
Our long course meet at Wilson Park in August, though low in numbers, had to be one of the best in years. The weather was PERFECT, the ambiance at lunch FANTASTIC, and we had the welcome problem of having so many volunteers to swim relays that we had to struggle to accomodate everyone! It was especially rewarding to have so many females want to swim the relays. We put together what we think are two FANTASTIC 280+ relays - mixed medley and mixed free. To those of you who weren't there - you really missed out on a great meet and a great time.

I feel the need to take a paragraph and write a personal testimony to Masters swimming. Without going into detail, let me just say that this past summer was not a good one for me. Physical problems forced me to abandon my bungi cord and do only long, slow distance in our 38' backyard pool. But the stress caused by knowing my daughter was experiencing a terribly difficult time made me appreciate at least being able to do that. It was complicated by a special "homecoming" coinciding with the Wilson Park meet dates. At the urging of those most affected by my absence from this "homecoming", I entered and attended the meet, expecting full well to feel awful both mentally and physically all weekend. SURPRISE! I didn't! My family managed very well without me - and the "homecoming" was still there on Sunday night. Since attending this meet entailed driving a total of 600 miles over the course of the weekend I entered the maximum number of events allowed - swimming several events I normally wouldn't think of swimming - and not only swam respectable times (for me) under the circumstances, but surprised myself at how good I felt. But most importantly, this weekend was about people. Where else but in Masters swimming can we have such close friendships spanning hundreds of miles and decades in years? I often wonder what the other people in the restaurant think about our crew - what could that wierd combination of people have in common and why are they having so much fun together? So thanks, Masters swimmers. Top Tens, National Championships, state records, personal bests - none of these could replace what "Wilson Park" did for me this summer.

N. Kranpitz

As newsletter coordinator I often receive newsletters and new publications from other clubs and associations. Total Immersion has a publication called SwimSmarts. The 8 page format is being published quarterly in 1991 and will go to bi-monthly in 1992. Subscriptions are \$19.95 per year. You may order a sample copy by writing to Total Immenson, 381 Main St., Goshen, NY 10924 or by calling Terry Laughlin at 914-294-3510.

MANY of our WMAC people participated in the YMCA Masters National Championships in April at the IUPUI pool. The Neenah-Menasha Y ladies took second place in the womens small team division (under 12 entrants), Schroeder team was 6th and Green Bay Y 8th. The Schroeder men placed 10th in the mens large team division. In the combined scoring Schroeder placed 5th among small teams (under 24 entrants) and Neenah, with only women entered, still managed an 8th place finish in the combined category. WMAC members winning National Y championships were: Fran Zeumer, Shirley Hasselbacher, Patricia Alaire, Cindy Maltry, Nancy Kranpitz, Becky Bartsokas, Doris Klitzke, Josephine Pallin, Betty Kendall and Harlan Drake. Josephine Pallin set a National Y record in winning the 70-74 50 back with a time of :48.08. Congratulations. I have no relay results from this meet.

The following is a REPRINT from the Shark Snooze (an Illinois newsletter) dated May 6, 1982.

HOW TO KNOW WHEN YOU ARE GETTING OLD

Everything hurts and what doesn't hurt, doesn't work.
The gleam in your eyes is from the sun hitting your bifocals.
You feel like the morning after and you haven't been anywhere.
Your little black book contains only names ending in M.D.
Your children begin to look middle-aged.
You finally reach the top of the ladder and find it leaning against the wrong wall.
Your mind makes contracts your body can't meet.
A dripping faucet causes an uncontrollable bladder urge.
Your look forward to a dull evening.
Your favorite part of the newspaper is "20 years ago today".
You turn out the light for economic rather than romantic reasons.
You sit in the rocking chair and can't get it going.
Your knees buckle and your belt won't.
You regret all those mistakes you made resisting temptation.
You're 17 around the neck, 42 around the waist, and 96 around the golf course.
Your back goes out more often than you do.
A fortune teller offers to read your face.
Your pacemaker makes the garage door go up when you see a pretty face.
The little old gray haired lady you help across the street is your wife.
You sink your teeth into a steak and they stay there.
You have too much room in the house and not enough in the medicine cabinet.
You know all the answers but nobody asks you the questions.

