

Wisconsin Masters Swimming

October / November 2018

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From the Chair

Greetings Fellow Masters Swimmers!

With summer winding down, and competitions completed, it's now time to turn our sights to a new short course season. The complete list of Wisconsin meets is listed on the main page of the website, <https://www.swim-wimasters.org/>. Early meets will be in Baraboo November 4 (SCY), and West Bend December 1 (SCM). The Wisconsin SCY State Meet will be held at Schroeder March 23-24, 2019. The highlight of the season will be the SCY USMS Nationals in Mesa, AZ, April 25-28. Reserve the date if you are interested in attending this meet as a member of the Wisconsin team. One advantage of this meet is that it is an outside facility, and it's warm and sunny in Arizona in April!



August saw several sanctioned open water swims. The inaugural **Milwaukee River Swim** took place on August 11, with 72 swimmers. The event was won by **James Biles**. I heard a few comments that the water was better than first thought, and the course was well marked. Swimmers noted that a number of people stood on the bridges watching the race, cheering them on. I hope next year we will see more swimmers participating.

Next on the agenda was the **Madison Open Water Swim**. This is a very well run event, after years of experience by the Madison Swim Club. I do have to say, the post-race food was very tasty! Open water swimming is an opportunity for us pool swimmers to get into a different element and try something new. Think about supporting these events for next year.

As a reminder, the 2018 **Wisconsin Masters Swim Committee Annual Meeting** takes place on Saturday, Oct 13, 2018, at the Aurora Summit Hospital, Gifford Conference Room, starting at 9:00 am. See the next page for more information. Elections of officers and voting on the proposed by-laws will take place. Please consider attending the meeting.

November will bring the annual **Wisconsin Water Warriors** contest. This is a fitness event you can do in your own pool. The basis of the competition is to swim as many yards as you can in a 14 day consecutive period between November 1 and December 31. Prizes are awarded by age group and gender. See [page 6](#) in this newsletter.

USMS will also sponsor three fitness events during the short-course season. USMS has a wealth of information to help in your swimming experience. Go to <http://www.USMS.org> then look under the menu Fitness and Training. USMS has workouts, stroke drills, and nutrition tips, which may be helpful especially for those

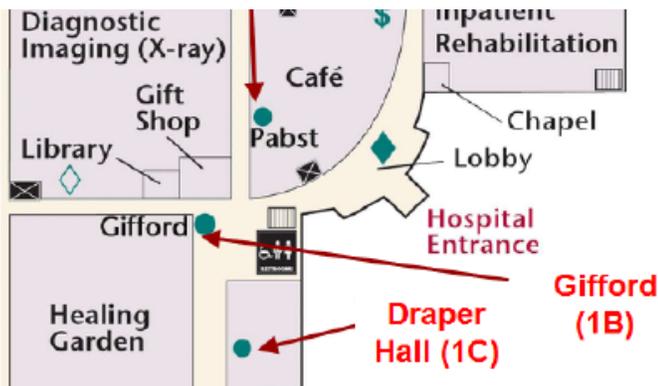
(Continued on page 2)

Announcement — Annual WMSC Meeting

The Annual Meeting of the Wisconsin Masters Swim Committee (WMSC) will be held on Saturday, October 13, from 9:00 am until 12:00 pm, at the Aurora Medical Center in Summit, 36500 Aurora Dr, Summit, WI. The meeting will be held in the Gifford Conference Room. Elections of Officers will take place at the meeting.

A slate of candidates will be presented in another email. If you are interested in serving Wisconsin Masters Swimming in some capacity, please email Mary Schneider at WChair@usms.org.

Over the summer, the Executive Board has been working to revise the By-Laws. These will be voted on at the meeting, and if approved, will take effect the day following the annual meeting.



(From the Chair — continued from page 1)

who swim by themselves.

The USMS convention took place September 26-30. Six members from the Wisconsin Masters board of directors will be attending the convention in Jacksonville, FL. Information will be shared after we return. If you would like to follow the convention and read minutes of the House of Delegates and committees, you may do so by clicking this link, <https://www.usms.org/volunteer-central/2018-annual-meeting>.

