

WISCONSIN MASTERS SWIMMING

JANUARY - 1999 - NEWSLETTER

Welcome to the new year - and what an entrance it made in most of our state! For a change, we in the northwoods were spared the full brunt of the blizzard of '99. A mere 4-6" of the white stuff fell here - hardly enough to get excited about. Hopefully those of you in the southern part of the state have managed to dig out your cars and other belongings and have returned to some sort of routine. My guess is that there was a lot of "cross training" (i.e. - snow shoveling) going on for many of you. Now it is time to get back in the pool and get in that One Hour Swim, gear up for the February Fitness Challenge, and look ahead to our slate of SC Yards meets being held over the next few months. As you swim through these events be sure to send on your best results to me - as well as any other newsworthy articles or news tidbits. This is YOUR newsletter - but I need YOU to help me get it out!

Have a great SC Yards season - and I hope to hear from many of you soon!

Nancy Kranpitz - Editor

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Many thanks to Ingrid Stine and John Bauman for forwarding to me many of the newsworthy items found in this newsletter. The registrar's report, Big Shoulders Open Water Swim, treasurer's report, Lawrence University meet, update on Lynn Surles' eye surgery, and expectant mother's report all came from Ingrid. John spent a fair amount of time going through the Top Ten listings to compile the list of Wisconsin Masters swimmers who made it in. Thanks, too, to Dick Pitman for sending along the great article from the Madison newspaper featuring masters swimming at the Madison East YMCA (part of which is printed elsewhere in this newsletter) and to Gordon Schalla for meet results and the appreciative note about those who serve on our LMSC. I hope MANY others will follow suit and keep me well supplied with information and news to pass along to all our members.

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FEBRUARY FITNESS CHALLENGE

Included elsewhere in this newsletter is the information and entry form for the annual February Fitness Challenge. This challenge is designed to promote fitness through swimming by encouraging participants to swim regularly and to keep track of results over a monthly period. Hopefully the good habits learned through the February Fitness Challenge will carry over into March, April, May, Take the challenge! And challenge a friend to do it with you.

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REGISTRAR'S REPORT

As of December 31, 1998, we have 235 swimmers registered for 1999. This includes 32 new people. Take a quick look at the mailing label on this newsletter. If your name is highlighted in pink you are one of 135 swimmers who have not re-registered for 1999 and this will be the last mailing you will receive. If you want to remain a part of this great organization - RE-REGISTER NOW!

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You might be a Wisconsinite if you got a passport to go to Minnesota.

February Fitness Challenge '99



Balance Works



Purpose: To promote fitness through swimming by encouraging participants to swim regularly and to track results over a monthly period.

Host: Tualatin Hills Barracudas, Beaverton, Oregon.

Sponsor: Maxwell Medals and Awards.

Eligibility: Must be at least 19 years of age.

Rules: Use of training aids, such as kickboards, fins, paddles, and bouys IS permitted.

Recording Distance: Beginning February 1, 1999, record on the form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total {For example: 3000 meters + 300 (10%) = 3300 yards}

Monthly Totals: At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles, divide monthly yardage total by 1760.

Caution: Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 (in five-year increments).

Age: Determined by your age on February 28, 1999.

Awards & Results: All participants receive final results and an achievement certificate. Three females and males in each age group with the highest monthly totals receive medals. Please allow 30 days after deadline for mailing of results and awards.

Entry Fee: \$8.00, all fees payable to Tualatin Hills Barracudas.

T-Shirts: \$12.00, short sleeve, 100% cotton, with the 1999 FFC theme, "Leaping across the Land"

Swim Caps: Custom Latex swim caps with FFC frog (see above) available for \$3.00.

Entry Deadline: Entries must be RECEIVED by March 20, 1999. Late Entries will not be accepted.

