

Wisconsin Masters Swimming

August 2016/ September 2016

O N D E C K . . .



Jeanne Seidler

WI LMSC Officers

Chair: Jeanne Seidler

WChair@usms.org

262-643-7922

Vice Chair: James Biles

WIViceChair@usms.org

Coaches: Dave Clark

WICoaches@usms.org

Editor: Mary Schneider

WiEditor@usms.org

Fitness: Melodee Nugent

WIFitness@usms.org

Officials: Susan Wagner

WIOfficials@usms.org

Long Distance and Open

Water: James Biles

WILongDistance

@usms.org

Registrar: John Bauman

WIRegistrar@usms.org

11917 W. Rainbow Ave.

West Allis, WI 53214-2166

Ph: 414-453-7336

Safety: Jerry Lourigan

WISafety@usms.org

Sanctions: Jeanne Seidler

WISanctions@usms.org

Secretary: Suzi Green

WISecretary@usms.org

Top Ten: Jeanne Seidler

WITopTen@usms.org

Treasurer: Mike Murray

WITreasurer@usms.org

Auditor: Elyce Dilworth

InternalAudit@USMS.org

Webmaster: Mindy Seidler

WIWebmaster@usms.org

Facebook Page: <https://www.facebook.com/pages/Wisconsin-Masters-Swim-Committee/186883398012961>

Wisconsin Masters website: <http://www.swim-wimasters.org/>

August already! It's amazing that summer is so short in Wisconsin, and it's already time to think about late summer and fall swimming activities.

August 5th is the last day to register for Senior Olympics. Besides other sports, there is a 25y swim meet held on Saturday, September 10th, in the Shorewood High School pool located in the north shore suburb of Milwaukee at Capital & Oakland. Dave Clark is again the meet director for the competition. Events are offered both for masters and novice swimmers. This meet is USMS-recognized and times will be reported to USMS for USMS members. Since the meet is sponsored by Senior Olympics of Wisconsin, anyone over age 50 can swim without being a member of USMS. Please consider bringing some of your swimming friends to try out the easy competition in the novice or masters events. The friends may find that they enjoy the camaraderie of a swim meet and decide to join USMS to continue competing. Senior Olympics is an event that opens the door for future competitions with your swimming friends.

On Saturday, October 1st, the **Wisconsin LMSC will hold the Annual Meeting** beginning at noon at the YMCA @ Pabst Farms in Oconomowoc. The agenda for the meeting will be posted on the www.swim-wimasters.org website. All Wisconsin swimmers are invited to attend the annual meeting. Officers are elected for the coming year and the 2015-2016 swim meet schedule is approved. There is more information about the meeting later in this newsletter.

The USMS 5K/10K e-postal event can be swum from May up to September 15th. The swim has to be completed in a 50 meter pool.

On July 30th, **James Biles** competed in the USMS 10-mile Open Water National Championship held in Newport, Vermont. It was an awesome swim, and he was the overall winner. Congratulations, James.

The **USMS Convention** which is part of the United States Aquatics Sports Convention is being held in Atlanta from September 21st to 25th. Wisconsin will be represented by Jeanne Seidler, James Biles, Dave Clark, Elyce Dilworth and John Bauman.

The USMS Officials Committee announced a training program for certifying USMS Officials. The training program is in response to the situation where many LMSCs do not have officials available for their competitions to be held. We are fortunate in having Susan Wagner as the Officials Chair for the LMSC. Sue officiates at most of the meets in the Milwaukee area. She is always able to engage a second official so that meets are run with the required two officials. If you are interested in becoming a certified Masters Official, please read the information on the USMS website. It is found under the "For Volunteers" tab, "Officials" submenu, "Officials Certification" topic. (continued on page 2)

(On Deck continued from page 1)

The direct link is <http://www.usms.org/admin/lmschb/content/officialscert> on the USMS website. **One point to note, if you are a certified USA official, WIAA official or YMCA official, you meet the requirements to be an official at a USMS meet.** The USMS Officials Certification program uses the USA materials to certify officials. If you have questions, please read the USMS page and then contact USMS at the e-mail address noted on the web page.