WATER DOWN EXTRA FAT

(From Shark Snooze, July/August 1991 - submitted by Indrig Stine)

Water joins exercise and a sensible diet in the fight against fat. Studies have shown that increasing the amount of water you drink can reduce fat deposits. Conversely, decreasing water intake can cause fat deposits to increase. If the kidneys don't get enough water some of their work must be done by the liver. One of the liver's primary functions is to break down stored fat into usable energy. If the liver has to take over some of the kidney's work, less fat can be metabolized. As a result, more fat remains stored in the body. Cold water is absorbed into your system more quickly than room temperature water. Some studies suggest that drinking cold water can actually help burn calories. Drink at least two quarts of water every day - more if the weather is hot and dry or if you are exercising. The overweight person needs an additional 8 ounces of water for every 25 pounds of excess weight. The water you drink can take off fat and add years to your life.

Congratulations to Herb Howe (75-59) for placing first in the 1990 one hour postal swim. Through a clerical error he had been listed as 2nd. Retabulation showed his 3420 yards placed him first! Congratulations, Herb!

Enclosed in this newsletter is a copy of the entry form for the Minnesota Masters postal Pentathlon meet. In order to support this event we have seen to it that all three courses will be offered between the Neenah meter meet and our first Tosa meet. In a Pentathlon each swimmer swims all events - fly, back, breast, free and IM - either in the sprint (50's - 100 IM), middle distance (100's - 200 IM) or ironman (200's - 400IM). Check your meet information for Neenah and Tosa for special entry info.

A large number of Wisconsin registered swimmers list no club affiliation. There are currently 8 registered clubs in Wisconsin and they are listed below. We encourage you to contact a team in your area and join a club. It's always easier and more fun with a group than by yourself.

Wisconsin Masters Aquatic Club #201-01

John Bauman
11616 W. Greenfield Ave. #23
West Allis, WI 53214-2152
(414)453-7336

Mad-Town Aquatic Masters #201-09
Bob Joers, Director
2230 Bristol Street
Middleton, WI 53562-2774
(608)828-1695

Racine Y Sea Dogs #201-03
Chuck Kerstein, Aquatic Director
725 Lake Ave.
Racine, WI 53403-1254
(414)634-1994

Green Bay Y Masters #201-04
Clyde Truttman, Director Competitive Swimming
235 N. Jefferson Street
Green Bay, WI 54301-5126
(414)435-5361

Lands' End Masters Swim #201-05
Karla Gundlach, Health & Fitness Specialist
3 Lands' End Lane
Dodgeville, WI 53533-9401
(608)935-4793

Wood County Swim Masters #201-06
Stephen L. Morris
341 3rd Street South
Wisconsin Rapids, WI 54494-4347
(715)423-1810

Lake Country Swim Team #201-07
Robert White, Jr.
137 Maple Ave.
Hartland, WI 53029-2110
(414)367-7657

Madison West-Y-Masters #201-08
Bob Aker, Aquatic Director
5515 Medical Circle
Madison, WI 53719-1285
(608)276-6606



Liz John Doris Klitzke

* 1991 POSTAL PENTATHLON SWIM MEET *

SPRINT
 BACK, BREAST, CRAWL, 100 I.M.
 50 FLY,

MIDDLE DISTANCE
 BACK, BREAST, CRAWL, 200 I.M.

Sanction: By Minnesota LMSC for USMS Inc. # 301-16.

Eligibility: Open to all registered masters swimmers for the 1991 season.

