

fall 1990

WISCONSIN MASTERS AQUATIC CLUB NEWS

Summer has dwindled away and suddenly fall and winter and Tosa Swim Meets are on our minds. After our cold weekend at Wilson Park in August (I'm still trying to get warm) the hot stuffy confines of an indoor pool almost seem to be a welcome thought! As we approach yet another short course season I ask for your help in getting your news out to our people!

Edie Jacobsen represented Wisconsin concerns at the National USMS Convention held in Pittsburg, PA., September 20-23, 1990. We will include a report on the convention in the next newsletter.

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Doris Klitzke writes that Carroll College in Waukesha has free public swimming from noon-1:00 PM and some evenings. Also, the Holiday Inn can be a place to swim, but it is small. They charge \$60 for a single membership and you can swim anytime up until 10 PM.

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In listing Pan Pacific results from last fall we missed anything beyond 1st and 2nd place finishes. Doris Klitzke took 3rd in the 200 IM (1:30.66), 5th in the 50 fly (:39.01), 6th in the 200 back (3:35.22), and 7th in the 50 free (:34.84). She joined with John Bauman, Perry Rockwell, and Margie Simsic for 7th in the 200 M mixed MR and 200 M mixed FR.

Doris' husband, Ray, took 1st in the 3 M diving (age 60-64), 2nd in platform and 4th in 1 meter diving at the National Masters Diving Championships in August 1989. He placed 2nd in 1 meter, 2nd in 3 meter, 3rd in platform and 4th in pairs tandem synchronized diving at the Pan Pacifics in October '89. Congratulations to you both.

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Dave Hackert participated in the Minnetonka, MN., Challenge 5 mile swim July 21, 1990. It was his first attempt at a big open water swim and he reports that swimming with seaweed swishing along your underside is a bit different from swimming in a pool! We're still planning on getting details about Dave's AMAZING comeback from an extremely serious car accident.

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It was so nice to see Barb Kramer not only back swimming, but doing it VERY well at the State LC meet at Wilson Park. She had her best ever 1500, a 1:20+ 100 M free, and a 3:05 200 M free. A six month layoff to rest an injured shoulder certainly hasn't slowed her down. Welcome back, Barb!

Paul Hutinger has another workout idea for us. The article which appears in this newsletter originally appeared in the Central Masters Newsletter and has been reprinted with permission from Paul. In talking with him personally he stated that determining your send-off and repeat times is a trial and error thing. You decide what 80% of your goal time is and then set your send offs accordingly so that you can maintain that time throughout the set. For example, he can maintain a 31.5 50 free leaving every 60 seconds. Most of us would either have to swim the 50 slower or lengthen the send off time. This workout idea looks enticing to those of us who have either very limited pool time, very limited training time, or both!

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The second "reprint" is the article about Edie Jacobsen which appeared in a recent issue of Silent Sport Magazine. Like Barb Kramer, Edie is a relative newcomer to competition and has come a long way in a few short years.

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Our State LC Championship Meet was the occasion for several significant "aging ups"! The MOST significant has to be that of Wisconsin's "Grand Dame" of swimming. Elizabeth John turned 80 in late July. Unfortunately the cold weather prevented Libs from competing in all of her favorite events. But we'll look forward to a warmer meet next summer for her.

John Baumam aged up to 60-64 and Bety Kendall and Fran Zeumer graduated to 70-74. We missed Fran at the meet as she was recovering from a bout of pneumonia. However she is back in the swim and looking forward to next summer.

Nancy Kranpitz also aged up to the 45-49 group.

Isn't it nice to be involved in an activity where aging up is to our advantage?

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Several Wisconsin swimmers represented their local YMCA's in the National Masters YMCA swimming championships at Schroeder in Brown Deer April 26-30, 1990. Betty Kendall, in her last SC yards meet as a 69er set a national record in the 1000 free in 19:14.79. She placed 2nd in the 500 and 200 frees, 3rd in 100 free and 50 free and 5th in 50 fly. Many of you may be unaware that within the past 18 months Betty has undergone 2 major surgeries and has amazed her doctors by not only returning to swimming but to winning. Congrats, Betty!

Fran Zeumer also set a National record at that meet in the 70-74 50 back in :55.28. Fran negative split that race. We all knew how much she wanted that record and when she turned at :29+ at the 25 we admit we had our doubts. But she stormed back on the second 25 to break the previous record by 2 seconds. Congrats, Fran!