If you plan to swim in a USA meet in Wisconsin, before the meet, please email WITopTen@usms.org so we can plan to report your times from the meet to USMS. We can report the times to the USMS database for Top Ten consideration if the pool has been measured and appears on the USMS List of Measured Pools. Currently, the Schroeder pool, the Pleasant Prairie pool and the Erb pool (Appleton) have 50 meter configurations on the USMS List.

Seven Wisconsin swimmers have registered for the USMS Summer Nationals. The Nationals are being held August 17-21 at the Mt. Hood Community College 50 M outdoor pool in Gresham, Oregon. Here's wishing the swimmers to do well in Oregon.

USMS membership annual renewals begin November 1st. Workout groups have to begin registering in October so that the workout group is a selection for individual registrations. If you have swimming friends who have not yet registered for 2016, and need to register for USMS beginning September 1st, please be aware that USMS has started new membership options for the partial year beginning as early as August. The USMS website explains the two options. The swimmer can either register with USMS for just the remainder of 2016, e.g., a five or four month registration that expires on December 31st, 2016, or the swimmer can combine the registration of the remainder of 2016, along with the registration for 2017, at a discount for the portion that is the remainder of 2016. This option supports programs that might start beginning in September with the school year.

The **MOWS** open water swim has a few available spots due to cancellations. MOWS is going to re-open registration for the event and will close the registration as soon as the maximum of 500 swimmers is reached. Please check the MOWS website on August 1st regarding open spots.

Thanks for reading the newsletter. If you have feedback, please e-mail **Mary Schneider**, WINewsletter@USMS.org with that feedback. Mary does a great job with preparing, writing and publishing the Newsletter.

Big Swell Open Water Swim

The 3rd annual Big Swell Swim was held on July 9 at Devil's lake State Park. Numerous Wisconsin Masters swimmers participated in the event. The event consisted of 1.2 and 2.4 mile swims, with or without a wetsuit. A 500 meter swim was offered for kids. The water temperature was perfect for swimming, without many waves. It was a well-marked course with plenty of kayakers for safety. It was a beautiful, sunny day, with views of the bluffs. In the 1.2 mile swim, there were 53 non-wetsuit swimmers, and 96 wetsuit swimmers. In the 2.4 mile division, there were 88 non-wetsuit swimmers, and 130 wetsuit swimmers. This was a well organized and fun open water swim. Complete race results can be found at http://onlineraceresults.com/event/view_event.php?event_id=17771.



Andrea Gableman on the left, and Jen May on the right swam the 2.4 mile non-wetsuit division.



This is the picture from the Big Swell Swim. In the back row we have Dave, Tom and Tim. Front row from left are: Carla, Jerry, Larissa, Suzi, Mark, Steve, Errin, and Melodee. Not all Master Swimmers, but a bunch of Swell Swimmers. This picture includes veterans of the MOWS, Point to La Point, numerous triathlons, and extreme distance swims. The swim was the first open water swim for Larissa, Mark, Errin. Everybody enjoyed the venue, water temperature and post event activities.

LCM State Meet—June 25 , 2016

On June 25, the LCM State meet was held at the Schroeder Aquatic Center. The one day meet had 75 swimmers in attendance, mostly from Wisconsin and Illinois, with a few other states. Twelve new LCM State Records were set at the meet, along with 2 new relay records. The meet was a chance to meet up with friends from various parts of the state, which is one of the advantages of Masters swimming. A few of the swimmers were practicing their races in anticipation of a trip to the USMS national meet in Portland, OR. Others were there because they like to compete, and know it will be a few months until the next meet. Whatever the reason, there was good swimming, and good comradery.



Above: Behind the blocks, getting ready to race.



Left: Fast racing.

Below, left to right: John Bauman, Alex MacGillis, Francisco Lopez, Tom Michelson



Above: Finishing hard.



Right: Swimmers and friends waiting for their races, and catching up on each other's lives.