Lastly, if you have contributions to the newsletter, or you would like to ask a question on any swimming topic, please contact the newsletter editor, Carl Millholland, at WiEditor@usms.org. For questions, we will research an answer and publish it in the newsletter.

Happy Swimming!

— Mary Schneider
WMSC Chair

Correction

In the August/September 2018 edition of the Wisconsin Masters Swimming newsletter, in our reporting on the Big Swell Swim at Devil's Lake we overlooked that Wisconsin Masters swimmer **Kimberly von During** placed 2nd in the Women's 2.4 mile Wetsuit Division with a time of 58:03. Congratulations, Kimberly!
— Editor

USMS membership renewal begins on November 1

Membership must be renewed before participating in any masters swim meets in 2019. As a reward for early renewal, USMS will be offering substantial discounts from its sponsors. Registration may be completed on-line at <http://www.USMS.org/reg/>. You may also receive an email reminder about registration from USMS, and may click the link within the email. If you are unable to register on-line, you may print a form from the Wisconsin Masters website at <https://www.clubassistant.com/c/A0F3601/file/Docs/regform.pdf>, or request a form from the Wisconsin Registrar, whose name, address, and phone number are listed on the first page under WI LMSC Officers.



Important to note: If you wish to register for a Wisconsin club, select WMAC (Wisconsin Masters Aquatic Club) in the registration process. This is especially important if you wish to swim for Wisconsin at nationals. If you swim with a workout group, you should select that group in addition to your club.

If you are responsible for registering a workout group, please be sure to register it anytime from Oct 1 to Oct 31. You must register the workout group before Nov 1 so members may select it during the individual registration process.

Open Water / Long Distance Swimming



Madison Open Water Swim (MOWS)

Correspondent — Mary Schneider

The Madison Open Water Swim was held on August 18, a beautiful Saturday that started out cool, but warmed up by the time the event started. Being somewhat cloudy made sighting the buoys a lot easier. With the water temperature above USMS wetsuit standards, competitors were not able to wear wetsuits. Realizing this may be an issue for some swimmers, MOWS allowed swimmers to switch from the 2.4 mile swim to the 1.2 mile swim.

This race features a mass start—with all the initial pandemonium that goes with it. Swimmers had to swim to the starting area of the race, tread water for a minute or so, then take off at the horn start. Swimmers self-seeded their starting positions. Personally speaking, it was crazy for the first quarter mile, weeding through swimmers, passing some, and getting passed by some, along with getting bumped and knocked about. At about the quarter mile mark, the water started to clear, with some swimmers falling behind, and some swimmers getting a bit far out from the buoy line. I happened to notice an empty area along the buoys, so I just decided to stay on the shortest route.

I was surprised that the first turn wasn't crowded, either, so I just kept going. This was the shortest leg, with the first and backside lengths being a half-mile long, and the two sides a tenth long. It was nice to have a short leg, which upon finishing with the second turn, meant I was half-way through the swim.

The backside was a little difficult, as the wind picked up a bit and the current started pushing swimmers towards shore. I lost sight of the next buoy, but after another couple minutes of swimming, there it was!



Left to right: Erin Schneider, Sarah Perez, Gus Robledo, Mary Schneider, David Reddington, Tim Potter, Jerry Lourigan

As I was swimming, I started wondering where my two daughters were, since they were doing the 2.4 mile swim. One of the swimmers passing by looked familiar, but I couldn't stop to check her out. It turned out it was one of my daughters who recognized my stroke. After making the third turn, I saw the yellow flags at the finish, and swam straight towards them. The route was a bit to the right of the buoys, but that was to mark to course for the swimmers doing the 2.4 mile swim. As I kept inching towards the finish, I started kicking more. I was ready to come home, and I thought of this as the last 200 of a 1,000 yard swim. The adrenaline also kicked in, knowing that yes, I can do this!

With clear water ahead of me, I wasn't going to let anyone pass me. A nice thing about this course is you can swim right up to the water exit. From there it's a short jog to the finish line. I crossed, and found out I was near the

(Continued on page 10)

Cream City Classic – Milwaukee’s Own Open River Swim

Correspondent—Melodee Nugent

What a treat to have a new swim in the Milwaukee area. This swim was not in a local lake though, it was in the **Milwaukee River** on August 11th.

