

WISCONSIN MASTERS FALL NEWSLETTER - 1992

Our traditional fall short course meter meet will have a new look this year. On October 31, 1992, we will gather at the Lawrence University Pool in Appleton rather than at the Neenah-Menasha YMCA. This meet is open to all registered USMS swimmers and provides us with an opportunity to achieve some short course meter times for Top Ten consideration.

Why Lawrence University, you ask? Mainly - the NMY does not have the minimum depth required under its starting blocks. At this point they are undecided as to how to rectify the situation. Lawrence University, on the other hand, has a magnificent new 8 lane facility with a bulkhead so that the pool can be set up as 25 yards or 25 meters and still have ample room beyond the bulkhead for either diving competition or warm-up/warm-down swimming.

Lawrence University's swim coach, Kurt Kirner, has generously offered us the use of this outstanding facility and will even have their own "official" people there to run the computer and automatic timing system. The physical education building, in which the pool is located, is situated in the center of the picturesque Lawrence campus. It will offer those of us who have children and/or grandchildren in the pre-college age group an opportunity to see firsthand this fine institution of higher learning. Why not seriously consider bringing these kids, or those of freinds, to the meet to not only cheer you on but to have an opportunity to see this college campus up close and even meet the swim team coach.

Finally, from 1959-1964, Mr. Gene Davie (recently retired swim coach at Lawrence) and the late Mr. Ade Dillon (Appleton schoolteacher) coached an AAU team at Lawrence (Lawrence Swim Club) which, though short lived was very successful. The Club captured the state outdoor title 3 times, and finished 2nd in its first and last years of operation. At least 3 current WMAC members were a part of those teams (Candy Neuman Christensen, Jana Naslund Braun, and myself, Nancy Zeumer Kranpitz). In addition, Carol "Queenie" Herlick Reinke and Tracy Bush Arndt, both from Green Bay, swam for GBY at the same time and provided much of our competition. Notices will be sent to the Fox Valley newspapers encouraging a reunion, of sorts, for all those involved with the Lawrence Swim Club. Please help us out by posting this meet information at the pool where you swim. Let's all do our part to have a LARGE turnout on October 31 - an opportunity to not only swim but to experience a University campus as well.

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WISCONSIN SWIMMERS IN WORLD CHAMPIONSHIPS!

Bob Oettinger, Margaret Oettinger, Lim Littlefield and Cindy Meier of the Waukesha Express Masters Swim Club took FIRST PLACE in the 200 meter mixed medley relay at the Masters World Swimming Championships at the IUPUI Natatorium in Indianapolis in July. Congratulations!

Doris Klitzke, Waukesha, placed 3rd in the 200 IM (3:39.26), 4th in the 50 fly (:43.00) and 100 fly (1:44.21), 5th in the 200 fly (4:07.14) and 7th in the 50 free (:37.23) and 50 Back (:45.24). Doris swims in the 55-59 age group. While participating in the Games Doris had the chance to attend her Indianapolis Athletic Club Swim Team Reunion and reports it was fabulous to see former teammates after 35 years - many of whom are still competing. Ray Klitzke, competing in 60-64 age group, placed 6th in the 1 meter diving. Congratulations to the Klitzkes!

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The mountains of research, the conflicting claims, the confusing articles about what to eat to live longer can be boiled down to 9 simple recommendations, government scientists say. - Limiting your total fat intake to 30 percent or less of daily calories and eating five or more servings of vegetables and fruits are two of the golden rules that will help prevent heart disease, cancer and other chronic diseases, said Paul Thomas co-editor of the government report.

1. Get moderate, regular exercise.
2. Limit salt to slightly more than 1 teaspoon per day.
3. Maintain adequate calcium intake by consuming low-fat milk products and dark green vegetables, which are rich in calcium.
4. Maintain an optimal level of fluoride in your diet. If the water in your area is not fluoridated, use a fluoride supplement recommended by your dentist.
5. Avoid taking vitamin and mineral supplements in excess of the U.S. recommended daily allowances.
6. Eat a moderate amount of protein, no more than 6 oz. a day. A three ounce portion of meat is the size of a deck of cards.
7. Eat for Life also advises against drinking alcohol, but has advice for people who drink: Don't have more than one to two drinks a day.
8. Food additives is the one area that Americans may be worrying about when they shouldn't.
9. To lower the risk of the most common chronic diseases, health experts across the board endorse a diet of whole grains, legumes, fruits and vegetables, with smaller amounts of dairy, meat and poultry products.