Wisconsin Masters Swimming Annual Meeting and Elections

On Saturday, October 1, the annual meeting of Wisconsin Masters Swimming will be held at 12:00 noon at the Pabst Farms YMCA, in the community room. At this meeting, old and new business will be discussed, potential policy changes, along with the annual election of officers. All positions are up for election. A few of the positions have nominations, although all positions are open for nominations. If you are interested in serving on the board, please contact the current Chair, Jeanne Seidler, at 262-643-7922, or by email at WChair@usms.org.

Our long time secretary, Suzi Green, is retiring from her position after serving for 15 years. We thank her for her years of service to Wisconsin Masters Swimming. We hope to continue to see her at swim meets during this next year.

Below are the open positions and current nominations. Remember, there can be multiple nominations for any of the positions.

Chair—current nomination is for Jeanne Seidler	Registrar—current nomination is for Jeanne Seidler
Vice Chair—current nomination is for James Biles	Safety— current nomination is for Jerry Lourigan
Coaches Chair—current nomination is for Dave Clark	Sanctions—current nomination is for Jeanne Seidler
Editor—current nomination is for Mary Schneider	Secretary—no current nominations
Fitness—current nomination is for Melodee Nugent	Top 10—current nomination is for Jeanne Seidler
Officials—current nomination is for Susan Wagner	Treasurer— current nomination is for Mike Murray
Long Distance and Open Water—current nomination is for James Biles	Auditor— current nomination is for Elyce Dilworth
Webmaster—current nomination is for Mindy Seidler	

Thank you to John Bauman

After many, many years of service to Wisconsin Masters Swimming, John Bauman is going to be retiring from the board of Wisconsin Masters Swimming. He helped start organized masters swimming in Wisconsin, and has been the heart and soul of the organization. He became the first Chair in 1974, and has attended almost every National Convention as a Wisconsin delegate since that time. He helped run masters meets for many years, and in the early years, John carried an electronic timing system to masters' meets, touchpads and all, when the local pool did not have their own electronic timing system. John was also instrumental in helping the national office gather records and memorabilia for the national office archives, along with being a very accomplished swimmer. John has been the registrar for longer than most of us can remember. Wisconsin Masters Swimming would not be where it is today, without his many individual efforts, hard work, organization, and dedication. He wore many hats for most of the back office jobs that kept the LMSC running through the years. All of us in Wisconsin Masters Swimming would like to say a huge **THANK YOU** to John. If you see him at a swim meet, please congratulate him for a job well done.

New State LCM Relay Records

Event	Age Group	Time	Names	Meet
400 Medley Relay	240-279	4:47.01	Dean Fochios, Gregory Blommel, Brad Horner, Barry Mandel	LCM State Meet—Schroeder
200 Free Relay	320-359	4:12.62	Fred Salzmann, Tim Michelson, Francisco Lopez, Alex MacGillis	LCM State Meet—Schroeder

ElmBrook Masters Pine Lake Swim



On Saturday, July 9, the ElmBrook Masters held the 4th Annual Hawaiian Lake Swim and Luau. To add to the theme, everyone had to either wear a Hawaiian shirt, or a grass skirt. This year was the largest turnout ever, with about 30 swimmers participating. Everyone started at the same time, along with boats and kayaks to accompany the swimmers. Everyone had a colorful swim hat for visibility, along with a few orange Safe Swimmer floats. Swimmers started from shore, and swam to an island in the middle of the lake. The total distance was 1 1/2 miles. Everyone swam at a comfortable pace, since this wasn't a race. A few of us were strung out along the route, and had to rely on our kayakers for spotting. After the swim, we feasted on Hawaiian themed foods, like Hawaiian pulled pork, potato salad, and cole slaw. There were a myriad of desserts, and who could resist those after burning off so many calories! There was a lot of good conversation talking about past years' swims, and other open water events some of the team members were doing during the summer.

Correction to caption in the June-July newsletter

In the June-July newsletter, the caption to this picture of Darryl Stich and Bob Corris stated the award from Bob to Darryl was for Darryl's announcing during team meetings. Actually it was for Darryl breaking Bob's SCY 400 IM record that was set in 1985. Congratulations, Darryl!



