

WISCONSIN MASTERS SWIM COMMITTEE NEWSLETTER FALL - 1998

Meet information for the SC Meter meet at Lawrence University arrived in the mail the other day - which can mean only one thing. Fall has arrived and it is time for the fall edition of our Wisconsin News Letter! It is hard to get into the "fall" feeling at this time because we - way up here in the north woods - are continuing to have temperatures in the 80's even into the third week of September. We have had snow by this time in years past. So we are counting our lucky stars. The long range forecast, though, calls for below average temperatures and above average precipitation for the winter months. So I guess that will be our payback for the absolutely gorgeous spring, summer, and fall we have had this year. Time to put the sun block away, cut the stroke count in half, and return to our short course indoor pools. Let's kick off the fall season in a big way with another big turn out for the Lawrence meet. Meet information and entry form can be found elsewhere in this newsletter. Hope to see many of you there!

Nancy Kranpitz - Editor

WISCONSIN MASTERS SWIM COMMITTEE, INC. ANNUAL MEETING NOTICE

The annual meeting of the Wisconsin Masters Swim Committee, Inc., (LMSC), will be held Saturday, October 10, 1998, 1:00 PM, at 11917 W. Rainbow Ave., West Allis, WI (Rainbow Ave. is one block north of Greenfield Ave.).

Business to be conducted will include election of LMSC officers; establish registration fees for 1999; set a meet schedule for 1998-1999; discussion of championship meets and meet information mailings; and any other business that may be brought before the committee.

Any team wishing to conduct a sanctioned meet should be prepared to present a proposal, including a firm date, at the meeting. A proposal mailed to me prior to the meeting will be given consideration.

John Bauman, Chairman, (414) 453-7336

In the July issue of SWIM Magazine a Wisconsin swimmer was NOT given credit for a FIRST place finish at the Short Course Nationals in Indianapolis in May, 1998. Nancy-Leigh Fisher (46) won the 1000 freestyle with a time of 11:30.61.

Prior to that meet, on April 17, 1998, at the Central Masters Swimming Association Championships at Northwestern University in Evanston, Illinois, Nancy set the National Record with a winning time of 11:25.05 in the 1000 freestyle. CONGRATULATIONS, NANCY!

USE YOUR MIDDLE INITIAL

As USMS grows, so does the chance of someone else having your name. When it comes to Top Ten, All American and All Star tabulations, there have been a number of people who not only have the same name, but birthdays very close to each other. In fact this year we had two women with the same name who's birthdays were on the exact same day, one year apart. Please use your middle initial when entered an event. This will assist us in making sure we have the correct person receiving the honor.

You might be a Wisconsinite if you have to go to Florida in August to get a tan.

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WISCONSIN STATE MEET
Wilson Park - August 7-8-9, 1998
 Ingrid Stine

Another GREAT meet at Wilson Park - perfect weather, overcast with some sun and very warm. The only "downer" about the meet was that we had only 39 swimmers entered for all 3 days.

Friday started out with 2 heats of the 1500M freestyle with the fastest time being 20:49 by a 40 year old male from Illinois. The entire meet ran smoothly, thanks to our meet director, John Bauman, and our favorite starter/referee, Debra Farrell, along with the help of everybody timing and setting up and taking down the equipment.

We had 16 relays (Sat and Sun) and 11 new state relay records were set. The 320+ Mixed 800 free relay team of Fran Zeumer, Betty Kendall, Herb Howe and Lynn Surles attempted to set a National Record but missed by a small margin. It is interesting to note that while 2 of these 4 people no longer drive, they continue to maintain an extremely sharp edge in the pool. Many thanks to Herb's and Lynn's drivers! What an inspiration to see these people carving their strokes through the water in such great form. What a tremendous example they are setting for the younger set!

Saturday, after the meet, 20 of us enjoyed a nice lunch at the Chancery. It was good to see Edie Jacobsen (Decorah, Iowa) and our newsletter editor Nancy Kranpitz who had to travel a great distance to participate.



FRAN ZEUMER AND LYNN SURLES

1/2 OF THE 320+ RELAY TEAM!