I know what you are thinking, “Ewww, you are crazy!” Several organizations ([Milwaukee Water Commons](#), [Milwaukee Riverkeeper](#), [Harbor District](#) and Sea Grant) have made it their mission to promote the cleaner water in the river by having this First Open Water Swim in Milwaukee. There have been other swim races in the US that are known for being historically polluted waterways, such as the Charles River Swim in Boston and the Swim for Grand Traverse Bay, Michigan. The Milwaukee River has improved over the years and there is still work that needs to be done, but this is a start.

We met near the Summerfest Grounds for the event. This 1.5-mile swim started at the Erie Street Pier and headed towards St. Paul Avenue, which was approximately $\frac{3}{4}$ of a mile. Then we turned around and headed back. This location for the swim was chosen specifically because of the active mixing of water from Lake Michigan has had improved water quality conditions. There was no reason to be concerned with the water quality because the Milwaukee Riverkeeper tested the water leading up to the event and right before the race. If the water quality was unacceptable, the race would have been cancelled. They even provided post-race showers to rinse off after the race.

James Biles First Place Finisher

72 swimmers participated in the swim. Wisconsin Master’s very own **James Biles** was the first-place finisher with a time of 32:29. For a first-time event, they did an awesome job. Even though this was a USMS sanctioned event, many local residents signed up for the event. Definitely put this on your radar for next year.



Photos Lee Matz

Pan American Masters Championship

Correspondent —Mary Schneider



Laurie Alioto (left), Jane Stewart (right)

Six Wisconsin swimmers competed in the Pan Am Championships held in Orlando, FL, July 28-Aug 4. The Pan Am Competition hosts swimmers from North America, Mexico, Central America, and South America. The swimmers who competed were Laurie Alioto (W 60-64), Jane Stewart (W 75-79) Julie Anderson (W 55-59), Dean Fochios (M 60-64), Barry Mandel (M 65-69), and Geoff Mykleby (M 65-69).

Laurie Alioto had an outstanding meet with two first place finishes in the 400 IM and 400 Free. Not only did she win, but she set meet records in both events! In addition, she had 2 second place finishes in the 100 and 200 Fly. She also finished 4th in the 200 Back. Geoff Mykleby also had a very successful meet with second places in the 50

and 100 Back, along with a 5th place in the 200 Back. Showing a little variety, he finished 3rd in the 50 Fly. Barry Mandel had 4th places in the 100 and 200 Free events, and 5th in the 50 Free. Jane Stewart surprised herself with a 2nd place in the 50 Back, and a 3rd place in the 50 Fly. She also placed 4th in the 100 Back, and 5th in both the 50 Free and 50 Breast. Dean Fochios focused on the freestyle events, finishing 7th in the 800 Free, 9th in the 50 and 100 Free, and 8th in the 200 Free. Julie Anderson swam 1 event, the 50 Breast, finishing in 11th place. Wisconsin can hold its head high with such great swimming by a small team. Congratulations to the swimmers!

In the News

Shelley Nolden featured in SWIMMER magazine

The September/October edition of SWIMMER magazine, the official magazine of U.S. Masters swimming, features a great story about Shelley Nolden's recovery from an acute form of leukemia, and her re-entry in to Masters Swimming. [Click here](#). Then jump to page 48.

In addition to describing Shelley's many Top Ten swims, the story talks about her involvement with [GRYT Health](#), a start-up company that provides online tools to people battling cancer. GRYT developed the Stupid Cancer App, a web-based mobile platform used in all 50 states and across 100 countries.

The article also mentions Shelley's special relationship with Elmbrook and Pabst Farms Coach Fred Russell. [Fred's cancer's survivor story and his leadership in winning Spring Nationals is highlighted in an article on the Journal Sentinel.](#)

Thanks to both of you for your inspiration.



Wisconsin Masters Aquatic Club's Shelley Nolden was diagnosed with acute promyelocytic leukemia in 2011 and has used her experience to help others. September is blood cancer awareness month.