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No Sweat

All measures of aging are really measures of physical fitness. We used to think that older people were at increased risk of developing heat stroke and hypothermia because they couldn't sweat as much as younger people. However, older people who have equal fitness levels sweat as much and thus can control body temperature. (From Journal of Applied Physiology). Taken from the Swim Magazine.

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Second Opinion

I've been taking vitamin pills for years:  
 "A" for vision and "B" for digestion,  
 "D" for better teeth and bones,  
 "C" for fighting infection.  
 After all this costly pill-popping,  
 I wonder if I still should.  
 Many doctors now say, "It  
 won't do any harm -  
 But neither will it do much good.

Omenclature?

I never get on an airplane  
 Minus some nervous teusion,  
 And calling an airport a  
 t e r m i n a l  
 Doesn't ease apprehension.

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What a disappointment to have to cancel our only long course meet of the season. But we all know it would not only have been miserable trying to swim in such cold water but it also could have been dangerous. Such is life when you live "up nort" and have to rely on mother nature for heat when pool heaters fail. Let's all make up for this disappointment by turning out in record numbers for the short course meet on October 31 at Lawrence University. Let's follow the example of our friends to the south of us and shoot for a 50% attendance by our registered swimmers!

The following Wisconsin Masters swimmers attained Top Ten rankings in the USMS National Short Course Yards Tabulation.

Nicole Tew (19-24)  
8th 200 fly - 2:36.82

Doris Klitzke (55-59)  
4th 50 fly - :36.18  
5th 400 IM - 6:55.52  
6th 200 fly - 3:26.79  
7th 100 fly - 1:36.98  
7th 200 IM - 3:10.14  
7th 50 back - :40.26

Betty Kendall (70-74)  
9th 100 free - 1:33.99

Mary Siebold (75-79)  
10th 200 breast - 8:09.04

Elizabeth John (~~80-84~~)  
4th 1000 free - 31:55.98  
5th 100 breast - 3:47.35

Thomas Meehan (45-49)  
2nd 100 fly - :58.21  
3rd 100 free - :51.58  
6th 50 free - :23.59  
6th 50 fly - :25.77  
7th 50 back - :28.38  
10th 100 back - 1:02.76

Perry Rockwell (65-69)  
4th 50 fly - :31.12  
5th 100 fly - 1:20.87  
6th 200 fly - 3:20.19  
6th 50 free - :28.72  
10th 100 free - 1:06.56

William Kirar (80-84)  
6th 50 free - :38.66  
7th 100 free - 1:35.01  
9th 50 back - :54.82

Tracy Arndt (40-44)  
8th 100 free - 1:00.52  
8th 200 free - 2:16.83  
9th 100 back - 1:11.92  
10th 50 free - :27.40  
10th 50 back - :33.50

Carol Reinke (55-59)  
6th 100 breast - 1:31.29  
6th 200 breast - 3:18.54  
7th 50 breast - :42.00  
8th 200 IM - 3:12.98

Josephine Pallin (70-74)  
5th 50 back - :47.78  
6th 100 back - 1:47.62  
10th 50 free - :42.12

William Ragatz (19-24)  
4th 100 breast - 1:02.20  
9th 400 IM - 4:35.82

Robert Kueny (60 - 64)  
3rd 200 fly - 2:53.79  
3rd 400 IM - 5:53.87  
5th 200 breast - 2:56.09  
5th 200 IM - 2:42.69  
8th 100 IM - 1:13.32  
9th 100 breast - 1:20.48  
9th 100 fly - 1:18.69

Lynn Surles (70-74)  
10th 1650 free - 28:35.60

Herbert Howe (80-84)  
1st 500 free - 8:28.74  
1st 1000 free - 17:36.93  
1st 1650 free - 29:37.12  
5th 50 free - :38.36

200 FR Women 65+ WMAC 4th  
Josephine Pallin  
Fran Zeumer  
Mary Siebold  
Betty Kendall

400 FR Women 25+ Mad-Town 200 FR Men 65+ WMAC  
Kate M.T. Blood  
Karen Clauff 9<sup>th</sup>  
Deborah Lowe  
Chari Haglin  
Donald Kilb  
John Pallin 9<sup>th</sup>  
William Kirar  
Lynn Surles