The Longest Swim in North America – 36 Miles in the Red River

By Melodee Nugent

I completed my longest distance swim called **Extreme North Dakota - Watersports Endurance Test (END-WET)** on June 18th. I had completed this swim in 2012 when it was “only” 27 miles. Starting in 2014, the course was changed to be a 36-mile swim. This year swimmers came from 16 different states to compete. There were a handful of familiar faces I have come to know through the small marathon swimming community. That is what makes these events fun.

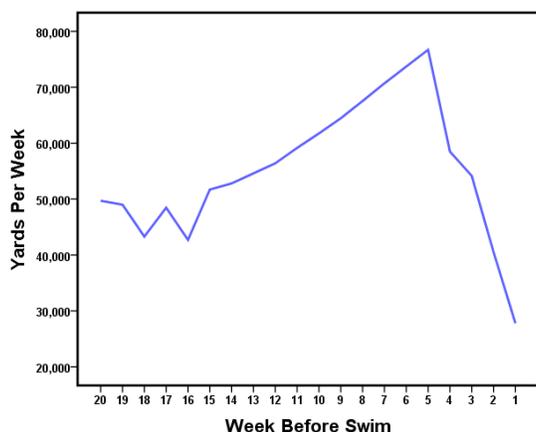
Many rivers flow south, but the Red River flows north; which is ideal for this swim (the course starts 36 miles south of Grand Forks). The visibility within the river is about 8 inches because of the high turbidity. The water itself is clean and safe. The water looks like coffee with cream in it. Swimming is not allowed in the Red River, so race organizers have to obtain a permit to allow for this one day event. Even with the permit, swimming in the dark is prohibited.

Discharge is any easy way to explain how much water is moving past a given point (in cubic feet per second). I noticed the slow movement the day of the race when I saw the kayakers in the water and they were not moving as much as I had hoped. Here is an example of an individual who swam the event all 5 years and you can see how different the times are based on the river discharge:

Year	Miles	Discharge	Time	Minutes per Mile
2012	27	1680	9:40	580/27=21.5
2013	27	6460	7:23	443/27=16.4
2014	36	26300	8:41	521/36=14.5
2015	36	6410	11:03	663/36=18.4
2016	36	3710	13:03	783/36=21.8

Unfortunately, I have participated in the two slowest years. I was really hoping to swim in what felt like a water slide (as I was told it was in 2014). In 2012, I completed the 27-mile swim in 9 hours and 23 minutes = 20.85 minutes per mile. This year I finished the 36-mile swim in 12 hours and 27 minutes = 20.75 minutes per mile. I was 7th place overall out of the 28 that attempted the swim (9 did not get far enough to finish the swim in daylight and were pulled early). The median age was 47 years old and ranged from 23-58 years. There were 9 females and 19 men.

I am often asked, “How does one train for an endurance event like this?” It is simple; you have to put in a lot of swimming yards. For me it is about 4 months prior to the swim that I start to build up the distance each week. It is not only continuous swimming; I do many large descending sets with descending times. For example, during the peak weeks, my main set might be 3*1000, 800,600,400,200 or 6*800,600,400,200. I believe these descending sets have helped me become a stronger swimmer, especially for the second half of my swims. I like that this swim is early in the season because then I am not training during the summer months and I can enjoy that time and other open water swims. The figure below shows the distance I swam training for this swim. I have learned a lot on how to prepare for marathon swims since I did the 25K in 2011 (where I thought I was prepared and I definitely was not).



Kayaker Natalie on left, Melodee 2nd from left

(Longest Swim— continued on page 7)

(The Longest Swim—continued from page 6)

Nutrition is an important part of any endurance event. For years I have used **Infini Nutrition**, which is now a USMS sponsor. I have two customized drinks that I use for racing events. One has a lot of carbs and protein (endurance drink) and the other drink has caffeine. I start out with the endurance mix and eventually start switching to the caffeine and then alternate between the two. For this swim, I only had a piece of toast in the morning and the rest of the day was all liquid nutrition (I made up for it the next day). When training, I use **Jelly Belly Sport Beans**. These are a yummy treat and help with limited bathroom breaks. I often get these in the clearance bin at the Jelly Belly Factory for a great deal.