Photo - Courtesy of Judy Davis

YMCA NATIONAL MASTERS RESULTS
APRIL, 1998

The following Wisconsin Masters Swimmers participated in the YMCA National Championships in Ft. Lauderdale, Florida, in April and placed as follows:

Doris Klitzke (60-64)	Judy Davis (60-64)	Ramon Klitzke (65-69)	Betty Lorenzi (70-74)
1st - 100 fly 1:33.02	3rd - 200 back	8th - 1000 free	2nd - 50 back :44.70
1st - 50 back :38.39	3rd - 50 back	9th - 50 fly	2nd - 100 back 1:38.07
2nd - 100 back 1:28.05	4th - 100 back	9th - 200 back	2nd - 200 back 3:33.13
3rd - 50 fly :39.51	4th - 100 free	10th - 100 back	3rd - 100 free 1:30.25
3rd - 100 free 1:14.31	5th - 500 free	12th - 200 breast	4th - 50 free :41.88
3rd - 100 IM 1:25.60	6th - 200 free	13th - 100 breast	
3rd - 50 free :33.01	7th - 50 free	14th - 50 breast	
		15th - 50 back	

Congratulations Doris, Judy, Ramon and Betty!

Wisconsin swimmers on the 1997 USMS Short Course Meters Top Ten

Dorie Portela 29	6th 50 Free :29.06	Ingrid Stine 58	5th 100 Fly 2:03.36	Dick Pitman 53	6th 200 Fly 2:58.34
	3rd 50 Fly :31.18		4th 200 Fly 4:23.63		10th 400 IM 6:33.29
	6th 100 IM 1:12.63		10th 400 IM 8:39.45		
Juliene Hefter 30	6th 50 Back :34.57	Carol Reinke 60	9th 50 Breast :51.82	Bob Swain 60	9th 400 IM 8:01.78
Barbara Kolitsch 30	8th 50 Breast :39.83		8th 100 Breast 1:52.38		
			8th 200 Breast 4:02.34	W Morgan Byers 70	4th 200 Free 3:01.29
Melinda Mann 41	1st 50 Breast :37.63	Doris Klitzke 62	9th 50 Free :38.65		3rd 400 Free 6:25.34
	1st 100 Breast 1:23.52		3rd 50 Back :44.91		2nd 200 IM 3:31.58
	1st 200 Breast 3:04.44		8th 50 Breast :51.21	Lynn Surles 80	6th 50 Free :41.01
	3rd 50 Fly :32.54		6th 50 Fly :44.79		7th 100 Free 1:38.24
			4th 100 IM 1:38.36		9th 200 Free 4:08.79
Candy Christenson 50	10th 100 Free 1:25.94	Shirley Hasselbacher 71	8th 50 Free :45.81	Herbert Howe 85	2nd 200 Free 4:07.00
	4th 50 Breast :44.53				1st 1500 Free 35:41.39
	5th 100 Breast 1:42.06	Fran Zeumer 75	6th 100 IM 2:39.96		
Edith Jacobsen 50	9th 400 Free 6:37.29	Charles Kirks 19	10th 200 Breast 3:19.97		
	7th 200 Back 3:23.46		6th 400 IM 6:27.59		
	7th 200 Breast 3:49.16				
	4th 200 Fly 3:56.89				
	3rd 400 IM 7:02.31				

RELAYS

Women 100+	3rd 200 Free	2:01.60
Sherri Hefferan, Kristeen Carne, Mandy Easterday, Eliz. Heimlich		
Women 160+	8th 200 Free	2:25.80
Jennie Bourguignon, Carol Reinke, Kari Anderson, Patty Baus		
Women 100+	10th 200 Medley	2:42.84
Kristeen Carne, Eliz. Heimlich, Sherri Hefferan, Mandy Easterday		
Women 160+	3rd 200 Medley	2:36.20
Jennie Bourguignon, Carol Reinke, Patty Baus, Kari Anderson		
Men 160+	8th 200 Medley	2:10.57
Rudy Heim, David Bart, Jay Buckmaster, Daniel Selle		

NEWS LETTER NAMES

To date we have received 3 suggestions for naming our newsletter. They are:
 "The Chlorine Chronicle", "The Old Gray Badger", and "WISCONSIN SWIM Masters Newsletter". Please help us decide by sending your vote to me at 10346 Cedar Falls Road, Hazelhurst, WI 54531.