Conduct of Meet: Participant swims the 5 events, preferably in a 25 yard pool, Butterfly, Backstroke, Breaststroke, Crawlstroke, and Individual Medley. All results will be based on a 25 yard course, swims performed in meter pools must indicate that their entries are from a meter pool so their time are converted to a yard equivalent. The meet results will compare each event of the pentathlon amongst the participants. It is recommended that the pentathlon legs be swum in the order Butterfly, Backstroke, Breaststroke, Crawlstroke, and then Individual Medley. The events must be swum during the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period. Participants may swim the Sprint, Middle Distance, Ironman, or any combination of courses. If you desire to swim more than one course you should swim each course on a separate day. The pentathlon must be swum from October 1, 1991 to December 15, 1991 and the entries must be postmarked by December 24, 1991, include a copy of your USMS registration card or foreign equivalent. **Incomplete entries will be returned and assessed a \$2.00 (US funds) administration fee.**

Age Groups: 19-24, 25-29, 30-34, . . . , 90-94, 95+. Age will be determined by the swimmers age on December 15, 1991.

Awards: Winners of each age group will receive a special award. All participants may purchase a participation T-shirt for \$10.00(US funds), XXL shirts add \$3.00(US).

Entry Fee: \$5.00(US) per course (\$1.00 per event). Make checks payable in US funds to: **Postal Pentathlon Swim Meet.** All fees are non-refundable.

Send entries to: **1991 Postal Pentathlon Swim Meet**
 570 - 96th Lane
 Blaine, MN 55434 USA

Questions: Wayde Mulhern Phone-Day (612) 635-5167 Evenings (612) 784-7020

PLEASE INDICATE SHIRT SIZE WHETHER YOU ORDER A PARTICIPATION SHIRT OR NOT.

Name: _____
 USMS registration # or foreign equivalent: _____
 Phone Days: _____ Evenings: _____
 Swim Club: _____
 Shirt Size: **S M L XL XXL** Shirt Type: **Sprint Middle Distance Ironman**
 Entry Fee: \$ _____ Participation Shirt: \$ _____ Total Fees: \$ _____

Enter your times for each individual event. Circle pool type: Yards / Meters.

Sprint course 50 Yards/Meters each stroke and 100 IM Date Swum _____
 Fly _____ Back _____ Breast _____ Crawl _____ IM _____

Middle distance 100 Yards/Meters each stroke and 200 IM Date Swum _____
 Fly _____ Back _____ Breast _____ Crawl _____ IM _____

Ironman course 200 Yards/Meters each stroke and 400 IM Date Swum _____
 Fly _____ Back _____ Breast _____ Crawl _____ IM _____

I the undersigned have participated in the Postal Pentathlon having swum the designated events in the recommended time period. I also intend to be legally bound, hereby certify that I am physically fit and have not been other wise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damage arising out of participation in the Masters program or any activities incident thereto against USMS, Inc., the LMSC, the Clubs, host facilities, meets sponsors, meet committees or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. I further agree to abide by and be governed by the rules and regulations of USMS.

Signature: _____ Witness: _____

IRONMAN

200 FLY, BACK, BREAST, CRAWL, 400 I.M.

Doris Klitzke found the following WMAC members listed in the 1990 World Top Ten rankings for LC and SC meters:

Edie Jacobsen - SC 400 IM - 9th

Elizabeth John - LC 50 breast - 9th

Doris Klitzke - LC 50 fly (5th) and 100 fly (6th)
SC 200 IM & 100 fly (6th) and 50 & 200 fly (7th)

Doris admits to not thoroughly checking the men's listings for WMAC members. That will be her assignment for our next newsletter!

Congratulations to the following WMAC swimmers who attained National Top Ten Rankings in the 1990-91 short course season.

Nancy Kranpitz (45-49)
10th - 200 fly

Lynn Surles (70-74)
7th - 100 free
9th - 50 free

Doris Klitzke (55-59)
4th - 50 fly
5th - 200 fly
6th - 50 free & back, 100 fly & back, 200 IM
7th - 100 IM
10th - 50 breast

Herb Howe (75-79)
2nd - 1000 free
3rd - 500 & 1650 free
4th - 200 free
7th - 100 free

Betty Kendall (70-74)
8th - 200 & 100 free
9th - 50 & 100 free
10th - 50 fly

Josephine Pallin (70-74)
1st - 50 back
5th - 100 back

George Trawicki (75-79)
4th - 200 fly

Elizabeth John (80-84)
3rd - 100 free, 100 & 200 breast
5th - 500 free
6th - 50 breast
7th - 200 free
8th - 100 back
9th - 100 free