200 MR Men 55+ WMAC 10th  
Morgan Byers  
Robert Kueny  
John Bauman  
Perry Rockwell

400 FR Men 35+ WMAC 7th  
David Farrell  
Stephen Justinger  
Thomas Payden  
John Bontly

400 FR Men 55+ WMAC  
John Bauman 5<sup>th</sup>  
Robert Kueny 5<sup>th</sup>  
Alex MacGillis  
Thomas Michelson

400 FR Men 65+ WMAC 2nd  
Lynn Surles  
John Pallin  
Donald Kilb  
Perry Rockwell

Mixed 200 MR 65+ WMAC 7th  
Josephine Pallin  
John Pallin  
Donald Kilb  
Betty Kendall

HERB HOWE'S 3 FIRST PLACE FINISHES MAKE HIM A TRIPLE ALL-AMERICAN SWIMMER!  
CONGRATULATIONS HERB! THAT'S FANTASTIC

" I went to a restaurant recently. The hostess asked me if I wanted smoking, no-smoking, or nicotine patch sections."

-Author unknown

**Wear your seat belt over your hips**

Car lap belts should be worn snugly, and as low possible on the hips. Belts that ride up on the stomach can cause internal injuries if an accident occurs.

**Purple Concord grape**

juice....contains the same substance (resveratrol) found in red wine that helps reduce blood cholesterol in lab animals.

**IN AN AVERAGE LIFETIME, THE AVERAGE AMERICAN..**

- Spends 3 yrs in business meetings
- Spends 13 years watching TV
- Consumes 109,354 pounds of food
- Makes 1,811 trips to McDonald's
- Spends \$6,881 in vending machines
- Catches 304 colds
- Is involved in 6 motor vehicle accidents
- Is hospitalized 8 times (men) or 12 times (women)
- Spends 24 years sleeping

Source: In an Average Lifetime by Tom Heymann



A sunburn is most evident 6 to 24 hrs after exposure. Use sunscreens frequently and liberally.



Ounce for ounce, kidney beans have three times more dietary fiber than green beans.



The average American consumes about 11 pounds of cookies each year.

QUESTION: 1) What do they call the carrot who talked back to the farmer?  
2) Why did the lettuce close its eyes?  
3) Did you hear what happened to the plants in the math room?  
4) Why did the cucumber need a lawyer?

ANSWERS: 1) A fresh vegetable.  
2) So it wouldn't see the salad dressing.  
3) They all grew square roots.  
4) Because it was in a pickle.

AND: Knock-Knock, who's there?  
Hutch - Hutch who?  
God bless you.

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WISCONSIN MASTER'S AQUATIC CLUB  
SHORT COURSE METER MEET  
OCTOBER 31, 1992

A CHANCE TO OBTAIN SHORT COURSE METER TIMES FOR TOP TEN

SPONSORED BY: WISCONSIN MASTER'S AQUATIC CLUB  
SANCTIONED BY: USMS, INC. AND LMSC for Wisconsin sanction No. 201-07  
LOCATION: Lawrence University Buchanan Kewit Aquatic Center, corner of College Ave. and Lawe St., Appleton, WI.  
FACILITIES: 25 meter, 8 lane pool, non-turbulent lane lines, movable bulkhead, starting blocks, and backstroke flags.  
TIME: Warm-up 12:00 PM to 12:25 PM. The meet starts at 12:30 PM and will end by 6:00 PM.  
RULES: Official master's rules will govern this meet. All events will be timed finals. Heats will be pre-seeded fastest to slowest. Swimmers not submitting seed times will swim in slowest heat.  
AGE GROUPS: 5 year age groups - cumulative age for relays. Age groups and sexes will be combined to expedite the meet.  
TIMING: Will be with automatic timing system backed up by watches.  
ELIGIBILITY: Entrants must be a currently registered USMS swimmer. USMS forms can be obtained from the meet director. Registrations will be accepted on deck.  
ENTRY FEE: \$2.50/ individual event - \$3.00 for relays. Bargain rate: \$10.00 for Minnesota Postal Pentathlon. The fee for deck entries will be \$4.00 event. CHECKS PAYABLE TO: WISCONSIN MASTER'S AQUATIC CLUB.  
ENTRY LIMIT: 5 individual events plus relays.  
ENTRY DEADLINE: Entries must be in the meet director's hands no later than October 24, 1992.  
ENTRY FORM: The official entry form must be used, one person per form and the waiver must be signed.  
AWARDS: Ribbons for 1st to 3rd places.  
MEET DIRECTOR: Edith Jacobsen, 1786 Maricopa Dr., Oshkosh, WI 54904 (414) 233-7583.

