



# WISCONSIN MASTERS SWIMMING

SUMMER - 1999

Blue skies, green grass, warm temperatures - it can only mean that summer is upon us. Time to abandon those indoor 25 yard pools and head outdoors to the 50 meter pools and lakes. Time to try a little cross training on the bike, the kayak, or by donning the running shoes. Whatever your pleasure is I hope you are enjoying being able to do it outside, and I especially hope that swimming will be one of your activities of choice. We had a great turnout of Wisconsin Masters Swimmers for the Badger State Games swimming competition. I sincerely hope that those of you who attended this great meet will take part in our only LMSC sponsored LC meter meet of the year at Wilson Park on August 6, 7, and 8. For now - enjoy the summer, swim hard, play hard, but also do it sensibly. I'm looking forward to seeing MANY of you at Wilson Park. Don't disappoint me!

Nancy Kranpitz - Editor

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## SHORT COURSE ALL AMERICANS

In the winter edition of this newsletter I mentioned that I had heard that Nancy-Leigh Fisher had been named as an All-American for the 1998 SC Yards season. This honor is bestowed on those swimmers who have attained the top time in an event (or events) in any of the three Top Ten tabulation courses (SCY, SCM, LCM) over the course of the season. My issue of SWIM magazine arrived shortly after that newsletter went to press so I can now officially confirm that - yes - Nancy-Leigh did receive the honor of being an All-American. ALSO achieving this honor was fellow WMAC swimmer from Oshkosh, Melinda Mann. Wisconsin Masters extends our sincere congratulations to both Nancy-Leigh and Melinda. WELL DONE, LADIES!

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## SENIOR GAMES

Are you 50 years of age or older? If so, YOU are eligible to compete in the Wisconsin Senior Olympics. And not just in swimming. The Senior Olympics offers competition in archery, badminton, basketball, free throw, bowling, cycling, golf, horseshoes, lawn bowling, racquetball, road race/run, shuffleboard, softball, swimming, table tennis, tennis, track and field, race walk, triathlon, and volleyball! Most of the competition sites are in the greater Milwaukee area with the exception of the triathlon which is being held in Stevens Point. Other than the triathlon (7/17) all the competition will take place between September 11<sup>th</sup> and September 25<sup>th</sup> (swimming is at Schroeder on Saturday, September 18). If you didn't get entry information you may contact the Wisconsin Senior Olympics Headquarters, 125 North Executive Drive, Suite 102, Brookfield, WI., 53005, Phone (414)-821-4444, FAX 414-821-4445, Web site - <http://www.execpc.com/~aging> or E-mail - [aging@execpc.com](mailto:aging@execpc.com). Don't delay in getting the information. It appears that entries must be postmarked no later than Monday, August 23, 1999!

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## 1999 CANADIAN MASTERS NATIONALS

*Submitted by John Bauman*

*The Canadian Masters Nationals (short course meters) were held May 14-17, 1999, at the Nepean, Ont., Sportsplex. Eight hundred fifty five swimmers, 42 from the USA, participated in this well run meet at a beautiful complex in a suburb of Ottawa, the Canadian capital. Competition was outstanding: 14 world records! Despite being the oldest in the 65-69 age group I managed to place 2<sup>nd</sup> in the 200 breaststroke along with five 3<sup>rd</sup> place finishes - 50 and 100 breaststroke, 100 fly, 200 and 400 IM.*

## PLAY IT SAFE IN SUMMER'S HEAT

From the Partner's in Health Newsletter  
Howard Young Health Care  
By Nancy Ellis, Executive Director  
Northwoods Medical Center  
Reprinted with Permission

If you are like me, you dream of lazy summer days as you more-or-less patiently endure the extremes of winter. But the long awaited heat of summer can be a serious problem for the unwary. When body temperature rises rapidly, it can trigger heat cramps, heat exhaustion, or heat stroke. It's important to stay cool. Below are some tips on how to prevent, recognize, and cope with heat-related problems.

