also 2-person and 3-person relays too. Didn't see too much in marine life and luckily no sharks or jellyfish.

When I was looking into the swim around Key West, I noticed there were 2 events with the same distance two weeks apart. I chose the event with more experience (37th year) and the one that was earlier because I was thinking of how much warmer it could be two weeks later. When I asked about the difference between the events, the director of my swim, Bill Welzien, mentioned that there were similar, however, all finishers would receive a nice silver pendant for all finishers for his event. I was sold! It is a beautiful pendant that I wear on a necklace.

## Minocqua Island Swim Challenge

by Nancy Kranpitz

June 23, 2012: I'm in my kayak on Lake Minocqua as part of the safety patrol for the inaugural Minocqua Island Swim Challenge—a one mile out and back open water swim. I should be swimming this, I tell myself, yet I am a pool swimmer at heart and open water kind of scares me, especially weedy open water swims. When I hear after the swim from fellow WMAC swimmers Charlie Lonsdorf and Rob Meyer "no weeds", I vow to do the swim in 2013:

May 1, 2013: There is still 2 feet of ice on Lake Minocqua and the Island Swim Challenge is just 7 weeks away. June 1: While the ice has been gone for a few weeks the water temperature hovers in the 50's. I have no wetsuit, so I e-mail the safety coordinator, Laura, saying because I have no wetsuit I won't be able to swim the Challenge, but will again be a part of the safety patrol. Her response, "Use my wetsuit! I'll be too busy that day to swim." So, on June 23, with no excuses and in Laura's wetsuit, I step into the now 65 degree waters of Lake Minocqua.

The 90 swimmers were started in 3 waves with us "oldies" (age 60 and over) in the 3rd wave. I've never swum in a wetsuit before, and Laura's is a full body, ankle to wrist, wetsuit. By the 1/4 mile mark I'm puzzled as to why my shoulders are feeling a bit fatigued already. But even when dry this wetsuit is heavy, so maybe that explains my early fatigue. It is very buoyant, so much so that it is difficult to comfortably lift my head and spot the buoys. The water is clean, but dark! I can't see the bottom. I also can't see any weeds, so that is a plus! My stroke feels "off", and a couple of times I flip onto my back just for a change of pace. This is not the "take it easy" "relaxed" swim I had hoped to have. I have no idea how fast (slow?) I am swimming, but by the time I reach the turnaround buoy I have caught up to some of the 2nd wave swimmers. And with the wind and waves blowing water into my face on the way out I am now benefitting from not having to deal with those

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issues on the way back. I am feeling better! But, believe it or not, by the 3/4 mark I am starting to feel too warm. Race rules do not allow me to pull off my swim cap and I'm afraid if I unzip the wetsuit even a little to let in some cold water it will fill up and drag me down. I slow my pace. After what seems like an awfully long final 1/4 mile I am just about on the beach, the bottom in site, and I can stand up and walk to the shore. I did it!!!! Despite it being a cool, cloudy, sometimes rainy day, I feel the need to "cool down" in the swimming beach area of Torpy Park, never thinking to look at the timer's clock for my time.

Awards! Of course, the oldest age group (60 and over) is last. Estimating my time to be around 40 minutes I was very pleasantly surprised to hear my announced time as 33:34—good enough for a middle of the pack overall place and the women's 60 and over 1st place. AND, WMAC's own Renate Ringsven, who did the swim sans wetsuit, took the 3rd place medal! So I guess I am now either hooked or committed for next year. Laura's wetsuit will always be an option if needed. June is too early for the serious, thick weeds to grow in this part of Lake Minocqua. The swim is for a very good cause—all proceeds go to support the Oneida County Dive Team as in rescue work on Oneida County Lakes, not board diving! The swim was very well run with safety being the highest priority. So if you want to combine a trip to the beautiful north woods of Wisconsin with a low key but very well run open water swim come on up and join us. Next year's swim will be on June 21.

**Next Newsletter Deadline will be Sept 24**



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