For most events over 6 miles, a kayak escort is required. I had a 20 year old volunteer, Natalie, from the Air Force Base (she looks like a young Taylor Swift). She was told that it would be helpful for her to volunteer in order to move up in rank. She was asked if she likes to kayak and although she said yes, I don't think she had any idea of what a long day she would have. She would give me the 5 minute countdown (hold up her five fingers) and then would I know we were approaching 30 minutes and at that time she would throw me my drink. I would then take about a 30-45 second break treading water and drinking my drink, all the while not touching the kayak. These 30 minute breaks help with me knowing about how much time I have been swimming. Natalie was a trooper and I know it was tough for her to be in that kayak for the whole day. My husband Mike, asked her afterwards if she would do this again and her response was a flat out, "no"! Even still, she was glad that she did it that one time.

Let me talk about the mental part of the swim because 12+ hours is a long time to think! My friend, Darren Miller, is a "rock star" in open water swimming. A couple years ago he was the first American male to complete the **Ocean's Seven**, the hardest seven swims in the world (North Channel, Cook Strait, Molokai Channel, English Channel, Catalina Channel, Tsugaru Strait and Strait of Gibraltar). I have one of his shirts that has this quote:

"With any challenge, you are always going to have your body telling you to stop due to the pain. It is the mental tenacity to continue pushing through the dark time which MAKES A TRUE CHAMPION."

Another saying that is often used in the military is: "Exercise is 10% physical and 90% mental".

Both of these sayings can be applied to endurance events. There was no point during the swim that I thought of quitting; it wasn't an option. Though I certainly did hit some mental roadblocks. I was doing great up until the half-way point; but when I was 6+ hours into the swim and I was only half-way, the realization hit that it was going to be a very long day. I was frustrated around the 16 mile marker (the mile makers started at 36 and went down to 1) because I thought I was at mile 14. At that point I told Natalie I didn't want to know how far I was. She asked me about an hour later if I wanted to know what place I was in and I said "No", but then I asked if I was in the first half and she said "Yes". It also helped when I would see a kayaker/swimmer farther up ahead (everyone is spread out). I told Natalie, "that is my next target" and then I would focus on catching up with them for the next hour or so. I was able to pass two swimmers in the second half.

The scenery is beautiful with cottonwood trees lining the river banks, with a few surprises (dead trees) in the river as well. I did see some beaver dams, which had me thinking what critters are in the water. Not much else to see until a mile or so from Grand Forks and then I could start seeing structures. I knew where the swim ended and was hoping to see the bridge of Grand Forks on every turn of that river. I told Natalie, "I see the bridge" and started to get excited, only to be hit with extremely cold water that was coming in from another river for the last 10 minutes. What a way to end the swim. Mike told me he has only seen me this tired from a swim one other time (after the 25K) and my response was, "I just swam 12+ hours!"

The recovery went well. I didn't sleep well the night of the swim, but the next day I had a hearty breakfast and was ready to help with the drive home (about 10 hours). The arms were a little sore and I had chaffing on my neck, but overall I was good. I am very happy to be a finisher of the 36-mile swim, I really can't believe I did it (my friend said that she has never heard me say that). Now I am just thinking about what my next adventure might be.....



The Start

(The Longest Swim—continued on page 8)



(The Longest Swim—continued from page 7)

View from a bridge



Heading towards the finish!



Schlepping through the mud to get out of the water, my arms look like they are going to fall off!