THE NATIONAL OFFICE IS STILL RECEIVING A NUMBER OF LETTERS TO THE OLD ADDRESS ON HIGH RANGE ROAD. AT THIS TIME, THEY ARE STILL BEING FORWARDED. PLEASE BE SURE TO ADDRESS YOUR CONCERNS TO THE NATIONAL OFFICE AT THE NEW ADDRESS WHICH IS: P.O. BOX 185, LONDONDERRY, NH, 03053-0185

AMY BELLE LAKE SWIM

July 18, 1998

Ingrid Stine

Once again meet director Eric Jernberg picked the perfect day for the 1/2 mile and 1 mile lake swims. Air and water temperatures were in the low 80's!

Thirty-three swimmers, aged 10 to 80, took part in the 1/2 mile swim, including 2 Wisconsin Masters swimmers. John White (47) finished 7th overall. The oldest participant, Lynn Surles, rowed his boat across the lake from his house to the starting line and finished in 18th place.

The mile race had 29 swimmers including 9 Wisconsin Masters. The fastest time was 17:25. Melodee Nugent (31) finished 3rd with a time of 20:10. Ken Wehr (47) was 4th in 20:35, Steve Coty (42) was 7th in 22:05, Peter Lee (55) was 10th in 22:51, Jeff Marohl (41) was 15th in 23:37, Jim Drought (37) was 19th in 26:13, Ingrid Stine (59 - oldest female) was 23rd in 28:33, Patti Jernberg (34) was 24th in 29:12, and the oldest swimmer in the mile, John Bauman (67) was 26th in a time of 29:43.

Eric had a little awards ceremony and all the finishers received a participation medal and a delicious candy bar. Since it was such a gorgeous day many swimmers stayed for a picnic and fun swim in the lake.



WISCONSIN MASTERS

PARTICIPANTS IN

AMY BELLE LAKE SWIM

Photo courtesy of John White

RESTING IN PEACE ON YOUR OWN SWEET TIME Shark Snooze

Here are some ways to keep your biological clock set where you want it:

Practice healthy sleep hygiene. Set the conditions for sleep to occur by allowing your body to wind down before bedtime. Spend some quiet time before turning in. Don't exercise in the two hours before bedtime.

Eat well on a regular basis. When we eat on an irregular basis our bodies get confused and don't know what to expect next. Burning calories takes your body several hours. So don't eat less than four or five hours before bedtime.

Be aware of body-clock disrupters. In addition to going to bed late, there are several things that can throw off your body clock - including travel. Experts suggest sticking with the new time zone as much as possible. If you arrive on the East Coast and it's dinner time, then have dinner and try to go to sleep at East Coast time.

FOCUS ON FITNESS
A Publication of the USMS Fitness Committee
July 1998

The USMS Fitness Committee is comprised of Masters swimmers who not only enjoy competition but who embrace our sport for the advantages of life long fitness through swim training. They have chosen the news letter venue to enhance their communication to the membership of USMS. They will publish a mini news letter on a quarterly basis to the news letter editors throughout the United States in the hope they will find the information useful to their readership and pass it along to them. The following is the first of such information I have received.

WORK OUTS
Interval Training vs. Lap Swimming

One of the benefits of swim training is efficient use of time. Within an hour one can work most major muscle groups, have an aerobic work out, and resistance train (similar to weight training), in a comfortable environment.

Many swimmers are yardage freaks. 3000 yards is a better work out than 2000 yards is the logic. Most experts agree it is not the number of yards but the quality. Lap swimming continuously for 2500 or 3000 yards is better than nothing, but a work out properly balanced with intervals of exertion and rest will not only make you a better swimmer it will increase physical fitness.

The following work out is a basic interval training work out. Give it a try!

Warm-up: swim for 5 minutes at an easy pace (about 300 yards)
swim 100 yards of backstroke
swim 100 yards of breaststroke

Main Sets: 9 x 100 yards freestyle on a 1:45 interval done in 3 sets of three descending.
Swim the first 100 at a moderate pace, the second 100 a few seconds faster,
and sprint the 3rd 100. Repeat the set three times.

Swim 300 yards at a moderate pace.
6 x 50 kicking (with or without a kick board) on 1:30.

Swim a 400 yard pyramid free style or stroke - 25, 50, 75, 100, 75, 50, 25
Do at nearly sprint pace. Rest 10 seconds per 25 yards swum.

Cool Down: Swim an easy 200 yards.