**\*Drink plenty of fluids:** Regardless of how active or inactive you are, drink more fluids than you think you need. If you are on a fluid-restricted diet or take diuretics, ask your doctor how much you should drink.

**\*Keep your beverage cool:** Studies show that cooled beverages are more palatable and that you will tend to drink more. Avoid very cold beverages, as well as alcohol, as they can cause stomach cramps and loss of more body fluid.

**\*Replace salt and minerals:** Heavy sweating removes salt and minerals from the body. These are important and must be replaced. Drink fruit juice or a sports beverage. Do not take salt tablets unless directed by your doctor. If you are on a low-salt diet, ask your doctor before changing what you eat or drink, especially before drinking a sports beverage.

**\*Stay cool indoors:** The best way to beat the heat is with air-conditioning. If your home is not air-conditioned, consider spending a few hours in a local business or public library. At home, a fan will help, but is not adequate if the temperature is at 90 degrees or more. Soaking in a cool tub or shower can help.

**\*Taking care:** If exertion makes your heart pound, leaves you gasping for breath, lightheaded, confused, weak or faint, **stop all activity and get into a cool place and rest** until you can be seen by a doctor. Have a friend check on you at least twice a day during a heat wave.

Listen to your body. Heat-related problems can be life threatening. When you start to feel overheated, stop your activity and follow the steps above. **Play it safe in summer's heat.**

Apparently my E-mail address did not come through very clearly on some newsletters in the last issue. It is: [jnk@newnorth.net](mailto:jnk@newnorth.net)

## FEBRUARY FITNESS CHALLENGE

### 1999 RESULTS

The purpose of the USMS sponsored February Fitness Challenge is to see swim as many yards/miles as you possibly can during the month of February. This year a total of 415 swimmers, 244 women and 171 men, participated in the Challenge. A 67 year old woman from Virginia placed first with 473,000 yards!!!! That is equal to 269 miles or an average of over 9 ½ miles per day!

Five Wisconsin Masters swimmers participated. They were:

Mike Daley - 48, 58.4 miles, 10<sup>th</sup> of 25 in age group, 84<sup>th</sup> overall.

Eric Jernberg - 40, 57 miles, 9<sup>th</sup> of 34 in age group, 90<sup>th</sup> overall.

Stephen Justinger - 46, 51 miles, 13<sup>th</sup> of 25 in age group, 103<sup>rd</sup> overall.

Mark Fellman - 42, 22.5 miles, 26<sup>th</sup> of 34 in age group, 260<sup>th</sup> overall.

Judy Davis - 63, 21.5 miles, 11<sup>th</sup> of 17 in age group, 266<sup>th</sup> overall.

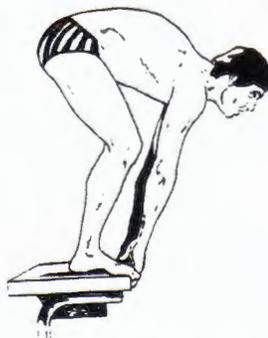
CONGRATULATIONS Mike, Eric, Steve, Mark, and Judy!

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The cardiologist's diet to help you live longer: If it tastes good, spit it out

### FOUR GUYS DRIVING IN A CAR

Four guys are driving cross country together. One is from Idaho, one from Iowa, one from Illinois, and one from Wisconsin. A bit down the road the man from Idaho starts to pull potatoes from his bag and throws them out the window. The man from Iowa turns to him and asks, "What are you doing?" The man from Idaho says, "Man, we have so many of these darn things in Idaho they're laying around on the ground. I'm sick of looking at them!" A few miles further down the road, the man from Iowa begins pulling ears of corn from his bag and throwing them out the window. The man from Wisconsin asks "What are you doing that for?" The man from Iowa replies, "Man, we have so many of these darn things in Iowa I'm sick of looking at them!" Inspired by the others, the man from Wisconsin opens the car door and pushes out the man from Illinois.