Entry Procedure: Send form below and fees to:
 FEBRUARY FITNESS CHALLENGE
 c/o Bill Volckening
 370 NW Island Circle #B5
 Beaverton, OR 97006
 Telephone: (503) 533-5567 -- e-mail: Volckening@aol.com

International Entries: \$3.00 additional postage fee required; mail early to ensure arrival by entry deadline.

Workout Brochure: Send S.A.S.E. for a special FFC Workout Brochure.

February Fitness Challenge '99 (please print)

NAME: _____ **AGE (as of 2/28/99):** _____ **SEX:** _____
ADDRESS: _____ **CITY:** _____ **STATE:** _____
ZIP: _____ **COUNTRY:** _____ **PHONE:** _____ **USMS MEMBER? Y N**

MON FEB 1 _____ yds	MON FEB 8 _____	MON FEB 15 _____	MON FEB 22 _____
TUE FEB 2 _____	TUE FEB 9 _____	TUE FEB 16 _____	TUE FEB 23 _____
WED FEB 3 _____	WED FEB 10 _____	WED FEB 17 _____	WED FEB 24 _____
THU FEB 4 _____	THU FEB 11 _____	THU FEB 18 _____	THU FEB 25 _____
FRI FEB 5 _____	FRI FEB 12 _____	FRI FEB 19 _____	FRI FEB 26 _____
SAT FEB 6 _____	SAT FEB 13 _____	SAT FEB 20 _____	SAT FEB 27 _____
SUN FEB 7 _____	SUN FEB 14 _____	SUN FEB 21 _____	SUN FEB 28 _____

TOTAL MONTHLY YARDAGE = _____ **YARDS**
TOTAL MONTHLY MILAGE = _____ **MILES**
 (To calculate milage, divide monthly yardage by 1760)

I attest that the above results are accurate and true.

Signature: _____ **Date:** _____

FEES			
Entry Fee	\$ 8.00	_____	(required)
T-Shirt	___ x 12.00	_____	(optional)
	Circle T-shirt size (s):	S M L XL XXL	
Swim Cap	___ x 3.00	_____	(optional)
International Fee	3.00	_____	(outside U.S.)
TOTAL		_____	(U.S.funds only)
(fee payable to Tualatin Hills Barracudas)			

Wisconsin swimmers and relays on the 1998 USMS S.C. Yards Top Ten

Dorie Portela 29
7th 100 Fly 1:00.48 INDIVIDUALS

Nancy Kellner 31
8th 1000 Free 11:24.23

Melinda Mann 41
7th 50 Free :26.24
10th 100 Free :58.99
7th 200 Free 2:09.32
2nd 50 Breast :32.97
1st 100 Breast 1:10.78*
1st 200 Breast 2:38.43
5th 50 Fly :28.40
5th 100 Fly 1:03.78
3rd 100 IM 1:05.60
3rd 200 IM 2:25.25
7th 400 IM 5:16.76

Laurie Alioto 40
9th 100 Back 1:08.61
5th 200 Back 2:26.34
10th 100 Fly 1:06.88
6th 200 Fly 2:28.54
4th 400 IM 5:09.33

Nancy-Leigh Fisher 46
6th 50 Free :26.73
4th 100 Free :56.97
3rd 200 Free 2:05.61
2nd 500 Free 5:36.69
1st 1000 Free 11:25.05
2nd 1650 Free 19:35.24
3rd 50 Back :30.22
2nd 100 Back 1:04.69
1st 200 Back 2:23.19
8th 100 Fly 1:11.17
9th 200 IM 2:36.33
3rd 400 IM 5:23.07

Doris Klitzke 62
9th 50 Free :33.01
9th 100 Free 1:14.31
8th 200 Free 2:50.59
2nd 50 Back :38.39
5th 100 Back 1:27.41
7th 200 Back 3:16.27
9th 50 Fly :38.86
3rd 100 Fly 1:33.02
5th 100 IM 1:25.60