Men 400 Free Relay 55+ - 8th
(Tom Michelson, Sanford Countryman,
Don Kilb, Harlan Drake)

Bob Kueny (60-64)
2nd - 200 breast
3rd - 400 IM
5th - 200 fly
8th - 100 breast, 200 IM
9th - 100 fly
10th - 500 & 1650 free, 100 IM
9th - 200 breast in 55-59 age group

Men 400 Medley Relay 55+ - 7th
(Alex MacGillis, John Pallin,
John Bauman, Lynn Surles)

Mixed 400 Medley Relay 55+ - 8th
(Doris Klitzke, Sanford Countryman,
Tom Michelson, Shirley Hasselbacher)

John Bauman (60-64)
10th - 200 fly

Fran Zeumer
10th 50 Breast

Perry Rockwell (65-69)
4th - 50 & 100 fly
8th - 200 fly, 200 IM
10th - 50 free

JOSEPHINE FALLIN'S FIRST PLACE IN THE 50 BACKSTROKE QUALIFIES HER AS AN ALL-AMERICAN. CONGRATULATIONS JOSEPHINE!!!

CENTRAL A. A. U.
SENIOR
SWIMMING
CHAMPIONSHIPS
 UNDER THE AUSPICES OF THE
Milwaukee Athletic Club



Wednesday Evening, March 30, 1927

At Eight-Fifteen o'clock

FEATURING

Johnny Weismueller, World's Champion; Ethel Lackie, World's Champion; Dick Howell and Ralph Breyer, Olympic Champions.

Officials

HONORARY REFEREE

Roland Coerper

ANNOUNCERS

Art Schinner, Ted Canty

STARTER

Art Thomsen

JUDGES OF DIVING

Shepard Barry
 Oscar Osthoff
 William Harley
 Henry Sullivan
 Arthur J. O'Connor
 Oscar Lindeman
 William McDonald
 Dr. James Lewis

TIMERS

Robert P. Druecker
 John W. Grant
 Edward Jung
 Conrad Jennings
 William F. Eichfeld

CLERKS OF COURSE

Oliver Kendall Robert Branfort

EVENT NUMBER ONE

100-Yard Free Style Open Event

~~Karpowitz~~
~~Russell Potter~~
~~Walter Karpowitz~~
 Al Hapke

Royal Bethke
 Leston Semmes

~~Herbert Callender~~

1st. *Hapke* 2nd. *Baale* 3rd. *Karpowitz* Time *59*

EVENT NUMBER TWO

100-Yard Back Stroke Women's A. A. U. Senior Championship

Violet Martin, I. W. A. C.
~~Peggy Williamsen, M. A. C.~~
 Fanny Homer, M. A. C.

Elizabeth McKillipp, M. A. C.
~~Betty Schmitt, M. A. C.~~

1st. *Homer* 2nd. *Martin* 3rd. *McKillip* Time *1:18 3/8*

EVENT NUMBER THREE

220-Yard Free Style Central A. A. U. Senior Championship — Men's

First Heat
 Johnny Weismueller, I. A. C.
~~Dick Howell, C. A. A.~~
 A. W. Kimball, I. A. C.

Second Heat
 Al Schwartz, Unattached
 Ralph Breyer, C. A. A.
 Lester Stienway, C. A. A.

First Heat

1st..... 2nd..... 3rd..... Time.....

Second Heat

1st. *Weismuller* 2nd. *Breyer* 3rd. *Schwartz* Time *2:18 4/5*

EVENT NUMBER FOUR

220-Yard Breast Open Event

Walter Thomsen
 Irving Schneider

Jim Porter
~~Frankly Hammar~~

1st. *Schneider* 2nd. *Thomsen* 3rd. *Porter* Time *2:48*

100-Yard Free Style Central A. A. U. Women's Senior Championship

First Heat
~~Betty Schmitt, M. A. C.~~
~~Janet Hutz, M. A. C.~~
 Bernice Rice, I. W. A. C.
 Charlotte Bohman, I. W. A. C.

