

Wisconsin Masters Swimming

Newsletter Date
February, 2004

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Newsletter "Timing"

Does it seem like you JUST received a newsletter? Does July seem a long time away? Due to our (my husband and me) retirement and subsequent travel plans the "quarterly" newsletter may not be exactly quarterly! Travels to CA and FL in January, February, & March plus a 2 month trip to Alaska in May/June kind of disrupts things. Please, if you have newsletter information to send to me in May/June send it SNAIL MAIL (10346 Cedar Falls Rd, Hazelhurst, 54531) as I won't have much access to a computer. And PLEASE—do send me articles! Remember, this is YOUR newsletter!

CHAIRMAN'S LANE

Dick Pitman

By the time you receive this newsletter we will be well into our 2003-04 short course yard season! Writing this in mid-January it is hard to imagine what the rest of the year will bring us. Here's a short list of our accomplishments.

As most of you know, our season usually begins with the short course meter meet at Lawrence University in Appleton in October. That meet was well attended and successful as usual. **Bob Swain** always runs a good meet. He had trouble finding an official and instead of swimming in the meet he served as starter/referee. Many state records were broken or set.

In December we had one of our best attended meets in recent history at Wauwatosa West

High School. Usually December has been an attendance problem because of the holidays. But not this year! In January we had our first meet at the Pabst Farms YMCA in Oconomowoc. There was, I think, a record set with over 80 participants registered. Outside of our State Meets this was the largest one day meet. I'm glad to say that **Harry Evans** did a marvelous job getting a team together, getting cooperation from the new YMCA, and getting the turnout! The Pabst Farms Y only opened in September. Our appreciation also extends to **Dwight Sandvold**, the Health & Fitness Director, and **Rocky LaPlante**, the Aquatic Director of Pabst Farms.

When **Harry Evans** said he would like to have a meet at Pabst Farms I challenged him to take on the job of Meet Director and he did a great job. Similarly I've challenged **Peter Maternowski** to take on the job of Meet Director of our February Madison East Y meet. **Peter** did a great job acting as meet director of our Lake Mendota Open Water Swim in August. Since I'm writing this before that meet takes place I'm congratulating Peter in advance. But, I know he will do a great job.

I've always believed that we need to challenge ourselves (or accept challenges from others) in order to grow. When I was in my early 30's—almost 30 years ago—I belonged to the Jaycees. One of the precepts of the organization was leadership. The first thing is learning not to be afraid of leading and then, learning how to lead. One of the other things you learn is that occasional mistakes might be made. But the world doesn't end! The other is that you need to recruit others to help you and not be afraid to tell them what they need to do—and then let them do it. I'm hopeful that we're building the organization for the future of Wisconsin Masters Swimming—one meet director at a time.

Enough for soap-boxing. Next subject. Over the last year I've received a number of requests to host a meet. I decided to draft a document that will soon appear on our website that will inform those interested in what steps need to be taken to host a meet and fall within the rules of USMS. Briefly, I can describe some of those needs here. Two BIG things are needed: pool measurement and enough space for warm-up and cool-down during the meet. If you have a 25 yard pool it needs to be not less than 75.00 feet. It can be longer, but it may not be less. If it is not quite 75 feet can you still hold a meet there? Technically yes—but Wisconsin Masters may not sanction it. You can check out the rules at www.usms.org and the open the rule book and go to Article 107.

(Continued on Page 10)



TWO IS COMPANY—THREE IS A CROWD!

Stacey (Klepel) Kiefer

As a competitive swimmer of over twenty years, I have always tried to promote the sport of swimming. Now as a lifetime member of an aquatics family and business, you can bet that I am really an advocate of swimming, or any aquatics related activity for that matter. In my most recent years, I have tried to share my fondness of swimming (both training and competing) with people in the southeastern part of Wisconsin. While I have worked with coaches, friends, co-workers, college students, customers, and even people I don't know, in trying to get a strong Masters swimming program formed in our part of the state, we struggle in getting people to actually come to practice. Yes, we have been able to get people to sign up and even pay their dues for the season. But after the first two weeks of practice, it never fails. I find myself swimming with maybe two, and if we're having a really good night, three swimmers.

Do you have a strong swimming program? What is the trick? Do people actually come to practice once they've joined the team? Believe me, I've tried everything from bribes of cookies and other baked goods, to free swim caps, and even rides to practice. We really do have fun practices and they're adjusted for each swimmer's level. But for some excuse or another our group just doesn't have the nightly attendance that we were hoping to have. If you have any ideas of ways to get people to come to practice, please share! Our group, and I am sure others swimming around the state, could benefit from **ANY** positive ways to get our teammates practicing!