Edith Jacobsen 50
9th 400 IM 6:18.9*

Carol Reinke 61
8th 200 Breast 3:33.19
9th 200 IM 3:28.97

Betty Lorenzi 70
10th 100 Free 1:30.25
8th 200 Free 3:15.82
3rd 50 Back :43.87
2nd 100 Back 1:34.06
3rd 200 Back 3:27.11

Andrew Schaser 41
8th 200 Fly 2:07.29

Gary Bezella 60
8th 50 Free :26.59

Robert Kueny 67
6th 200 Fly 3:11.09
9th 200 IM 2:57.59
4th 400 IM 6:27.88

W Morgan Byers 70
10th 200 Free 2:37.75
6th 500 Free 7:11.32
7th 1000 Free 15:37.33
3rd 1650 Free 25:13.18
9th 200 Back 3:15.81
10th 100 IM 1:22.50
8th 200 IM 3:09.53

Lynn Surles 80
8th 50 Free :36.11
5th 100 Free 1:24.09
8th 200 Free 3:29.56
7th 500 Free 9:20.69

Herbert Howe 85
2nd 1000 Free 21:27.73
2nd 1650 Free 36:37.04

*National Record

RELAYS

Women 55+ 7th 200 Free 2:46.48
Ingrid Stine, Judy Davis, Doris Klitzke, Betty Lorenzi
Women 55+ 9th 200 Medley 3:04.09
Betty Lorenzi, Ingrid Stine, Doris Klitzke, Judy Davis
Women 35+ 5th 400 Free 4:11.61
Nancy Fisher, Melinda Mann, Cynthia Maltry, Nancy Ehrke
Women 55+ 3rd 400 Free 6:22.41
Ingrid Stine, Betty Lorenzi, Judy Davis, Doris Klitzke
Women 35+ 2nd 400 Medley 4:33.40
Nancy Fisher, Melinda Mann, Cynthia Maltry, Nancy Ehrke
Women 55+ 1st 400 Medley 6:59.70
Betty Lorenzi, Ingrid Stine, Doris Klitzke, Judy Davis
Women 25+ 8th 800 Free 9:53.29
Heidi Szczupakiewicz, Kristin Hesslink, Melodee Nugent
Jacqueline Smith
Women 55+ 2nd 800 Free 13:58.77
Ingrid Stine, Doris Klitzke, Judy Davis, Betty Kendall
Men 45+ 10th 400 Free 4:25.52
Kenneth Wehr, John Maniaci, Stephen Justinger, Tim Trowbr
Men 35+ 6th 400 Medley 4:05.78
Jeff Marohl, David Bart, Andrew Schaser, Chris Hagerup
Men 65+ 4th 400 Medley 6:21.62
Tom Michelson, John Bauman, Robert Kueny, Harlan Drake
Men 35+ 8th 800 Free 8:49.70
Mark Simpson, Eric Jernberg, Eric Strandt, Andrew Schaser
Men 45+ 5th 800 Free 9:54.73
Kenneth Wehr, Dick Pitman, Stephen Justinger, John Maniac
Men 65+ 3rd 800 Free 12:04.99
W Morgan Byers, Robert Kueny, Harlan Drake, Tom Michelson
Mixed 65+ 6th 200 Medley 2:59.54
Betty Lorenzi, Frank Feld, John Bauman, Shirley Hasselbac
Mixed 55+ 3rd 400 Free 5:30.89
Gary Bezella, Judy Davis, Ingrid Stine, Tim Trowbridge
Mixed 65+ 1st 400 Medley 6:27.68
Betty Lorenzi, John Bauman, Robert Kueny, Betty Kendall
Mixed 65+ 2nd 800 Free 12:26.34
Betty Lorenzi, Betty Kendall, W Morgan Byers, Robert Kuen

Don't Forget to let your coach know about any medical conditions you have. Then he or she will be better prepared to help you in an emergency.