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# WISCONSIN LC CHAMPIONSHIPS

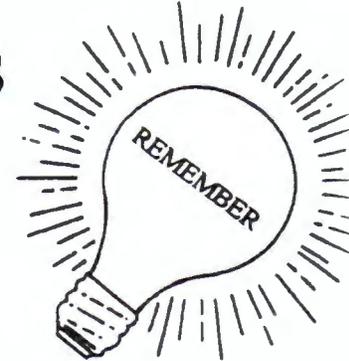
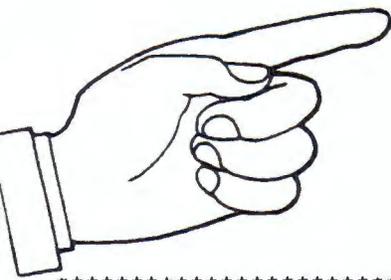
## AUGUST 6, 7, AND 8, 1999

### WILSON PARK

### BE THERE

OR

### BE SQUARE



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### **BADGER STATE GAMES**

About 140 Masters swimmers from throughout the state attended the Badger State Games in Shorewood on June 27, 1999. Although mid-week weather forecasts had predicted a rainy day swimmers were once again greeted with warm temperatures, high humidity, and sunny skies. It all made for some very pleasant outdoor swimming conditions and our swimmers responded with some great swims. This year we were especially privileged to have former Olympian Jim Montgomery among the "competitors". Because Jim is officially a resident of Texas his swims were only exhibition. But it was still a thrill to see this former Gold Medal winner cruise up and down the Shorewood pool. We not only benefited from

watching him swim but also received some valuable swimming tips from him between races. Special thanks go to WMAC members Dick Pitman, Art Luetke, and Phil Hellmuth for their behind the scenes work in organizing the swimming portion of the Badger Games as well as for their work on the day of the meet. Further thanks go to all those who so quickly and graciously grabbed stop watches so that the meet could continue without delay when the automatic timing system decided to quit! As of the writing of this article I have not received the official results of the competition so I can not pass along any stats on new meet records or multiple wins by any particular swimmers. Keep an eye out for these results in our next newsletter. Let's hope that this great morning of swimming will serve as a springboard for MANY of you to experience a similar setting at Wilson Park in August!

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### **RACINE QUARRY OPEN WATER CHALLENGE**

#### **JULY 3, 1999**

Submitted by Ingrid Stine

Thanks to the outstanding efforts of meet director Linda Eberle and her staff, the 1999 Racine Quarry Challenge was another successful open water swim. It was a very warm and humid day, air temperature at 9:00 A.M. was 80F, water temperature about the same. Due to a cloud cover it was a very comfortable swim.

The Masters 1.2 mile event started shortly after 11:00 A.M. and was swum in 2 waves of 19 swimmers each (27 men, 11 women), about 3 minutes apart. Lynn Surles - 81 - was the oldest participant. Betty Lorenzi - 72 - was the second oldest participant and finished the event in 37:08 minutes. Patti Jernberg - 35 - swam with a passenger (she's 6 months pregnant!).

A 3 mile USS race preceded the Masters 1.2 mile swim. Two Masters swimmers, Nancy Kellner, 32, and Gary Janicki, 44, participated with 21 USS swimmers in the 3 mile race.

In addition to a great swim, participants were able to enjoy the sandy beach, picnic area and air conditioned bathhouse. Each swimmer received a good bag with lotion, chips, coupons, candy, a calculator, bottle of cola and a Racine tour guide booklet as well as a T-shirt and swim cap.

**MARK YOUR CALENDARS FOR NEXT YEARS CHALLENGE - JULY1, 2000.**

Last Will and Testament: Being of sound mind, I spent all my money.



Top Ten Patches are available to USMS swimmers who have earned them in any event, in any course (short course yards, short course meters, long course meters).

Top Ten Patches and stroke segments can be ordered for the present year and as far back as 1982. The 1998 patch and stroke segments are shown at left. Actual size of patch is 4 x 2 1/2 inches.