Peter H. Bick

"When you see your coach getting in and swimming a 400 IM with cancer, you really can't feel too bad for yourself," Lisa Curtis, Pabst Farm Swimmer.

THE WISCONSIN WATER WARRIORS 2018

Date: November 1, 2018 – December 31, 2018

Place: Your local pool

It's that time of year again! Time to push the limits! The goal of this swim is to swim as many yards as you can. Challenge yourself for this annual event. Be motivated to swim during the upcoming holiday season, so you don't feel guilty about indulging. You can choose any 2-week time period (14 consecutive days) of swimming between November and December of this year. You will be competing against other Wisconsin USMS swimmers. You won't know what the others have swum until after the New Year. There will be great prizes awarded. Overall teams logging the most yards will also be recognized.

This event is only open **to Wisconsin USMS registered swimmers**. If you would like to join USMS, go to www.usms.org and click on the "Join/Renew" button.

To participate in the event, simply e-mail or mail your results to (by January 15th):	Day 1 _____
Melodee Nugent	Day 2 _____
S77 W30745 Mosher Dr	Day 3 _____
Mukwonago, WI 53149	Day 4 _____
E-mail: WIFitness@usms.org *	Day 5 _____
Information needed for results include:	Day 6 _____
Swimmers Name _____	Day 7 _____
E-mail address _____	Day 8 _____
Home address _____	Day 9 _____
_____	Day 10 _____
Your age on the last day of your 2-week swim _____yrs	Day 11 _____
Gender <input type="radio"/> Male <input type="radio"/> Female	Day 12 _____
Specify dates of 2-week swim _____	Day 13 _____
**Remember to submit your results in yards. If you swim in a meter pool, multiply your results by 1.0936.	Day 14 _____
	Total yards _____

****All swimmers will receive a confirmation that your entry was received. If you mail your results, please include a phone number to let you know your entry was received.**

2018 Wisconsin SCY at Baraboo

Sunday, November 4, 2018

Jack Young Middle School, 1531 Draper St, Baraboo, WI 53913

Pool opens 9:30 AM – Warm-up 10:00 AM – Meet starts at 11:00 AM

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 208-S009

SPONSORED BY: Madison Swim Club, Madison Area Masters

FACILITIES: 8-lane, 25-yard pool with anti-turbulent lane guides, starting blocks and backstroke flags. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

ELIGIBILITY: Open to all registered Masters 18 years old or older. All entrants must be a registered Masters Swimmer and the USMS number must be on the entry. Each entry must be accompanied by a copy of the swimmers 2018 USMS registration card.

RULES: Official Masters Rules will govern this meet. All events will be timed finals.

TIMING: Electronic timing (primary: automatic) backed up by two buttons (secondary: semiautomatic) and one watch (tertiary). This level of timing meets requirements for setting USMS records.

ENTRY: Enter On-Line via Club Assistant (see www.swim-wimasters.org for link) OR via U.S. mail with the Wisconsin Masters Swimming Universal Entry Form, one athlete per form. On-line entry is preferred. The link for online entry for this meet is: https://www.clubassistant.com/club/meet_information.cfm?c=2381&smid=10970

ENTRY DEADLINE: On-Line meet entry deadline is Thursday November 1, 2017. On deck entries will be allowed.

ENTRY FEE: \$4.00/individual event plus a \$15.00 facility fee. The entry limit is 6 individual events plus relays. Online entries are paid by credit card to "ClubAssistant.com Events". Relay-only swimmers must enter the meet with no events, sign the waiver and pay the facility fee. Fees must accompany the entry form. Please make checks payable to: Baraboo Indoor Pool.

ENTRY FORM: The universal entry form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations. Remember to include a copy of your USMS registration card.

SEND TO: Tim Capps—Meet Director 221 8th St. Baraboo WI 53913. Email: tcapps5167@icloud.com.