SWIMMING FOR TWO

At least three Wisconsin Masters women are swimming for two these days. Congratulations to Heidi Szczupakiewicz - "due" in February, Melodee Nugent (March), and Laurie Alioto (May)!

LAWRENCE UNIVERSITY MEET

November 7, 1998

Thanks to meet director Bob Swain and the Lawrence University coach and his staff for yet another great short course meters meet. This meet provided an opportunity to swim any of the three different Pentathlon events ("sprint", "middle distance", and "iron man") and an opportunity to swim up to five events and a number of relays in a short course meters pool. Results of the Postal Pentathlon are not available as of the writing of this newsletter and the Short Course Meters Top Ten season just came to a close on December 31. But my guess is we'll find several "Pentathletes" among the top finishers based on swims at this meet as well as many SC Meters Top Ten placements also as a result of swims at this meet. A total of 71 swimmers were entered including 12 newly registered participants. About 40 had dinner at the Good Company after the meet.

Thanks, again, Bob and the Lawrence University coach and staff!



2 TIME RELAY ALL AMERICANS
800 METER (LC) FREE RELAY
400 METER (LC) MEDLEY RELAY
AGE 240+ - L TO R
BETTY LORENZI, JUDY DAVIS,
REFEREE DEBRA FARRELL,
INGRID STINE, CAROL SMOLLEN

Dehydration:
Water, water, everywhere.
But it's easy to get
dehydrated when
you're swimming. Remember
to drink lots of decaffeinated,
non-alcoholic beverages
before, during, and after swim
meets and practice.

You might be a Wisconsinite if you have no problem spelling Milwaukeee.

SHORT COURSE YARDS TOP TEN - 1998

Wisconsin Masters placed several individuals and many relays in the 1998 Short Course Yards Top Ten rankings for 1998. Nancy-Leigh Fisher led the way with 12 individual rankings including 2 1st place rankings while Melinda Mann compiled 11 rankings which also included 2 1st place times. Her 100 yard breaststroke time of 1:10.78 is a new National Record for women 40-44 and both Nancy-Leigh and Melinda earned All-American status. Eighteen WMAC relays earned Top Ten rankings with 2 capturing the coveted 1st place finish and Relay All-American status. Betty Lorenzi, Ingrid Stine, Doris Klitzke, and Judy Davis were first in the 55+ 400 yard medley relay and Betty Lorenzi, John Bauman, Robert Kueny, and Betty Kendall were first in the 65+ 400 yard medley relay. A complete listing of all of Wisconsin's Top Ten finishers - individual and relay - can be found in this newsletter. Congratulations to one and all!

You might be a Wisconsinite if the snow on your roof in August weighs more than you do.

Wisconsin swimmers and relays on the 1998 USMS L.C. Meters Top T

INDIVIDUALS

Nancy Kranpitz 50
 9th 100 Fly 1:46.32

Ingrid Stine 59
 8th 200 Fly 4:33.54

Judy Davis 63
 9th 800 Free 18:20.28

Betty Lorenzi 71
 9th 50 Free :47.46
 9th 100 Free 1:42.77
 6th 200 Free 3:41.78
 4th 50 Back :50.58
 4th 100 Back 1:51.71
 4th 200 Back 4:03.57

Betty Kendall 78
 9th 100 Free 2:00.04
 10th 200 Free 4:27.25

Dick Pitman 54
 9th 200 Fly 3:06.76

Lynn Surles 81
 7th 50 Free :40.87
 6th 100 Free 1:40.57
 8th 200 Free 4:00.36
 3rd 400 Free 8:35.73

Hertbert Howe 86
 2nd 100 Free 1:57.20
 2nd 800 Free 20:12.13
 2nd 1500 Free 38:33.30

William Kirar 87
 7th 100 Free 2:32.75
 6th 50 Back 1:19.99

RELAYS

Women 240+ 5th 200 Medley 3:40.28
 Betty Lorenzi, Carol Smollen, Ingrid Stine, Judy Davis