TAKE NOTE!!

Master swimmers are eligible to obtain a Top-Ten Patch (with stroke segments) if they are listed in the Top Ten in any event during the year. Members of Top-Ten relay teams are also eligible. USMS publishes three Top-Ten listings each year-- one for each course.

Listings from 1993 are on the internet at: <http://www.swimgold.com>.

The order must include your name, address, year, course, age group, and event in which you placed in the Top Ten.

Make checks payable to: "Lake Erie LMSC".

Dar Ferguson  
4917 Walden Circle  
Orlando, FL 32811  
407-248-2624

Patches can purchased for \$5.00 each (includes one stroke segment).

Additional stroke segments can be purchased for \$1.00 each.

Orders may be sent to: *(91.25 w. + 1999 patches)*

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FINDING YOUR TARGET HEART RATE

Source: 101 Fitness Swimming Secrets

We're all familiar with the 220 minus your age times the intensity level formula used to find your ideal target heart range. But are you aware that you should be factoring in the cooling effect of the water on your target rates? According to 101 Fitness Swimming Secrets, because of the cooling effect of the water your heart won't have to work quite as hard as it would for a comparable effort out of the pool. It is recommended that you subtract another 10 to 20 beats per minute from this standard formula to find your ranges for water training. For example, a 50 year old would have land based target ranges of 94 beats/minute at 55% intensity, 145 beats/minute at 85% intensity, and 170 beats/minute at 100% intensity on land. Using the 10 to 20 beats less per minute those numbers would change to approximately 85 (at 55% intensity), 130 (at 85% intensity), and 150 (at 100% intensity). Remember - these are approximations!

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CONGRATULATIONS TO LAURI ALIOTO ON THE BIRTH OF A DAUGHTER ON MEMORIAL DAY, 1999! THIS MAKES 5 AT HOME.

Laurie didn't take much time to "recover" as she swam very successfully in the Badger State Games on June 25<sup>th</sup>

# 1999 United States Masters Swimming 3000/6000 Yard Postal National Championships



Sponsored by **FLORIDA MAVERICK MASTERS**

Sanctioned by Florida LMSC for USMS, Inc. #149-008

**EVENTS:** Individual 3000 yds. (120 lengths) and/or 6000 yds. (240 lengths) and 3 & 4 person team relay Postal National Championships.

**WHEN & WHERE:** Any time between September 1 and October 31, 1999 in a 25 yard pool. **No conversions from metric pools permitted.**

**ELIGIBILITY:** Any swimmer registered with USMS or a similar body in their own country for 1999. **A copy of your 1999 registration card must accompany your entry (NO EXCEPTIONS).**

## **CATEGORIES:**

**+Individuals:** The age groups are (W & M) 19-24, 25-29, 30-34.....100+. The swimmer's age on the day the event is swum determines the entrant's age group. **+Individuals-Dual Entries:** Swimmers who change age groups during September or October may enter in each age group, but must swim twice, once at each age.

**+Team Relay Event:** Three teams will be contested: three women, three men, and a four swimmer mixed team (two women and two men), **a new category.** Each team member must also have entered the individual event and be registered with the same club. The cumulative time for the individual swims will be the team time. The age of the youngest member determines the age group of the team: 19+, 25+, 35+.....95+. Unattached teams are not permitted.

**AWARDS:** USMS Championship Long Distance medals will be awarded to the first three places in each age group in the **individual** and **team relay** events. First place winners will also receive Long Distance championship patches.

**Club** scoring will be tabulated based on the top ten individual finishers in each age group (11-9-8-7-6-5-4-3-2-1). The top 3 clubs will receive awards.