SCHEDULE OF EVENTS:

- | | | |
|------------------------|-----------------------|------------------------|
| 1. 50yd Butterfly | 8. 400yd IM | 15. 50yd Breaststroke |
| 2. 100yd Breaststroke | 9. 200yd Backstroke | 16. 100yd Freestyle |
| 3. 100yd Backstroke | 10. 200yd Freestyle | 17. 400yd Medley Relay |
| 4. 200yd Medley Relay* | 11. 400yd Free Relay* | 18. 200yd Butterfly |
| 5. 50yd Freestyle | 12. 50yd Backstroke | 19. 200yd Free Relay* |
| 6. 100yd Butterfly * | 13. 100yd IM | 20. 200yd IM |
| 7. 200yd Breaststroke | 14. 1000yd Freestyle | |

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

Directions: From Madison I90/94 towards the Dells. Take the Baraboo/Portage exit for Hwy 33 West on Hwy 33 towards Baraboo, approx. 14mi Stay on Hwy 33 in Baraboo to Draper St, the third stop light. Right on Draper St to the High School on the left. Continue up the hill, the Middle School is behind the High School. Pool entrance parking lot is on the back side of the Middle School (on top of the hill)

Post Meet Social: Baraboo Burger Company, 116 4th Ave. Baraboo WI.

2018 Wis. Masters SCM Champs at West Bend West HS

Saturday, December 1, 2018

West Bend High School, 1305 Decorah Rd., West Bend, Wisconsin
Pool opens 9:45 AM – Warm-up 10:00 AM – Meet starts at 11:00 AM

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 208-S008

SPONSORED BY: Wisconsin Masters Aquatic Club

FACILITIES: 8-lane, 25-meter pool with anti-turbulent lane guides, starting blocks and backstroke flags. Lanes 2 to 8 will be used for competition. Lanes 2–7 will be used for competition. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

ELIGIBILITY: Open to all USMS-registered Masters Swimmers 18 years old or older. Mail entries must include a copy of the swimmer's USMS 2018 USMS registration card.

RULES: Official Masters Rules will govern this meet. All events will be timed finals.

TIMING: Primary–Automatic timing system (Colorado); Secondary: Semi-automatic with 1 button; Tertiary: 1 watch. Note: The timing system precision qualifies as appropriate for setting World Records (per FINA rule effective 9/21/2017).

ENTRY: Enter On-Line via Club Assistant (see www.swim-wimasters.org for link) OR via U.S. mail with the Wisconsin Masters Swimming Universal Entry Form, one athlete per form. On-line entry is preferred. The link for online entry for this meet is: https://www.clubassistant.com/club/meet_information.cfm?c=2424&smid=10933

ENTRY FEE: \$4.00/individual event plus a \$15.00 facility fee. Checks are made payable to WMAC.

ENTRY LIMIT: The entry limit is 6 individual events plus relays. **The 1500 Freestyle event is limited to the first 12 entries received.** Swimmers may submit an email request to the Meet Director to be added to a waiting list. Each swimmer entered in the 1500 will be responsible for providing a lap counter.

ENTRY DEADLINE: Paper entries must be in the meet director's hands no later than 6:00 PM, Saturday, November 24 2018. Fees must accompany entries.

MEET CO-DIRECTORS: Larry Mueller & Andrew Babcock, 4272 South Taylor Avenue, Milwaukee, WI. (414) 769-0941 (Larry) or (262) 307-4808 (Andrew) **Email: WMAC.Swim.MeetDir@gmail.com**

SCHEDULE OF EVENTS

- | | | |
|----------------------|---------------------------|---------------------------|
| 1. 400m Freestyle | 8. 50m Backstroke | 15. 100m Backstroke |
| 2. 200m IM | 9. 200m Butterfly | 16. 200m Breaststroke |
| 3. 50m Butterfly | 10. 200m Medley Relay* | 17. 100m Butterfly* |
| 4. 100m Freestyle | 11. 400m Freestyle Relay* | 18. 100m IM |
| 5. 200m Backstroke | 12. 50m Breaststroke | 19. 200m Freestyle Relay |
| 6. 100m Breaststroke | 13. 400m IM | 20. 400m Medley Relay* |
| 7. 200m Freestyle | 14. 50m Freestyle | 21. 800m Freestyle Relay* |
| | 22. 1500m Freestyle | |

*Submit relay entries at the meet. Relays may be all men, all women, or mixed (two men, two women) Swimmers will be permitted to swim in 5 relays but may swim only one of each of the relay distances. This means one 200 free, one 200 medley, one 400 free, one 400 medley, and one 800 free relay.