Women 240+ 2nd 400 Free 7:27.34
 Ingrid Stine, Carol Smollen, Judy Davis, Betty Lorenzi

Women 240+ 1st 400 Medley 7:56.03
 Betty Lorenzi, Carol Smollen, Ingrid Stine, Judy Davis

Women 160+ 4th 800 Free 14:48.85
 Candy Christenson, Nancy Kranpitz, Ann Meneau,
 Edith Jacobsen

Women 240+ 1st 800 Free 15:48.06
 Ingrid Stine, Betty Lorenzi, Judy Davis, Carol Smollen

Men 200+ 7th 400 Free 5:44.83
 Lynn Surles, John White, John Maniaci, Joseph Mueller

Men 160+ 10th 400 Medley 5:45.71
 T G Meehan, John Maniaci, Chris Ehlenbach, Kenneth Wehr

Men 160+ 4th 800 Free 10:36.11
 Kenneth Wehr, Stephen Justinger, Eric Jernberg,
 Chris Ehlenbach

Mixed 320+ 1st 200 Free 3:32.14
 Lynn Surles, Fran Zeumer, Betty Kendall, Herbert Howe

Mixed 200+ 1st 400 Free 5:40.35
 Nancy Kranpitz, Dick Pitman, Candy Christenson,
 T G Meehan

Mixed 200+ 2nd 400 Medley 6:21.70
 Edith Jacobsen, Candy Christenson, Dick Pitman
 Stephen Justinger

Mixed 320+ 1st 800 Free 17:35.63
 Lynn Surles, Fran Zeumer, Betty Kendall, Herbert Howe

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 To err is human; to blame it on others is even more human.

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 You might be a Wisconsinite if you can actually pronounce and spell Oconomov

MEDICAL UPDATE

Lynn Surles had both of his eyes operated on at the beginning of November and had to miss the Lawrence University SC Meter Meet. We're very happy to report that Lynn is doing very well and that he intends to swim at the January Wauwatosa meet.

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TIP OF THE MONTH
FINNING
Florida Mavericks Newsletter - Paul Hutinger

Use **fins** to improve your technique, streamline, flexibility, and to take stress off your shoulders. Fins help you perform drills properly. In practicing the wave breaststroke, they supply the thrust needed to learn the rhythm. The faster you swim with fins, the more you become aware of the lack of streamlining. They amplify the errors you make, such as elbows bent on your pushoffs. Swimming starts with the kick. Initiate each hip roll on free and back stroke with the kick. You will build strength, agility and flexibility in your legs, necessary to get more propulsion from your kick. Basic swim fins, or Zoomers (short fins), also add variety and fun to your training sessions. Do not use Force Fins, as the force is only generated in one direction. The other fins give propulsion in both up and down movements, which gives a balance to both sets of muscles. Some swimmers do 50% of their training with fins and are successful.



**FIRST PLACE - ALL AMERICAN
400 YARD SC MEDLEY RELAY
AGE 55+ - L TO R:
BETTY LORENZI, INGRID STINE,
JUDY DAVIS, DORIS KLITZKE**

UV Protection:
Your skin isn't the only thing that needs to be protected from sunlight, don't forget about your eyes! Use sunglasses and goggles that absorb at least 90% of UV sunlight.

WISCONSIN STATE SCY CHAMPIONSHIPS

The Wisconsin SCY Championships will NOT be held at the Schroeder Aquatic Center April 2-3, 1999, as the pool will not be available. We are currently looking for an alternate site.