Please send your ideas to Stacey@kiefer.com and we'll include them in the next newsletter.



**Help! Help!
Help!**



*Have you taken a
look at me
lately????*

WISCONSIN MASTERS WEBSITE

www.swim-wimasters.org

Check it out for the latest
meet results, state records,
and MORE

Dick Pitman presented Stacey's dilemma to his MAM (Madison Area Masters) group and received the following response from **Sally Sweeney**.

I joined the masters one year ago after swimming on my own at the Y for about 10 years. I was apprehensive to join because I didn't know much about the group and thought I wasn't that great a swimmer. I'm thankful to have been proven wrong! It has been great fun to advance to a level of swimming I never thought I could, meanwhile setting goals for myself to keep up the pace. What motivates me to keep coming back is I am doing this for me! I work full time, have two very busy daughters, sew alterations part time, and volunteer at school and church. Swimming is the only selfish thing I do, and I love every minute! Going out for a beer once in a while helps too! We have a great group of swimmers—especially in lane 3!

P.S. My goal this year is to learn the flip turn. Practice, practice, practice.....
Sally

BREAKFAST

Eating breakfast is a good thing!
American Heart Association Conference March 2003

In one recent study, those who ate a healthy breakfast were 35% to 50% less likely to be obese or to have problems with insulin resistance—a condition that is common in overweight people, and which can often lead to type 2 diabetes.

Percentage of breakfasts skipped (by age)

Adults 18 to 34.....	24%
Teenagers 13 to 17.....	19%
Kids 8 to 12.....	9%
Kids under 8.....	6%

WISCONSIN MASTERS SWIMMING CHAMPIONSHIPS
SHORT COURSE YARDS SWIM MEET
April 3-4, 2004

- Sponsored by:** The Wisconsin Masters Aquatic Club
- Sanctioned by:** The Wisconsin LMSC for USMS, Inc. Recognized Meet No. #204-005
- Location:** Carthage College Aquatic Facility, 2001 Alford Park Dr., Kenosha, WI.
- Facilities:** 8 lane, 25 yard pool with anti-turbulent lane guides, starting blocks and backstroke flags
- Time:** Saturday April 3 and Sunday April 4, 2004.
Warm-up: 12:00 noon, meet starts at 1:00 PM.
- Eligibility:** Open to all Masters swimmers 19 years old or older. All entrants must be a registered Masters swimmer and their USMS number must be on the entry. Each entry must be accompanied by a copy of the swimmer's 2004 USMS registration card.
- Rules:** Official USMS rules will govern the meet. All events will be timed finals.
- Seeding:** Heats will be seeded slowest to fastest by computer. Please submit a reasonably accurate seed time. A NO TIME will be seeded in the slowest heat. Entries for the 1650 freestyle will not be accepted without a seed time which, at the discretion of the meet director, may be subject to change based on prior performances. Age groups and sexes will be combined to expedite the meet.

Heat sheets will be provided.
- Timing:** Automatic timing system backed up by watches.
- Warm-up Procedure:** Lane 8 will be a start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 1-7 will be for circle swimming only—NO DIVING STARTS from the blocks or the deck in lanes 1-7. Swimmers must enter the pool feet first in a cautious manner in lanes 1-7. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm up period.
- Entry Fee:** \$2.50 per individual event, plus the \$5.00 pool user surcharge. Deck entries for individual events will not be accepted. Fees must accompany entries. Make checks payable to Wisconsin Masters Aquatic Club.

Submit relay entries at the meet. Relay fees are \$4.00 per relay
- Entry Limit:** Five individual events per day plus relays. THE 1650 FREESTYLE WILL BE LIMITED TO THE FIRST 32 ENTRIES RECEIVED and each swimmer entered in the 1650 will be responsible for providing a person to count his/her laps.
- Entry Deadline:** Entries must be in the meet director's hands no later than 6:00 PM, Friday, March 26.
- SEND TO:** John Bauman—Meet Director (414-453-7336)
11917 W. Rainbow Ave E-mail: wmac@execpc.com
West Allis, WI 53214-2166
- Entry Form:** The official entry form (universal entry form) must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.
- Awards:** Ribbons for 1st to 3rd place.