Second Heat
 Ethel Lackie, I. A. C.
 Emma Scheb, I. W. A. C.
~~Constance Wohlgemuth, M. A. C.~~
 Fanny Homer, M. A. C.

1st. *Lackie* 2nd. *Bohman* 3rd. *Homer* Time *1:06 3/8*

Second Heat

1st..... 2nd..... 3rd..... Time.....

EVENT NUMBER SIX

Fancy Diving Central A. A. U. Senior Championship

Louis Brady, I. A. C.
~~Cecilia McDermott, I. A. C.~~
 E. H. Halverson, C. A. A.
 Howard Byler, C. A. A.

Clement O'Connor, C. A. A.
 Stanley Wheatley, Madison, Wis.
 Kirby Raab, M. A. C.
~~Leroy Bontier, M. A. C.~~

1st. *Byler* 2nd. *Halverson* 3rd. *Brady* Time.....

EVENT NUMBER SEVEN

100-Yard Free Style — Boys under 15 Years

Robert Milbrath
 George McCann
 *Harbert Zion

George Parker
~~Milton Brooks~~

1st. *Milbrath* 2nd. *Zion* 3rd. *Zion* Time *1:08 1/8*

EVENT NUMBER EIGHT

300-Yard Medley Women's Senior A. A. U. Championship

First Heat
 Charlotte Bohman, I. W. A. C.
 Elizabeth Weinhagen, M. A. C.
 Elizabeth McKillipp, M. A. C.

Second Heat
 Emma Shemaitis, I. W. A. C.
 Peggy Williamsen, M. A. C.
 Fanny Homer, M. A. C.

1st. *Shemaitis* 2nd. *Bohman* 3rd. *Homer* Time *4:50 4/5*

Second Heat

1st..... 2nd..... 3rd..... Time.....

* Herbert Zion

I received this meet program from Herb Zion - WMAC member who actively competed with us until 1926 and who continues to swim and retain WMAC membership (but not compete) at age 80! Of special note - Johnny Weismueller competed that day as did Herb (Harbert Zion in the program) and Liz John (Elizabeth Weinhagen)! The fact that Herb was 16 yrs plus 23 days old when he swam in the "under 15" age group has yet to erupt into a national sports scandal. Herb swam for Madison and UW-Milwaukee in his day and had achieved several masters top ten rankings before "retiring". He also reports that fellow WMAC member Lynn "Cappy" Surles, was a fellow M.A.C. member and in later years a star swimmer/diver at Northwestern U but was too young to swim in the 1927 meet. Thanks, Herb, for this bit of swimming history!

FITNESS TIPS

Did you know that.....

Just one tablespoon of grated Parmesan cheese supplies almost 10% of the RDA for calcium. But, remember, that same tablespoon provides 33 calories, 40% of which come from fat - so go easy!

One medium size dill pickle has only 5 calories - and more than 900 milligrams of sodium - almost a third of the recommended daily limit set by the National Academy of Sciences.

The biggest consumers of ice cream are New Englanders, who average about 23 quarts a year. That comes to almost 8 quarts more per person than anywhere else in the country.

The amount of fruit we eat has almost doubled since 1970 - to 143 pounds per person a year on average. Since many fruits are high in nutrients, such as vitamins C and A, but relatively low in calories and contain little if any sodium, that is good news.

A 3 Musketeers bar gets only 28% of its calories from fat, which makes it one of the lowest fat snacks at the candy counter. But be aware - a regular size bar has 240 calories.

The average hamburger (cooked) is 25% protein, 20% fat and 55% water. Yet 65% of its calories come from fat, since fat contributes more than twice as many calories as protein.

Be wary when you read health claims made for vitamins or mineral supplements. There is no scientific evidence that supplements can cure or prevent any ailment or complaint - except nutrient deficiencies.

There is a clear cut relationship between smoking and stroke. But if you stopped smoking 5 years ago, your risk of stroke is the same as that of people who never smoked, according to Heart Study.