WILSON PARK HIGHLIGHTS

Wisconsin Masters only sponsored one long course meet this year - the outdoor meet at Wilson Park in early August. But what a fruitful meet it was! Out of 15 relays swum at this meet 12 placed in the USMS 1998 Long Course Meters Top Ten, and 5 of those relays (YES -FIVE) took 1st place and 2 took 2nd place. Since a first place ranking means "All-American" status the following WMAC members are to be congratulated as 1998 long course relay All Americans: Betty Lorenzi, Carol Smollen, Ingrid Stine, Judy Davis (this foursome captured BOTH the 240+ 400 M Medley Relay and the 240+ 800 M Free Relay), Lynn Surles, Fran Zeumer, Betty Kendall, Herbert Howe (this foursome captured BOTH the 320+ 200 M Free relay and the 320+ 800 M Free relay), and Nancy Kranpitz, Dick Pitman, Candy Christensen, and Thomas Mehan in the 200+ 400 M Free Relay. Congratulations to all Wisconsin Masters swimmers who made the LC Top Ten - and an extra special congratulations to these Relay All-Americans.

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BIG SHOULDERS OPEN WATER SWIM
SEPTEMBER 13 - 3.1 MILES - LAKE MICHIGAN, CHICAGO, IL

September 13 proved to be yet another fantastic day to enjoy an open water swim in Lake Michigan. The air temperature was in the 80's and the water temperature a delightful 74 degrees. A total of 110 swimmers started the race and 98 finished the course. Eric Jernberg, 39, was the only Wisconsin Masters entrant. Eric finished 11th overall and 2nd in his age group with a time of 1 hour, 5.51 minutes. The fastest time was :56.45 and the slowest time was 2 hours, 11 minutes. A 34 year old swimmer did the 5 km swim ALL butterfly in a time of 1 hour, 37 minutes.

While Lake Michigan may not be too inviting these days it doesn't hurt to look and plan ahead. The Big Shoulders Open Water Swim for 1999 has already been scheduled for September 12!

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For those who may be interested, USMS, Inc., has a Short Course All-Time Top Ten list reflecting times through May 31, 1998, a Short Course Meters All-Time Top Ten list through December, 1997, and a Long Course Meters list through September 15, 1997. The cost is \$4 for the first copy and \$3 for additional copies. New reports will generally be available 1-2 months after the USMS Top Ten report for that course becomes available (or 4-5 months after the end of the season for that course). Suzanne Rague, 935 NW 170th Place, Beaverton, Or, 97006, is the USMS contact person if you are interested.

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Pool emergencies:

Be prepared. Do you know where the first aid supplies are kept at your pool? Is there a backboard in case of spinal injury, along with people trained to use it? Are there floatation devices and reaching tools to assist swimmers in distress?

Electrical shock is a potential problem around pools. All outlets should have ground fault interrupt circuits. Don't go in the pool when the pool vacuum cleaners are being used. Be careful with pace clocks, timing systems, loudspeaker systems etc. around the water.

Diabetic Emergency:

If the victim is conscious give them something containing sugar (candy, fruit juice, soft drink). If the person is unconscious, or the sugar doesn't improve their condition in a few minutes call 911.

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NEWS - NEWS - NEWS!

In case you haven't heard - John Bauman has RETIRED! We all wish you a very happy retirement, John, and hope you will enjoy your new lifestyle. John reports he is especially enjoying being able to get into the pool on a daily basis - and the results showed up in dramatic fashion in the Fond du Lac meet in early December where he recorded a BIG drop in his 100 breaststroke time. Congratulations, John - and have a very HAPPY RETIREMENT!

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A Note of Appreciation and Thanks!
Gordon Schalla

"I attended the Saturday, October 10, 1998, meeting of the Wisconsin Masters Swim Committee. I was impressed at the efficiency of the meeting. John Bauman works hard as chairman and I am sure has all our 'thanks' for the great job he does. The rest of the board pitches in also and has our 'HURRAY'!"

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You might be a Wisconsinite if you used to think deer season was included as an official school holiday.

These masters programs are strictly for after school

By Matt Mullins
Wisconsin State Journal

For those athletes who can get over the hill without the use of a car, masters sports — organized clubs, classes and competitions for older athletes — are gaining attention in Madison.