DON'T DELAY - ENTER TODAY

SCHEDULE OF EVENTS

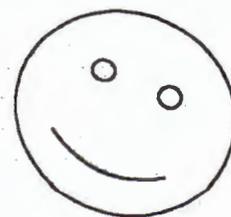
Wisconsin Masters Swimming Championships Short Course Yards—April 3-4, 2004,

Saturday, April 3

1. 50 yd Freestyle
2. 200 yd IM
3. 100 yd Backstroke
4. 200 yd Breaststroke
5. 200 yd Freestyle
6. 100 yd Butterfly
7. 50 yd Breaststroke
8. 200 yd Free Relay*
9. 400 yd Medley Relay*
10. 800 yd Free Relay*
11. 500 yd Freestyle

Sunday, April 4

12. 50 yd Butterfly
13. 400 yd IM
14. 100 yd Freestyle
15. 200 yd Backstroke
16. 100 yd Breaststroke
17. 100 yd IM
18. 200 yd Butterfly
19. 50 yd Backstroke
20. 200 yd Medley Relay*
21. 400 yd Free Relay*
22. 1650 Freestyle



*Relay Entries: Submit entries at the meet. Relays may be all men, all women, or mixed (two men and two women).

Meet results will be posted on the Wisconsin Masters web site

The Wisconsin LMSC has decided to use a universal entry form for all swim meets it sanctions. Swimmers will be required to use this form. It is recommended that you take a blank Universal Meet Entry Form, place your current USMS membership card in the upper right hand corner, and make copies of it. As each meet will, in all likelihood, have its own entry fee structure, you will have to enter the correct fees on the Universal form before submitting the form to the meet director. You will find a copy of the universal entry form on the Wisconsin Masters Website: www.swim-wimasters.org.

A copy of the universal entry form is found on page 5 of this newsletter.

Swimmers (below) get ready to "take their mark" during one of the heats at the Pabst Farms YMCA Masters meet in Oconomowoc last month.



Editor's Thoughts!

Nancy Kranpitz

One of the benefits of editing this newsletter is that I am "forced" to thoroughly read everything that goes into print. So I really "digested" **Dick Pitman's** *Balance, Posture, & Rhythm* hints in his Coach's Column this month. I worked diligently at it during my swim this AM and was so thrilled to actually feel a big difference in my swimming—especially when incorporating the *Rhythm* hints. Now—a question for anyone who can explain this to me. After several lengths of freestyle I often find myself "sinking" (hips and legs dragging). After even just one length of backstroke (and I'm NOT much of a backstroke swimmer) - when I return to the freestyle my body position is right back on top of the water where it should be. What causes this? I'm glad to know I can use backstroke to re-balance my free—I just don't understand why this happens! Can you help me?

USMS 2003 TOP TEN LONG COURSE METERS

Wisconsin Swimmers and Relays

Individuals

Carrie Bungler 24
9th 800 Free 11:32.01

Melinda Mann 47
10th 50 Free :31.04
1st 50 Breaststroke :38.82*

Germaine Havel 55
9th 200 free 3:04.14

Kyle Rausch 28
5th 100 Back 1:04.73

George May 66
7th 100 Breaststroke 1:40.35
6th 200 Breaststroke 3:41.21

John Bauman 73
10th 200 IM 4:18.37

Julie Pausch 31
9th 100 Back 1:20.29
9th 100 Fly 1:20.76

Cynthia Maltry 49
10th 100 Back 1:23.68

Nancy Kranpitz 58
10th 100 Fly 1:49.67

Bela Sandor 68
3rd 100 Breast 1:35.66

W. Morgan Byers 76
4th 200 Free 3:13.84
2nd 400 Free 6:50.73
2nd 800 Free 14:31.35
2nd 1500 Free 27:53.40
6th 200 Back 4:05.81
5th 200 IM 3:52.32

Becky Heller 39
4th 50 Free :28.57
6th 100 Free 1:02.29
7th 200 Free 2:20.55
2nd 50 Fly :30.74
9th 200 IM 2:47.64

Betty Lorenzi 76
2nd 800 Free 15:04.72
2nd 1500 Free 28:56.44
1st 50 Back :48.45*
1st 100 Back 1:45.49*
1st 200 Back :53.58*



*Congratulations to **Melinda Mann** and **Betty Lorenzi!** Their first place rankings have earned them All-American status for Long Course Meters, 2004.