Consume foods and drinks rich in vitamin C (such as orange, grapefruit or tomato juice) with your meals to increase the amount of iron your body absorbs from food.

DESSERTS SPELLED BACKWARD IS STRESSED.

Every day the average heart beats 100,000 times and pumps about 2,000 gallons of blood. In 70 years that adds up to more than 2.5 million heartbeats.

Reference: University of California, Berkeley.

A familiar face was missing among the timers at the Wilson Park meet in August. While not a registered swimmer, Dick Zeumer is a very familiar person on deck. August found him recuperating from a total hip replacement (some people will do anything to get out of timing!) We're happy to report he has made a rapid recovery and will be back "on duty" at the Neenah SC meter meet.

Ray Klitzke was also subjected to the surgeon's knife for rotar cuff repair just days after the Wilson Park meet. He, too, is making a speedy recovery.

SCAQ Stroke Tip - Butterfly Entry

When swimming fly, keep the entry of your hands at shoulder width. Almost everyone, especially beginners, bring their hands too close together on the entry. This means that they touch as they enter the water out front. See the diagram below. There is no water to pull from the center line to the shoulders in fly. Well, OK, there is water to pull but it can't be pushed in the right direction. All that will result is pushing water outwards, a useless waste of energy (something that is not needed in this high-energy

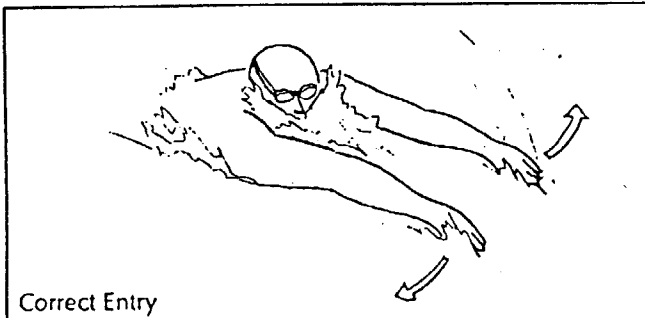
output stroke). Only when your hands reach shoulder level can you catch the water and push it in the direction that you want, straight back.

The fly stroke is almost identical to free except that it is symmetrical rather than asymmetrical (and that the hands enter wider). This curtails your range of motion. Free has the shoulder rotation that gives you the flexibility to slide your hands out in front of the centerline of your body and effectively catch the water. Fly should enter outside the center line at approximately shoulder width. Like freestyle, remember to keep your thumbs down, i.e., palms facing outward, on the entry.

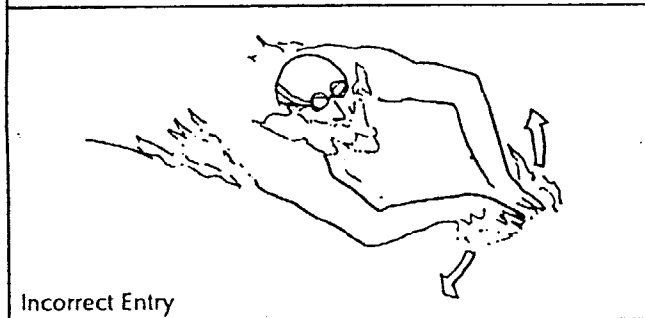
Advanced swimmers

also tend to slip their hands closer together than they should but this is generally during the last part of their race when they are fatiguing. The hands, in desperation to keep up to the established pace, come closer and closer together. This naturally compounds the problem at the end of their race because they are not only tired but also compounding it with a stroke that now requires more energy.

One last reason for a shoulder-width entry is that it is more relaxing to the shoulder muscles. You tighten up when you have to pull from the center line to shoulder width. Just try putting your hands above your head as you read this and see where the most relaxed position is. There is no real drill that can help you correct this problem. A continuous awareness and feedback from your coach should take care of it.