One masters athlete is Madison swimmer Sharon Childs, 59. Childs snagged five gold medals at the Senior Olympics of Dane County last June. At the Badger State Games a few weeks later, she won gold medals in the 50- and 100-meter freestyle.

"It's very competitive," said Childs. "I find that part of my spirit come alive. I really enjoy it."

Childs is in a masters swim class at the East YMCA. Her swimming partner is fellow 59-year-old Judy Zitske.

"Because of each other, we keep going — and because of our coach, Dick Pitman," added Childs. "He's a really good guy."

In addition to coaching, Pitman competes in masters swimming competitions. At 54, the former high school and UW-Madison swimmer recently rewrote state record books.

"I just set three state records

Saturday," said Pitman, referring to the Wisconsin Masters Short Course Metric Swim Meet Nov. 7 at Lawrence University in Appleton. Pitman won and set records in the 100 and 200 butterfly, and the 400 freestyle.

Pitman has coached at the YMCA since 1995, when Jim Bruskevitz left to teach at the UW Sports Medicine Clinic's Aquatic Center.

"I always said that, rather than see the program at the East Y die, I would rather coach it," said Pitman.

Pitman assumes masters swimming is here to stay.

"Based on my program, I think there's a lot more interest than, say, 10 years ago," he said. "Nationally, the enrollment in USMS (Unites States Masters Swimming) is up 5,000. The national enrollment is about 35,000."

Tom Innes, 30, joined Pitman's class two years ago. A distance runner, Tom runs in the winter, but was looking for off-season exercise.

"I wanted something to do in the winter," he said.

He was no expert swimmer. "I had not been in the water before at all when I joined. I had a

Please see **MASTERS**, Page 3D



Besides coaching masters swimmers, Pitman, 54, races and recently set three state records.

Lightening causes more deaths annually in the United States than any other weather hazard, including blizzards, hurricanes, floods, tornadoes, earthquakes, and volcanic eruptions.

Get out of the water at the first sign of a thunderstorm and stay out for at least 15 minutes after the last sign of thunder and lightening.

general idea of what each stroke was."

But Innes relished the opportunity for training.

"Once you're out of school, to do anything with a coach, you know, that's unheard of."

A Madison wine wholesaler, Innes runs races from 10Ks to marathons, and tries to run during the winter. Swim training has helped.

"I've taken a lot of minutes off all my times," he said. "I've taken 20 minutes off from the first time I ran (Syttende Mai) to the second time, swimming masters in between."

He plans to continue in the

sport.

"It's great exercise. I feel as healthy as I ever have," he said. "I don't see ever stopping it."

Innes has yet to compete in swimming but hopes to race in a December meet. Hardly restricted to card-carrying members of the A.A.R.P., masters swimming events welcome swimmers 19 and older. U.S.A. Track and Field-sanctioned events have racers 35 and older. Softball generally starts at age 40.

FROM OUR LMSC TREASURE - INGRID STINE

On behalf of the Wisconsin Masters Swim Committee I would like to thank Robert Kueny and Morgan Byers for their generous donations to the association!

9th ANNUAL LOST I/AMN/WI DOUBLE DUAL SWIM MEET
FEBRUARY 13, 1999, UW-LACROSSE-MITCHELL HALL

A full slate of events will be offered at this meet with warm-ups at 12 noon and a meet start time of 12:45 PM . This meet is unusual in that it is a team scoring meet rather than the straight individual type of meets we normally have. Friendly rivalry exists between our three states - and this year possibly a 4th state (Illinois). All entries are deck entries and the cost is only \$5.00 for the entire meet (5 individual entries plus relays). There will be a surprise for all registered swimmers. Entry forms will be provided at the meet and you must use this official entry form. So plan to come a little early to take care of your paper work before the warm ups begin. UW-LaCrosse features a 6 lane pool with electronic timing, ample spectator space, and numerous locker rooms. Need more information? Contact Todd Ondell, 2823 Quarry Place, LaCrosse, WI, 54601, or, 1-608-784-8890 (home), 1-608-788-9260 (work), 1-608-788-9262 (fax) or at laxswim@centuryinter.net

The little safety information paragraphs you see interspersed throughout this newsletter came from the USMS Safety Committee chaired by Julie Paque. They provide some eye openers about things I am sure many of us never think about!