**RESULTS:** Complete results will be sent to all entrants by December 10, 1999.

**RULES:** **Drafting other swimmers, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted.** Drafting is defined as having more than one swimmer circle swimming in a lane. For purposes of this event, no more than two swimmers may share a lane, each swimming the duration on either the right or the left side of the lane. USMS Long Distance Swimming rules require an adult acting as starter/referee be present and a verifier count lengths, record cumulative splits, time the event with a stopwatch, and sign the official entry form, as must the swimmer. **Please use the split sheet included with the entry form.** Final time for 3000 or 6000 yards must be recorded to the hundredth of a second. A 3000 yard split in the 6000 yard event may be submitted for a record, but will not be accepted as an entry for the 3000 yard event. **Events must be swum separately.**

**FEES:** **Individual entry fee** for each event is \$10 per swimmer. USMS registered clubs that submit 10 or more individual entries in the same envelope will be eligible for a **reduced individual entry fee** of \$7 each. **Relay entry fees** are \$12 per relay. Results and awards for clubs taking advantage of reduced fees will be sent to the club representative. All fees are non-refundable.

**DEADLINE:** Entries must be **received by November 10, 1999.** Late entries will be returned to the sender. FAX entries will not be accepted. Incomplete or incorrect entries will be returned, and must be resubmitted by the deadline.

**T-SHIRTS:** A 1999 3000/6000 Postal T-shirt, complete with frog logo, may be ordered for \$15 with your individual entry.

**INFORMATION:** Contact: Margie Hutinger; 1755 Georgia Ave. NE; St. Petersburg, FL 33703; or e-mail [phut@usms.org](mailto:phut@usms.org); or phone (727) 521-1172.



# Split Sheet--1999 USMS 3000/6000 Yard Postal National Championship

Record CUMULATIVE time (to 10ths) for each 50 yds and final time to 100th.

50	1050	2050	3050	4050	5050
100	1100	2100	3100	4100	5100
150	1150	2150	3150	4150	5150
200	1200	2200	3200	4200	5200
250	1250	2250	3250	4250	5250
300	1300	2300	3300	4300	5300
350	1350	2350	3350	4350	5350
400	1400	2400	3400	4400	5400
450	1450	2450	3450	4450	5450
500	1500	2500	3500	4500	5500
550	1550	2550	3550	4550	5550
600	1600	2600	3600	4600	5600
650	1650	2650	3650	4650	5650
700	1700	2700	3700	4700	5700
750	1750	2750	3750	4750	5750
800	1800	2800	3800	4800	5800
850	1850	2850	3850	4850	5850
900	1900	2900	3900	4900	5900
950	1950	2950	3950	4950	5950
1000	2000	3000	4000	5000	6000

## Individual Entry

Name \_\_\_\_\_  Female  Male Age \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Print, First \_\_\_\_\_ Last \_\_\_\_\_ Day of swim \_\_\_\_\_  
 Address \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Country \_\_\_\_\_  
 Club \_\_\_\_\_ Abbr. \_\_\_\_\_ Registration No. \_\_\_\_\_

## Relay Team Entry 3000 6000 Age Group \_\_\_\_\_ 3 Women 3 Men 4 Mixed

Swimmer's Name (Print)	Age	Sex	Time
#1		<input type="checkbox"/> F <input type="checkbox"/> M	
#2		<input type="checkbox"/> F <input type="checkbox"/> M	
#3		<input type="checkbox"/> F <input type="checkbox"/> M	
#4		<input type="checkbox"/> F <input type="checkbox"/> M	

Relay entries without individual entries and payment WILL NOT be accepted. Total time \_\_\_\_\_

"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 LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE 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."

I certify that I have read the rules of this competition and that on \_\_\_\_/\_\_\_\_/\_\_\_\_, 1999, I swam either  3000 yds. OR  6000 yds. in \_\_\_\_\_:\_\_\_\_:\_\_\_\_  
 Date \_\_\_\_\_ Official time \_\_\_\_\_

Signature of swimmer (required) \_\_\_\_\_ Date \_\_\_\_\_ Signature of verifier (required) \_\_\_\_\_