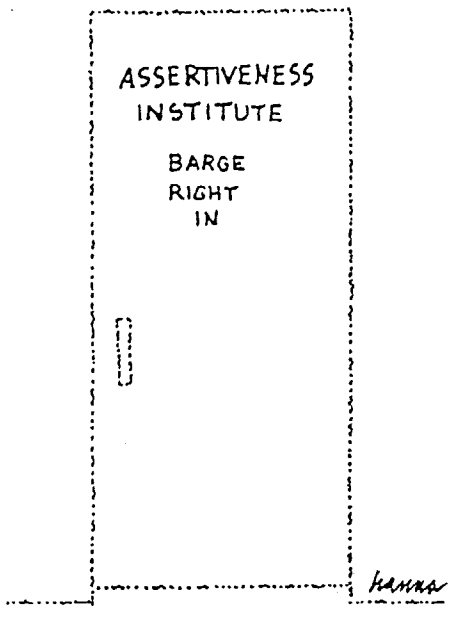


Correct Entry



Incorrect Entry

Butterfly Stroke Entry



You should use your training log for a health maintenance function in addition to recording your workout, Dr. James says. Just track and record three critical indicators upon waking each morning, and use them to alert you that you're entering a "Yellow" zone of lowered resistance to injury and illness, in which caution and moderation are advised.

Indicator: Take your morning heart rate before rising for 2 weeks to establish a norm.

Yellow Zone: An increase of more than 10% (generally 4-6 bpm) increase for more than a day or two.

Indicator: Weigh yourself immediately after rising and record in your log.

Yellow Zone: A loss of 3% or more from your normal body weight indicates possible dehydration.

Indicator: Record your sleep patterns (when you fall asleep and when you wake up) and hours of sleep for 2 weeks to establish a norm.

Yellow Zone: A loss of more than 10% of your normal hours of sleep for more than 1-2 nights will reduce your powers of recovery and regeneration.

How should you interpret and react to changes in these indicators? If one indicator is in the yellow zone, continue with your planned workout, but with caution and self-monitoring, ready to modify it if you sense unusual fatigue. If two indicators are yellow: modify the workout, reducing volume and intensity. If three indicators: take off from training until they return to normal values.

Taken from SwimSmarts - Summer 1991

REASONS WHY YOU SHOULD SWIM BEFORE EATING

My most vivid memory of family trips to beach and pool when I was a child was my parents' stern admonitions not to swim after eating. "You'll get cramps and drown," they said. I can well remember impatiently sitting on the sand or at poolside, after lunch, waiting for the appointed hour to elapse, asking plaintively every 10 minutes if I could go in yet. God forbid if I tried to swim 55 minutes after chewing my last bite of peanut butter and jelly. Without doubt, I'd sink like a stone.

Here adapted from cardiologist Stephen R. Yarnall M.D., are 9 more up-to-date reasons why you should swim before eating, turning the old cliché on its head.

1. It helps you keep a workout appointment with yourself. If you choose a meal each day, before which to schedule your workout, you won't forget to exercise and you're not likely to forget to eat afterward.
2. It keeps you honest. No excuses! (No swim-ee, no eat-ee) You'll have to eat sometime, so if you discipline yourself to swim before eating, your fitness resolution is protected.
3. It helps digestion. Swim on an empty stomach and you won't get those notorious and much feared cramps.
4. It helps your workout. Muscles get the full benefit of your blood circulation. By exercising on an empty stomach, none of your blood is tied up helping digestion.
5. It helps your heart. When you swim after eating, both your stomach and muscles need blood flow. This can mean lessened blood flow to your heart, which can be dangerous if you have heart trouble.
6. It helps you maintain a healthful weight. Moderate brisk exercise before a meal causes your blood sugar level to go up, helping to take the edge off your appetite. (see above for more discussion of this question)
7. It helps burn excess body fat. Swimming when your blood sugar is lowest (before eating) mobilizes free fatty acids, which help burn stored body fat for fuel.
8. It helps you feel better. A moderate brisk swim workout will inject a flood of endorphins into the bloodstream, increasing alertness, improving your mood, and decreasing fatigue. You'll be less likely to overeat to satisfy a psychological hunger.
9. It helps your food taste better. When you swim before eating, you'll feel fresh and relaxed when you eat. And because your healthful workout will still be fresh in your mind, you'll probably eat more conscientiously. ❧

IS SWIMMING EFFECTIVE FOR WEIGHT CONTROL?