Directions: From Milwaukee area: Hwy 45 north to the exit at Paradise Rd. East on Paradise to the "round-about" at Hwy G. North on G to the school, on the left, at Decorah Rd. From other areas: Hwy 33 to Hwy G, South on G to the

WI Masters YMCA at Pabst Farms Short Course Yards Swim Meet

Sunday, January 6, 2019

YMCA at PABST FARMS 1750 Valley Road, Oconomowoc, WI 53066
Pool opens 8:00 AM – Warm-up 8:15 to 8:50 – Meet starts at 9:00 AM.

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 209-S001

SPONSORED BY: Wisconsin Masters Aquatic Club

FACILITIES: 8-lane, 25-yard pool with anti-turbulent lane guides, starting blocks and backstroke flags. Lanes 2 to 8 will be used for competition. Lanes 2–7 will be used for competition. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

ELIGIBILITY: Open to all USMS-registered Masters Swimmers 18 years old or older. Mail entries must include a copy of the swimmer's USMS 2018 USMS registration card.

RULES: Official Masters Rules will govern this meet. All events will be timed finals.

TIMING: Primary–Automatic timing system (Colorado); Secondary: Semi-automatic with 1 button; Tertiary: 1 watch. Note: The timing system precision qualifies as appropriate for setting USMS Records (per USMS Rules effective 1/1/2018).

ENTRY: Enter On-Line via Club Assistant (see www.swim-wimasters.org for link) OR via U.S. mail with the Wisconsin Masters Swimming Universal Entry Form, one athlete per form. On-line entry is preferred. The link for online entry for this meet is: https://www.clubassistant.com/club/meet_information.cfm?c=2424&smid=10934

ENTRY FEE: \$5.00/individual event plus a \$15.00 facility fee. Checks are made payable to WMAC.

ENTRY LIMIT: The entry limit is 6 individual events plus relays. The 500 Freestyle event is limited to the first 28 entries received.

ENTRY DEADLINE: Paper entries must be in the meet director's hands no later than 6:00 PM, Saturday/Wednesday, January 2, 2019. Fees must accompany entries.

MEET CO-DIRECTORS: Larry Mueller & Andrew Babcock, 4272 South Taylor Avenue, Milwaukee, WI. (414) 769-0941 (Larry) or (262) 307-4808 (Andrew) Email: WMAC.Swim.MeetDir@gmail.com

SCHEDULE OF EVENTS:

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

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

Directions: Oconomowoc is located midway between Milwaukee and Madison, adjacent to and north of I-94. Exit I-94 on State Hwy 67, go north 2 blocks to Valley Road, turn east(right) on Valley Road, the Y will be about one mile east on Valley Road. When entering the YMCA 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 A.M. on Sunday.

Post Meet: Delafield Brewhaus on Hillside Drive from Highway 83, Delafield.

New Individual State Records (WI Senior Olympics SCY)

Age Group	Event	Time	Name	Location
Women 75-79	100 IM	1:57.71	Jane Dillon Stewart	WI
Women 75-79	50 FLY	56.41	Jane Dillon Stewart	WI
Women 80-84	50 BACK	1:15	Carol Reinke	WI

(Continued from page 3)

front of the pack. I was really amazed, since I had no idea where I was. I just kept my pace, and tried to stay in a straight line. It turns out I finished the 1.2 mile swim in 17th place overall for men and women, and 1st place in my age.

This event was very well organized, and a wonderful

opportunity to experience an open water swim. The best part of this race, besides finishing, was no flip turns!

One of the meet highlights was a finish by Fred Salzmann, age 86, in the 2.4 mile swim. He finished in 2:13:45.9, amid a round of applause. It's an amazing feat by a truly dedicated swimmer! Congratulations, Fred!

N e x t N e w s l e t t e r D e a d l i n e i s N o v e m b e r 1 7

**Wisconsin Masters Swimming
236 N 110 Pl
Wauwatosa, WI 53226**