New State LCM Individual Records

Event	Age Group	Time	Names	Meet
800 Free	W 25-29	10:58.80	Valerie Thorp	LCM State Meet—Schroeder
50 Breast	W 40-44	35.46	Trina Schaetz	LCM State Meet—Schroeder
50 Breast	W 60-64	39.99	Melinda Mann	Bumpy Jones, Sarasota, FL
50 Breast	W 60-64	39.70	Melinda Mann	LCM State Meet—Schroeder
100 Breast	W 60-64	1:29.23	Melinda Mann	Bumpy Jones, Sarasota, FL
200 Breast	W 60-64	3:25.72	Melinda Mann	LCM State Meet—Schroeder
50 Fly	W 60-64	34.10	Melinda Mann	Bumpy Jones, Sarasota, FL
50 Fly	W 60-64	33.55	Melinda Mann	LCM State Meet—Schroeder
100 Fly	W 60-64	1:17.85	Melinda Mann	LCM State Meet—Schroeder
50 Back	W 60-64	39.86	Melinda Mann	Bumpy Jones, Sarasota, FL
50 Free	W 60-64	31.92	Melinda Mann	Bumpy Jones, Sarasota, FL
100 Back	W 65-69	1:53.60	Janet Schultz	LCM State Meet—Schroeder
200 Back	W 65-69	3:54.79	Janet Schultz	LCM State Meet—Schroeder
200 Breast	W 65-69	4:17.31	Janet Schultz	LCM State Meet—Schroeder
400 Free	M 55-59	5:06.05	Mark Pfaltzgraff	LCM State Meet—Schroeder
50 Fly	M 60-64	30.42	Brad Horner	LCM State Meet—Schroeder
50 Free	M 60-64	28.73	Dean Fochios	LCM State Meet—Schroeder

NEW USMS LCM RECORD

Congratulations to Melinda Mann, for setting a new USMS LCM record, not once, but twice, in the 50 M Breaststroke. Melinda broke the record the first time at the Bumpy Jones meet in FL, and then broke her own record one week later at the WI State LCM meet on June 18. Her time was an amazing 39.70. In her Masters swimming career, Melinda has posted 26 individual USMS national records, and 3 relay records. A superb accomplishment!

Olympic Trials Review

by Dr. Geoff Mykleby

Every 4 years, USA Swimming gets to showcase the best talent in the country to create their Olympic team and they picked the great city of Omaha Nebraska for that event in 2016. In fact, they have chosen Omaha for the last 3 trials and to be honest, if they DON'T get it again in 2020, I will be surprised. What a fantastic experience for any swimming nerd, the city goes overboard to accommodate the rabid fans with great facilities, fantastic social events and an evening finals ritual that's reminds me of "ACADEMY AWARDS meets BARNUM and BAILEY Circus" atmosphere!! Some of you know me and my love of all things swimming but many of you don't know that I grew up in Omaha in the early 60's and actually learned to swim and compete at a small neighborhood pool called Westgate. In fact, during the trials week, I sponsored a swim clinic for that pool using 2008 USA Olympian Christine Magnuson and Wisconsin All-American Ruby Martin as my clinic leaders. If you want to learn more about this, go to YOUR SWIM CHANNEL and look at the interviews of Christine Magnuson and me, Dr Geoff Mykleby. (note: there is a small fee for using this website but it is well worth the cost!!) . The other unique thing about me is that I represented 4 different states during my swimming career as a kid(Nebraska, Illinois, Iowa and North Carolina) plus two states as a Masters swimmer (Wisconsin and Illinois) and you can imagine how many people I ran into at the trials. It was a networking OVERLOAD for me, but it was a BLAST!! In fact, I connected with many Wisconsin Masters, like EBSC swimmer Julie Van Cleave and her husband Jay (who actually were interviewed on deck during finals!!) , WSAC coach Wendy Frank and her husband Patrick, Madison's favorite son and National team member Brad Horner as well as a host of other AQUA CHEESEHEADS !! Just a suggestion for 2020..if Omaha gets it again ,you shouldn't miss this athletic spectacle that is only a half days drive from Wisconsin!! GO USA!!!



Left: Kevin, Julie, and Jay Van Cleave



Right: Wendy Frank (coach at Walter Schroeder Aquatic Center) and husband Patrick at the pool



Far Right: Wendy and Patrick outside of the venue

N e x t N e w s l e t t e r D e a d l i n e w i l l b e S e p t 2 4

Wisconsin Masters Swimming
11917 W. Rainbow Ave
West Allis, WI 53214