ORDER OF EVENTS:

- |                           |  |
|---------------------------|--|
| 1. 50 Butterfly           | 11. 200 IM   |
| 2. 400 IM                 | 12. 50 Freestyle   |
| 3. 100 Freestyle          | 13. 100 Backstroke                                       |
| 4. 200 Backstroke         | 14. 200 Breastroke                                       |
| 5. 100 Breastroke         | 15. 100 Butterfly  |
| 6. 200 Freestyle          | 16. 100 IM   |
| 7. 50 Backstroke          | 17. 200 Mixed Free Relay                                 |
| 8. 200 Butterfly          | 18. 400 Freestyle  |
| 9. 200 Mixed Medley Relay | 19. 800 Freestyle (splits for 400 submitted for Top Ten) |
| 10. 50 Breastroke         |  |

Each year the Minnesota Masters sponsor a postal pentathlon swim meet. Once again we will incorporate all 3 pentathlon races in the October 31 short course meter meet format. Official entry forms for this postal meet will be available at our meet and our meet director will serve as the official verification person. Last year several Wisconsin Masters not only placed well in this meet but also won and set new records. Let's try to do it again this year.

To support the Minnesota 1992 Postal Pentathlon Meet, the following option to the October 31, 1992 meet, is hereby presented:

Each participant swims a Pentathlon (5 events) Butterfly, Backstroke, Breastroke, Freestyle and Individual Medley. You may enter one of the three Pentathlons (sprint, middle distance or ironman) for the bargain fee of \$10.00. The races will not be in order (fly, back, breast, free, IM,) but in the order as detailed in the entry information.

PENTATHLON ENTRY FORM  
OCTOBER 31, 1992

NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ AGE \_\_\_\_\_ MALE FEMALE  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ USMS NO. \_\_\_\_\_ USMS TEAM \_\_\_\_\_

SPRINT PENTATHLON: 50 METERS EACH STROKE AND THE 100 IM

Event #1-50 fly \_\_\_\_\_ Event #7-50 Back \_\_\_\_\_ Event #10-50 Breast \_\_\_\_\_  
Event #12-50 free \_\_\_\_\_ Event #16-100 IM \_\_\_\_\_

MIDDLE DISTANCE PENTATHLON: 100 METERS EACH STROKE AND THE 200 IM

Event #3-100 Free \_\_\_\_\_ Event #5-100 Breast \_\_\_\_\_ Event #11-200 IM \_\_\_\_\_  
Event #13-100 Back \_\_\_\_\_ Event #15-100 fly \_\_\_\_\_

IRONMAN PENTATHLON: 200 METERS EACH STROKE AND THE 400 IM

Event #2-400 IM \_\_\_\_\_ Event #4-200 Back \_\_\_\_\_ Event #6-200 Free \_\_\_\_\_  
Event #8-200 fly \_\_\_\_\_ Event #14-200 Breast \_\_\_\_\_

ENTRY FEE FOR THE PENTATHLON OF YOUR CHOICE - \$10.00

ENTRY FORM  
SHORT COURSE METER MEET  
OCTOBER 31, 1992

NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ AGE \_\_\_\_\_ MALE FEMALE  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE NO. \_\_\_\_\_ USMS NO. \_\_\_\_\_ USMS TEAM \_\_\_\_\_

EVENT # _____	SEED TIME _____	EVENT # _____	SEED TIME _____
EVENT# _____	SEED TIME _____	EVENT # _____	SEED TIME _____
EVENT# _____	SEED TIME _____		

NO. OF ENTRIES \_\_\_\_\_ @\$2.50 = \$ \_\_\_\_\_

WAIVER

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training, practice 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 damages arising out of my participation in the Masters Swimming Program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