WHAT'S IN A NAME???

Our Swim Committee continues to struggle with deciding on a name for our newsletter. There is a feeling that we need to incorporate our state name in the title, some aspect of swimming, and a reference to or an indication that we are a part of the Masters program. While "The Chlorine Chronicle" appeared to be a popular choice it doesn't meet most of our "requirements". For the time being we are still the "Wisconsin Masters Swimming Newsletter" - although with your help we are hopeful we can come up with a title that is appropriate to our mission. Keep thinking - and keep sending the suggestions.

Gordon Schalla had 3 very successful meets over the course of the past several months:

YMCA Masters Nationals	USMS Short Course Nationals	Senior Olympics
4th - 50 free	8th - 50 breast	1st - 50 back
4th - 100 free	4th - 100 breast	2nd - 50 breast
5th - 50 back	10th - 50 back	2nd - 100 back
6th - 50 breast	15th - 100 back	2nd - 50 free
6th -100 breast	16th - 50 free	3rd - 200 back
7th - 100 back		
7th - 200 back		

Gordon also participated in the archery competition at the Wisconsin State Senior Olympics and came away with a 1st place finish! Congratulations, Gordon!

HELPFUL HINTS FOR AROUND THE HOUSE

THE HANDIEST DUSTCLOTHS: Put an old sock on each hand - you can dust with both hands at once.

THE CHEAPEST WINDOW CLEANING SOLUTION: Windshield wiper fluid. You can get it in a gallon jug.

THE SAFEST BROKEN GLASS PICKUP: Scrunch up pieces with wads of damp newspaper or paper towels.

THE EASIEST WAY TO CLEAN THE INSIDE OF A VASE: Fill with water, drop in a denture tablet, let soak.

THE BEST GUARD AGAINST SCUM ON SHOWER DOORS: Clean thoroughly, then wax the door.

TEN WAYS TO A HEALTHY HEART

Shark Snooze

What you eat and drink can help pump up this vital organ. Heart disease is our No. 1 killer. This 10-point plan may help lower the death toll.

1. Eat more fiber. All types of fiber count - whether in fruit, vegetables, cereals or grains. Fiber may push more fat through the system so it is not absorbed.
2. Drink tea. Evidence mounts that tea drinkers have less heart disease. Drinking tea can help neutralize the ability of bad LDL cholesterol to clog arteries. Experts say 2 or 3 cups a day of green or black tea, with or without caffeine, hot or iced, should have benefit. Herb tea does not have these benefits.
3. Eat beans. All types of legumes work: navy beans, kidney beans, black beans, pinto beans, lentils, chickpeas, soybeans. The higher the cholesterol, the greater the reduction.
4. Eat garlic. Many studies show fresh garlic, powdered garlic and garlic pills can lower cholesterol and may decrease the risk of heart disease.
5. Take vitamin E. Vitamin E primarily blocks toxic changes (oxidation) of LDL cholesterol, inhibiting its ability to stick to arteries.
6. Get vitamin C. Without enough C, blood vessels constrict and shut down blood flow, which can trigger a heart attack or stroke.
7. Get B vitamins. You must take in enough folic acid to suppress the production of artery-destroying homocysteine, an amino acid in the blood.
8. Eat fish. Most experts recommend eating fish 2 or 3 times a week, especially fatty sardines, salmon and mackerel.
9. Eat flavonoids. Grapes, red wine, onions, apples and tea are rich in antioxidants, called flavonoids.
10. Cut back on bad fats. Safest fat: the type in olives and olive oil, almonds, walnuts, avocados and canola oil.

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