Total Yardage = 2600 yards

From The United Methodist Church of the Pines "Pine Chips" (monthly news letter) - Minocqua, WI

HYMN HAPPY

The dentist's hymn - *Crown Him With Many Crowns*
The TV weatherman's hymn - *There Shall Be Showers of Blessings*
The tailor's hymn - *Holy, Holy, Holy*
The golfer's hymn - *There is a Green Hill Far Away*
The politician's hymn - *Standing on The Promises*
The optometrist's hymn - *Open My Eyes That I May See*
The IRS hymn - *All To Thee*
The gossip's hymn - *Pass it On*
The electrician's hymn - *Send The Light*
The shopper's hymn - *Sweet By and By*
The contractor's hymn - *The Church's One Foundation*

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You might be a Wisconsinite if you define swimming season as Labor Day weekend.

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WISCONSIN MASTERS AQUATIC CLUB
SHORT COURSE METRIC SWIM MEET
LAWRENCE UNIVERSITY
November 7, 1998

- SPONSOR: WISCONSIN MASTERS AQUATIC CLUB
- SANCTION: USMS, INC. and LMSC for Wisconsin Sanction No. 208-010
- LOCATION: Lawrence University. Buchanan-Kiewit Aquatic Center, near corner of East 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 p.m. to 12:25 p.m. Meets starts at 12:30 p.m. and will end by 6:00 p.m.
- RULES: Official U.S. Masters rules will apply. All events are timed finals. Heats are pre-seeded slowest to fastest. Swimmers not submitting seed times will swim in slowest heats.
- AGE GROUPS: 5-year age groups. Cumulative age for relay teams. Age groups and sexes are combined to expedite meet.
- TIMING: Automatic timing system backed up with watches.
- WARM-UP PROCEDURE Lane 8 will be a start and sprint lane with swimming in one direction only and exiting from the side or end. Lanes 1-7 will be for circle swimming only. NO DIVING in lanes 1-7. It is prohibited for any swimmer to dive or jump into a warm-up pool in any location other than the designated sprint lanes. At the discretion of the meet director, an offender may be disallowed from competition for the remainder of the day and be disqualified from events he or she may have already swum that day.
- ELIGIBILITY: Open to all Masters Swimmers 19 years old or older. Each entrant must be a registered Masters Swimmer. Registrations will be accepted at the meet until 12:00 p.m. BUT NO LATER!
- ENTRY FEES: \$2.50/individual event. OR: Bargain rate: \$10. to register for our meet and the Minnesota Postal Pentathlon. Fee for deck entries is \$4/event. A pool surcharge of \$2.00 will be added to entry fee. Make checks payable to WISCONSIN MASTERS AQUATIC CLUB. No charge for relays.
- ENTRY LIMIT: Five individual events plus relays.
- ENTRY DEADLINE: Entries must be received by meet director no later than October 30, 1998. Deck entries and late Masters registrations accepted ONLY until 12:00 p.m.

ENTRY FORM: The official entry form must be used. One person per form. Waiver must be signed.

AWARDS: Ribbons for 1st, 2nd and 3rd places.

MEET DIRECTOR: Robert Swain, 2100 N. Eugene St., Appleton, WI, 54914. (920) 731-1913.

ORDER OF EVENTS:

- | | | | |
|-----|--------------------------|-----|---|
| 1. | 50 m butterfly | 11. | 200 m IM |
| 2. | 400 m IM | 12. | 50 m freestyle |
| 3. | 100 m freestyle | 13. | 100 m backstroke |
| 4. | 200 m backstroke | 14. | 200 m breaststroke |
| 5. | 100 m breaststroke | 15. | 100 m butterfly |
| 6. | 200 m freestyle | 16. | 100 m IM |
| 7. | 50 m backstroke | 17. | 200 m mixed free relay |
| 8. | 200 m fly | 18. | 400 m freestyle |
| 9. | 200 m mixed medley relay | 19. | 1500 m freestyle Limited to first 16 entries. Splits for 400 and 800 can be submitted for Top Ten & first 200 split can be used for Ironman Pentathlon entry.) |
| 10. | 50 m breaststroke | | |

Each year the Minnesota Masters sponsors a postal pentathlon swim meet. Once again this year we will incorporate all three pentathlon races in our meet. Official entry forms for this postal meet will be available at our meet and the meet director will serve as the official certification person. In past years Wisconsin Masters have placed in this meet and have won events and set new records. Let's try and do it again this year.

Participants in our meet will have the option of simultaneously participating in the Minnesota Masters Postal Pentathlon Meet. Each participant swims a pentathlon of five events: Butterfly, backstroke, breaststroke, freestyle and individual medley. You may enter our meet and one of three pentathlons: The Sprint, Middle Distance or Ironman. The bargain fee for participants in both meets is \$10. The races will be in the order described above.