Have you included a copy of your registration card? **NO CARD; NO ENTRY**

T-Shirts:  M  L  XL Quantity \_\_\_\_\_ x \$15 \_\_\_\_\_

Entry fees: # Swimmers: \_\_\_\_\_ 1 > 9 Individual entries = \$10 \_\_\_\_\_

OR 10 > Individual entries = \$ 7 \_\_\_\_\_

Relay = \$12 \_\_\_\_\_

Make checks payable to: Florida Maverick Masters TOTAL \$\$\$ \_\_\_\_\_

Received by Nov. 10, 1999 to: 1999 3000/6000 Postal Swim  
 c/o Margie Hutinger; 1755 Georgia Ave. NE; St. Petersburg, FL 33703

“Team Wisconsin” at the SCY Nationals – Betty Lorenzi, Judy Davis, and Nancy Kellner

If you “lift” and swim on the same days, swim first, then lift. Swimming helps to warm and lengthen your muscles reducing the chance of injury when you get to the weight room. Lifting fatigues and tightens your muscles preventing you from maintaining good stroke form in the pool.



**ANNUAL LMSC MEETING**

**John Bauman**

The annual meeting of the Wisconsin Masters Swim Committee, Inc., (LMSC) will be held Saturday, Oct 2, 1999, 1:00 P.M., at 11917 W. Rainbow Ave., West Allis, WI.

**ALL WISCONSIN REGISTERED MASTERS SWIMMERS ARE INVITED TO ATTEND. WE NEED YOUR INPUT!**

Business to be conducted will include election of LMSC officers; establish registration fees for 2000; discussion of lack of attendance at meets and direction that the LMSC should take to encourage better attendance; set a meet schedule for 1999-2000 (?); and any other business that may be brought before the committee.

***USMS SCY NATIONALS***

Submitted by Judy Davis

Over 2,000 swimmers participated in the 1999 SCY Nationals held May 13-16 at the International Swim Center in Santa Clara, CA. That totaled over 9,100 splashes in 931 heats exclusive of relays! The meet attracted the fastest American swimmers from ages 19-100 and included many former Olympians. Wisconsin Masters Aquatic Club members in attendance were: Nancy Kellner – 32, 5<sup>th</sup> 500 free, 4<sup>th</sup> 1650 free, 15<sup>th</sup> 100 breastroke, 8<sup>th</sup> 200 breastroke, 4<sup>th</sup> 200 fly, 12<sup>th</sup> 400 IM; Judy Davis – 64, 8<sup>th</sup> 200 free, 5<sup>th</sup> 100 back, 6<sup>th</sup> 200 back; Betty Lorenzi – 71, 2<sup>nd</sup> 50 free, 1<sup>st</sup> 100 free, 2<sup>nd</sup> 1000 free, 3<sup>rd</sup> 50 back, 3<sup>rd</sup> 100 back, 2<sup>nd</sup> 200 back. Nancy set 4 State records – the 500 and 1650 free, 200 fly, and 400 IM. Betty set a State record in the 100 free.

**HELP! HELP! HELP!** We need your participation in the Long Course Meet, August 6-8, at Wilson Park, Milwaukee. As of July 13 we have only 10 entries! The Wisconsin association has over 330 registered swimmers and only 50 to 60 participate in our meets. We need more swimmers to participate to cover the expenses; pool rental costs continue to escalate, postage and printing costs need to be covered, and equipment needs to be repaired or replaced. **Please enter as many of the meets as you can so that our club can remain financially viable.**

You know you're getting old when you stop buying green bananas.

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## GO TAKE A HIKE – PART II!

Nancy Kranpitz

In our last newsletter I expounded on my experience with “water walking” – what I did in the pool and the benefits I felt I was reaping from this alternative form of water exercise. Shortly thereafter my daughter gave me an older issue of “Fitness Swimmer”- a magazine devoted to water exercise tips of all types. But the editorial in that issue just happened to be expounding virtually the same virtues of “water walking” that I have discovered. Among those “virtues” were a good, strenuous workout, no need to wear goggles, no need to get your hair wet (although I find that I am working so hard that I need to dip under the water just to cool off a bit), and a welcome change from the monotony of following the black line along the bottom of the pool. In the past few months I have experimented a little more and have a couple more hints to pass along.