MEET DIRECTOR: Edith Jacobsen, 1786 Maricopa Dr., Oshkosh, WI 54904

## WORK OFF THESE EXERCISE MYTHS

1. It's supposed to be fun.  
Sometimes it is, sometimes it isn't. Fun really isn't the point. The point is how good you feel after you've put your body through its paces.
2. Situps flatten your belly.  
They'll tone your stomach muscles, but they won't do much to any fat that covers those muscles. You don't spot-reduce with exercise; if you could, people who chew gum a lot would all have thin faces.
3. You'll loose weight.  
The scale is not a good measure of how well your exercise program is working. If you lift weights, for example, you'll loose flab; but because you're loosing fat tissue and replacing it with denser, heavier muscle tissue, your weight may stay the same. The important thing is, you'll look better.
4. You should work out before you eat.  
Only partly true. If you're more than 30% above your ideal weight, exercising before a meal will burn up more calories. If you're less than 30% overweight, exercising after eating burns more calories. To avoid indigestion, however, you probably won't want to do any serious aerobic exercise too soon after eating a heavy meal.
5. Machines are better than free weights.  
Machines may be more convenient, even safer in some cases, but you can build just as much muscle if you learn how to use barbells and dumbbells.
6. Morning is the best time to exercise.  
There's no evidence that exercising at a particular time of day is significantly more beneficial. The best time to exercise is when you most feel like exercising. If you're not a morning person, you're not going to stick with an a.m. workout program for long. The only caveat is that exercising too close to bedtime may make it more difficult to fall asleep.
7. Weight lifters should eat extra protein.  
Most of us already have too much protein in our diets. Although exercising will use up some protein, your current intake is probably more than adequate to replenish it.
8. Stretching afterward can help prevent muscle pain.  
Studies show that stretching after a workout has no effect on muscle soreness.
9. You have to do it for 30 continuous minutes to get any benefit.  
A study at Stanford University showed that 10 minutes of exercise 3 times a day is almost as good. In any case, a little exercise every day, even if it's just a walk, is a lot better than none at all.
10. When you stop, muscle turns to fat.  
Hard muscle may degenerate into soft muscles, but they won't turn into fat. Muscle cells and fat cells are two completely different tissue and neither can ever turn into the other.
11. Sooner or later, you'll get hurt.  
Injuries are far from inevitable. In fact, the majority of exercisers don't get hurt. When they do, the most common cause is overuse. The best way to avoid injuries is to increase the intensity and duration of your exercise gradually.

Continued →

12. After a good sweat, you'll need extra salt.  
You'd have to shed 3 quarts of sweat to loose just half of the nine to 12 grams of salt the average person consumes in a day. Since this is unlikely, there is no reason to add extra salt to your diet or take salt pills after hot-weather workouts.
13. Situps are best done with hands behind your neck.  
Not if you don't want to wreck that neck. Doing situps with your hands behind your neck puts too much pressure on cervical vertebrae.
14. People with high blood pressure shouldn't lift weights.  
People with high blood pressure should see their doctor before undertaking a strength training program, but long time studies have failed to show any negative effects, and some have demonstrated that the exercise can reduce blood pressure.
15. No pain, no gain.  
Ignore pain, no brain. You can get very fit without feeling any serious discomfort, so don't strain when you train, If it hurts, stop it.

Source: Health & Fitness News Service, Sun Times  
Submitted by Sonia Harris

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### WHAT GOD IS LIKE

- God is like Coca Cola - (He is the real thing!)
- God is like Pan American - (He makes the going great!)
- God is like General Electric - (He lights your path!)
- God is like Bayer Aspirin - (He works wonders!)
- God is like Hallmark cards - (He cared enough to send the best)
- God is like Tide -(He gets the stains out that others leave behind)
- God is like VO Hair Spray - (He holds through all kinds of weather)
- God is like Dial soap - (Aren't you glad you know him?  
Don't you wish everybody did?)
- God is like Sears - (He has everything)
- God is like Alka Seltzer - (Try him - you'll like Him)
- God is like Scotch Tape - (You can't see him, but you know he is there)
- God is like McDonalds - (He'll do it all for you)
- God is like the American Express Card - (Don't leave home without him!)

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### Overtraining undermines Sex

You know how strongly I advocate exercising, but even exercise has its downside: too much can reduce your sex drive. There are lots of stories about the sexual prowess of athletes, but getting in shape won't make you a better lover. That's because making love takes no more energy than climbing two flights of stairs. On the other hand, too much exercising can dampen your desire by reducing your sex hormones. By the time this happens, however, your muscles will probably be too sore for lovemaking anyway. Overtraining can affect both men and women. Women develop irregular periods or stop having them altogether. When men exercise too much, their blood vessels of testosterone drop and so does their sex drive. If you're a hard training athlete and notice a reduction in your desire to make love, have your doctor check your hormone levels. The culprit may be too much exercise.