POST-MEET: When the meet is over plan on burgers, pizza, Tex-Mex and refreshments or what have you at Good Company at the west end of College Avenue at the railroad crossing. (Northeast corner) It's on the way out of town and the food is good.

DIRECTIONS TO POOL: The pool at Lawrence University is on the main campus on East College Avenue which is Hwy 125 into the city. If coming from the north or south on Hwy 41, take the Hwy 125 off-ramp (West College Avenue) and go east all the way through the downtown business district to the campus on East College Avenue. The Chapel and Main Hall are on opposite sides of the street. Both are easy to spot! The pool is just east of and behind Main Hall on the south side of College Ave. Parking in and around campus is limited. If you're on College Avenue, go past the Chapel to the next stop/go light and turn left. Go one block, turn left again, go another block to Union Street and turn left again. There's a visitor's parking lot next to the Chapel and a fair amount of on-street parking in this general area. The rec center and pool are straight south of Union Street.



You might be a Wisconsinite if a Friday night out is taking your girlfriend shinning for deer.

WISCONSIN SENIOR OLYMPICS

September 9 - September 19, 1998

Submitted by Ingrid Stine

The 19th Wisconsin Senior Olympics were held at various locations in the Milwaukee area and had the largest number of participants in its history. Quite a few competitors from other states took part, especially in the bike races as Whitnall Park provides a hilly and challenging course.

The opening ceremonies and buffet dinner, held September 9 at the Mykonos Restaurant, West Allis, drew over 480 people. Food was delicious - ham, beef, turkey, salads, pasta, veggies, etc., and cheese cake with cherry sauce for dessert.

Ingrid Stine (55-59) and Ken Burman (60-64) were the only Wisconsin Masters swimmers participating in the bike races. Ken finished in 2nd place in both of his races, the 5K and 10K. Ingrid was first in the 5K, 10K and 20K races!

The swimming events were held on the last day of the Senior Olympics at the Walter Schroeder Aquatic Center. Several Wisconsin Masters swimmers participated - but under very sad circumstances. In the first race of the day Bernice Skoczek, 81, suffered a heart attack while swimming and died later at the hospital. Bernice was a former Wisconsin Masters member and still holds 7 short course yards state records for the 65-69 age group. A vote was taken and the majority of the swimmers decided to continue the meet in honor of Bernice.

KLITZKE - 2ND GENERATION NEWS

Doris and Ray Klitzke have a son who is into diving. He recently dove at the Nike World Games (August 9-11, 1998). In April he won the 1 meter diving in Orlando and got 4th on the 3 meter and tower. At the Oregon Games he captured 1st on the 1 and 3 meter boards and 2nd on the tower. According to proud mom Doris he is a beautiful diver just returning to the sport at age 43 after a break of 23 years!

HAZELHURST, WI 54531
10346 CEDAR FALLS ROAD
WISCONSIN MASTERS SWIMMING

ENTRY FORM
SHORT COURSE METRIC MEET
LAWRENCE UNIVERSITY
November 7, 1998

Print Clearly, PLEASE

NAME _____ BIRTHDATE _____ AGE _____ SEX _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE _____ USMS NO. _____ USMS TEAM _____

Event # _____ Seed Time _____ Event # _____ Seed Time _____

Event # _____ Seed Time _____ Event # _____ Seed Time _____

Event # _____ Seed Time _____ Event # _____ Seed Time _____

Number of Entries _____ @ \$2.50 + \$2.00 Pool Surcharge: \$ _____

MINNESOTA MASTERS PENTATHLON INFORMATION

The Minnesota Masters Postal Pentathlon has three divisions: Sprint, Middle Distance, and Ironman. If you want to enter the pentathlon, **PLACE A CHECK IN THE SPACE PROVIDED BELOW** and enter the event numbers and seed times in the spaces above. Pentathlon entrants pay only \$10.00 for five events plus pool surcharge.

_____ SPRINT PENTATHLON: 50 meters each stroke and 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 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 400 IM: Event #2: 400 IM;
 Event #4: 200 back; Event #6: 200 free; Event #8: 200 fly; Event #14: 200 breast

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 the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. **AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: 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.** In addition, I agree to abide by and be governed by the rules of USMS.

Signed _____ Date _____