In an attempt to work all four strokes in a vertical position I have found that I can do a vertical breaststroke. The arm/leg timing is simultaneous rather than alternating. But I can really work on finishing the kick – having my feet come completely together – and also stress the in-sweep of the arms. In order to keep from dipping too far down after each kick and pull I find I must repeat the arm and leg movements rather quickly. And as a result I find

that I get tired rather quickly as these movements are similar to an almost all out sprint. Most of my “breastroke” work is done in 45 to 50 second increments!

**FINS!** I have Zoomers fins and just recently added the use of fins to my exercise routine. I have found that using too large a kick tends to put a bit of stress on my lower back. So when using fins I get into the “medium” size kick mode. If you are looking for a good lower body workout – this is it!

So, can strenuous water walking really do anything for your swimming? Well, I’m only one person and I’ve only been experimenting with this for about 6 months. **BUT**, I did have my best LC 50 M free time in 10 YEARS at the Badger Games. I don’t swim the 200 Meter IM very often, but that time was also faster than last year’s time. But more importantly, I still felt strong coming into the last 15 meters of the race – actually accelerating into the wall rather than dying. That feeling, of having something left, was wonderful!

Will I give up swimming in place of water walking? Never! But for now I’m enjoying devoting part of my water time to walking, running, and “swimming” in place rather than doing only laps and intervals. Give it a try the next time you “forget” your goggles, don’t want to get your hair wet, are tired of communing with that black line, or just want a change. You just might like it!

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## **The Great Caffeine Debate**

Source: 101 Fitness Swimming Secrets

It IS true that caffeine can improve your endurance if you ingest it about an hour before your workout or race. Caffeine stimulates the production of hormones that mobilize fat stores. It enables your body to use fat as fuel while at the same time you conserve muscle glycogen. Loss of muscle glycogen affects endurance. Since caffeine slows glycogen depletion it follows that it boosts your endurance. We also know (most of us, from experience) that caffeine is a stimulant and affects the central nervous system. This makes one less sensitive to fatigue. So you may swim farther and faster without fully realizing how hard you are working. Be careful not to overload on the caffeine, though. Limit yourself to the equivalent of two to three cups of strongly brewed coffee. And be prepared to plead with your coach for a potty break!

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CONGRATULATIONS TO PHIL HELLMUTH’S DAUGHTER, ANN. SHE RECENTLY WON 2 GOLD MEDALS IN SWIMMING AT THE 199 SPECIAL OLYMPICS INTERNATIONAL SUMMER GAMES AT RALEIGH-DURHAM-CHAPEL HILL. WAY TO GO, ANN!

### MEND QUICKLY DORIS

*Wisconsin Masters wishes Doris Klitzke a speedy recovery from back surgery! After a successful Badger Games competition Doris had her surgery in early July. We hope to see you back in the pool soon, Doris!*

ARE YOU STILL STRUGGLING TO FIND THE RESULTS OF THE 1999 YMCA MASTERS NATIONALS ON THE INTERNET? THE WEBSITE LISTED ON THE ENTRY INFORMATION STILL HAD LAST YEAR'S RESULTS ON IT LAST TIME I LOOKED. TRY THIS WEBSITE INSTEAD: [www.ymcamkc.org/schroeder/swimming/masters/indiv\\_results.html](http://www.ymcamkc.org/schroeder/swimming/masters/indiv_results.html) When I called it up it indicated 128 pages of results! But it lists splits for just about every race – which is nice. When this is printed out the underlining of the website may hide the \_ between indiv and results. Hope you find what you're looking for!