Why does swimming seem less effective for weight control (or fat control) than running? Vigorous swimming burns as many calories per hour as does running, yet runners always seem to have a gaunt and hungry look, while few swimmers do. Grant Gwinup MD, of the University of California/Irvine Medical Center, speculates that swimmers compensate for the calories they burn by eating more. His reasoning is as follows: Water draws much more heat away from the body than air, and swimmer's bodies are sensitive to that extra heat loss. That, in turn, apparently stimulates their appetites to preserve fat layers for insulation from heat loss. (Ed. note - I can vouch for that: I never feel like eating after a run, while after swimming, I usually feel primed to strap on the feed bag.)

However, says the Tufts University Diet and Nutrition Letter, swimmers who enjoy the sport and are not in it for weight loss have no reason to give it up. Swimming is still an excellent all-around muscle toner and promotes overall fitness as well as running and cycling. Moreover, by judicious snacking on filling but low fat foods (such as fruit or fig bars) shortly after you swim, you can satisfy your overstimulated appetite without putting on weight. And if you stay properly hydrated during and after workout by drinking ample fluids, you'll have a sense of fullness that should also suppress that stimulated appetite.

It's important to note that the type of swimming you do can also help influence how much fat you burn. Studies at the University of California at Davis show that certain types of aerobic exercise gives you an afterburn, boosting your metabolism, so you continue burning extra calories for up to 12 hours after you finish your workout. And Paul Thompson, MD, a medical professor at Brown University, says that endurance exercise makes muscles "hungry" for fat. They secrete more of an enzyme called lipoprotein lipase that digests blood fats.

Those who subscribe to the "no pain, no gain" dictum of exercise may lose out on this benefit. Exercising intensely makes your muscles rely on glucose (sugar) for energy. But when muscles are exercised more moderately, they call on stored fat for energy. That's not to say that occasional hard work is without benefits. The key idea is that you don't have to be a great athlete to exercise in a way that will give you maximum benefit and help you trim down. ❧

USMS 1991 NATIONAL CONVENTION

RULES: The major change to come out of the convention this year has to do with pool depth at the starting end. Evidently there have been some serious accidents around the nation. High schools and USS have been changing their rules and USMS is following the USS wording. Under 3'6" starts must be from the pool deck or in the water. From 3'6" to less than 4' the starting blocks must not be more than 18" above the water surface. In pool with water depth 4' or more the blocks are as before. This impacts on us all as most of the pools we use are 3'6" to 4' at the starting end.

There will need to be distinctive colored floats or markers extending around the full circumference of the lane lines 15 meter from the end walls in both short course and long course pools. There are for the judges so they can judge the backstroke. We can't be underwater at the 15 meter mark.

The rule about certified officials being present at all our meets is order to be sanctioned goes into effect January 1, 1992. We need at least one certified official to act as started/referee and one other official.

ZONE: Our name has been changed to Great Lakes so we are not confused with Breadbasket. We will not be having a zone championship meet, postal or otherwise. Pat Maley needs meet schedules as soon as set.

COMPUTER: The computer programs are 70% done. Registrars are to start with the old method and switch when they get the program later in the year. We in Wisconsin will need to buy a new computer to run the programs. These are the minimum specifications for that computer:

- 386SX with 2-4 megabytes
- largest hard drive feasible to budget - 80 megs
- 24 pin dot matrix printer
- 40 meg tape back-up
- VGA monitor

Dell and Zeos were suggested as two mail order firms that were good.

REGISTRATION: The yearly fee will go up \$3 for next year but a subscription to Swim magazine will be included with that fee. We will have 8 pages in the magazine for masters to do with as we wish. This is in addition to the 5 pages we already have. The legislation for one day registration was turned down. This is something that appeals to people putting on long distance swims.

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