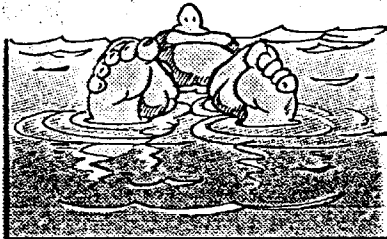
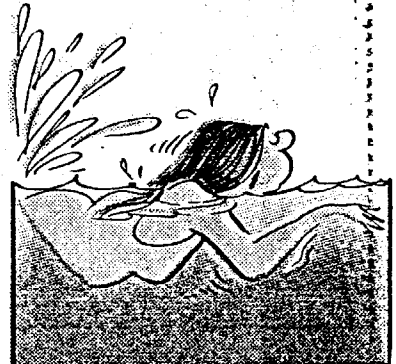
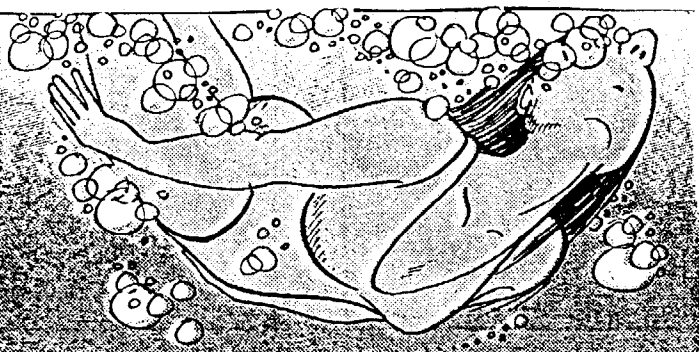
From: Swim Magazine.  
BY: Dr. Gabe Mirkin

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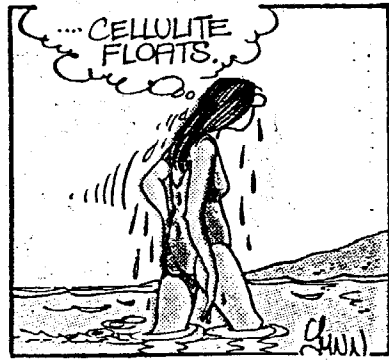
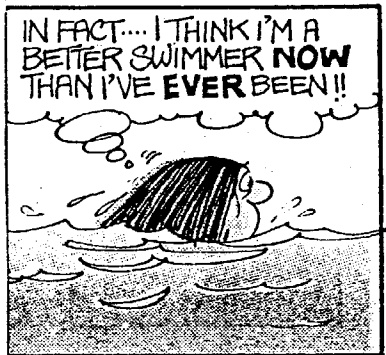


# For Better or For Worse

By LYNN JOHNSTON



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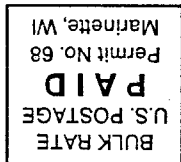
## HAWAII THE OAHU CLUB

III Annual Honolulu Masters Swimming Championships - November 11-16, 1992

Last call on Hawaii. Famous swim olympian Rowdy Gaines is our host. Meet at Island Paradise on Oahu. Hotel on beautiful Waikiki Beach. Daily shuttle to pool. Great post meet packages available to Maui, Kauai, Kona. Package includes lei greeting at airport. Transfers to hotel. Transfers to pool. Special meet favors. Meet registration. Special swim clinic conducted by Rowdy Gaines. Special

Hawaii party at pool. Price just \$399 per person based on double occupancy plus air. Special discounts on air from all over USA & Canada. Registration extended until August 30.

Call Ann or George at 1-800-833-SWIM for more details or send deposit. Do not miss this exciting international swim meet. Act now. Special team discounts available. Please call for details!



WI Masters Swimming  
1115 Morningside Ct.  
Marinette, WI 54143

*Pan Pacific Masters Swimming Championships*

# NEW ZEALAND APRIL 6-16, 1993

Can you believe it. New Zealand will host 1993 Pan Pac. Great country. Great people. Great championships. Do not miss this opportunity. Package includes round trip air from Los Angeles. Seven (7) nights accommodation. Transfer from Auckland to Hamilton. Daily shuttle to pool. Championship registration. Big Welcoming party. Koro's Kiwi Kaper Party. Half day sightseeing to Rotorua. Tickets to all official functions. World famous PVT VIP hospitality

tent. All for just \$1,795.00 per person based on double. Special post meet excursion to enchanted south island of New Zealand Christ-Church. Queenstown. Arrowtown. Mount Cook. Milford Sound Cruise, or a Fiji Island cruise. You can not beat it. Space limited book early. Do not miss this one. Call Ann or George 1-800-833-SWIM or send your deposit. Special team discounts available. Please call for details!