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## **TIP OF THE MONTH – FINISHING YOUR RACE**

By Paul Hutinger

The technique of finishing your race is crucial, and can be the difference in out touching your opponent. In free and fly, put your head down and don't breathe from the flags to the wall. At LCM Nationals in 1998, Gladys Olsen was slightly behind her opponent at the flags. She remembered coach's advice, and WON the 200 fly. In fly and breast, you need to adjust the number of strokes to the wall, by the time you reach the flags, so you are not too short or too long for the finish. In back, **COUNT, COUNT, COUNT** your strokes when your head goes under the flags. I won a 50 M back at Nationals by knowing where the wall was, even though my opponent was also ahead of me at the flags.

These techniques will give you an advantage, as you will gain an extra stretch. In free, rotate your shoulders by rolling onto your side. On back, drop your head back. On breast and fly, drop your head and stretch with your fingers underwater. Keep your kick going strong until you finish. An additional skill at the wall is to **always touchout underwater**, especially where a timing pad is used. Do not grab the top of the pad or the wall. This could be a whole second slower than a finger tip touch under water.

In your workouts, eliminate bad habits of sloppy and careless finishes, and be specific with each of your strokes. When you warm up at a meet, be sure to practice your finishes on the pad, with your body stretched out.

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## **ONLY YOUR HAIRDRESSER KNOWS FOR SURE!**

Not only did I get a hair cut today but I also got some advice about how to deal with chlorine damaged hair. Soaking you hair in the shower before entering the pool and/or applying some conditioner to your hair saves wear and tear on your hair. The "regular" water and/or conditioner is absorbed by the hair shaft which in turn prevents the chlorine from doing so. Final result? Undamaged locks!

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## **ASK YOUR DENTIST!**

Nancy Kranpitz

Have you ever experienced the unpleasant sensation of metal on metal in your mouth? I'm referring to that awful feeling when you accidentally bite into a piece of aluminum foil (gum wrapper) or make contact between a piece of silverware and a filling? Now – have you ever noticed a similar feeling when you get water in your mouth while swimming in a chlorinated pool? Well, I have – but my dentist had never had another patient mention this to him. His thought was something in the water (chemicals, minerals, ???) sets up a "charge" between, say, a gold crown and a silver filling causing a "sensation" which mimics the gum wrapper on filling sensation. Probably most of you think I'm nuts! But, I'll be anxious to hear if this has happened to anyone else!

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It's hard to be nostalgic when you can't remember anything.

## HOW OLD AM I ANYWAY?

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I recently received a book entitled 101 Fitness Swimming Secrets as part of my subscription to Fitness Swimmer. Located throughout this newsletter are several "ideas" which have come from this book. It was compiled by the editors of Fitness Swimmer magazine.  
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Did you know that your age for all meter meets – long and short course – is now determined by your age as of December 31 of that year? It only matters once every 5 years – when you age up. But that is when it really matters. So, if you "age up" yet in 1999 your official age for the Wilson Park meet and the Lawrence University SCM meet is that higher number. This rule applies **ONLY** to meter meets and **NOT** to yard meets.

Did you know that caffeine is a diuretic? That means the caffeine found not only in coffee, but also in soft drinks, can dehydrate you if you don't drink enough water to neutralize it. You need to ingest an equal amount of water (ounce for ounce) for each caffeinated beverage you take in.

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## I'M HUNGRY (AFTER I SWIM!)

Source: 101 Fitness Swimming Secrets

If you do both dry land and water exercise perhaps you have noticed you don't immediately feel hungry after a jog, but you do after a swim. Wonder why? Running, aerobics, stair climbing, etc., are bouncing activities that cause distress to the abdominal area. This temporarily suppresses your appetite. Swimming, on the other hand, supports your abdominal area which allows you to eat comfortably immediately afterward. That is a good news/bad news scenario. Good news if you work hard and push yourself so that you are not feeling cold in the water. Bad news if you don't work hard and get cold – a common occurrence among many fitness swimmers. In order to get warm our body's natural insulating mechanisms start to crave fat calories for insulation rather than glycogen calories from carbohydrates. 'Nuff said?



WISCONSIN MASTERS SWIMMING  
10346 CEDAR FALLS ROAD  
HAZELHURST, WI 54531