Relays

Women 160+
9th 400 Free Relay 6:08.29
Kathie Allen 57
Sara Allen 28
Jessica Schultz 25
Janet Schultz 52

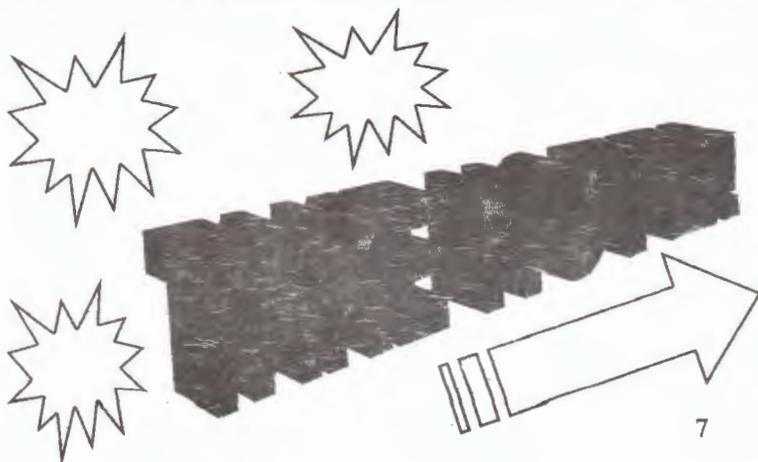
Men 240+
6th 400 Free Relay 7:22.11
Fred Salzmann 71
James Sevenich 74
Timothy Potter 47
John Crotcher 61

Women 200+
3rd 400 Medley Relay 6:38.57
Cynthia Maltry 49
Candy Christenson 56
Nancy Kranpitz 58
Germaine Havel 55

Mixed 160+
5th 400 Free 4:37.39
Jeff Bauer 39
Laurie Leulemans 33
Arrietta Clauss 48
Mike Rubens 43

Men 120+
8th 400 Free Relay 4:25.16
Toby Haines 34
Christopher Liu 33
Jason Martin 35
Jeff Shaw 37

Well Done!



A red line across your address label on this newsletter indicates you have NOT re-registered for 2004. As a result this will be the LAST issue of the newsletter you will receive. To re-register simply go to the WMAC website and download the proper form! DO IT NOW!

Helpful Hints For Cutting Calories!

Does anyone know anyone who has NOT made a pledge to shed a few pounds in 2004? How about just eating a bit more sensibly? Did you know that if you cut out just 100 calories from your diet every day you would be about one pound lighter every five weeks—or 10 pounds lighter in one year's time? Can't make even that small a sacrifice? Then you could add a little more exercise to your daily schedule to burn off an extra 100 calories. How to accomplish this? Well, here a few tips that just may help you to accomplish both of these goals.

- *Replace a **bagel** (300 calories) with **two pieces of whole-grain toast** (200 calories).
 - *Use canned solid white tuna **packed in water** (175 calories) instead of tuna **packed in oil** (275 calories).
 - *Use **fat free mayonnaise** (100 calories) instead of **regular mayonnaise** (200 calories).
 - *Eat only **one cup of pasta** (280 calories) instead of **one-and-a-half cups** (420 calories).
 - *A **medium sized baked potato** has 160 calories while a **large baked potato** has 278 calories.
 - *Try a **vegetarian Boca Burger** (90 calories) instead of a **3-oz turkey burger** (195 calories).
 - *Use a **light vinaigrette salad dressing** (35-50 calories per 2 Tbsp) instead of a **regular creamy dressing** (140-160 calories per 2 Tbsp).
 - *Eat **unsweetened applesauce** (100 calories) instead of **sweetened applesauce** (200 calories).
 - *Snack on a **small handful of cashews** (163 calories for 18 nuts) instead of a **large handful** (273 calories for 30 nuts).
 - *Order a **McDonald's regular cheeseburger** (330 calories) instead of a **Quarter Pounder** (430 calories).
 - *Don't "super size" your soft drinks. Order a **12-oz child size drink** (100 calories) instead of a **21-oz medium size drink** (210 calories). Better yet—order a "diet drink" and save even more calories!
- None of these suggestions represents a major alteration to anyone's diet. Little changes can make a big difference.

A Self-Coached Workout

Nancy Kranpitz

The following is a workout I found to be great for a solo swimmer!

Warm up: 100 free, 100 back, 100 breast, 100 free—DRILL

200 Free Kick (using Zoomers)

4 x 25 Back K—emphasize shoulder roll

4 x 75 Back Swim—RI :20

500 Free Pull with Paddles (Broken at 100—R :10)

500 Free Swim Broken at 100 R :10

4 x 25 Breast Kick

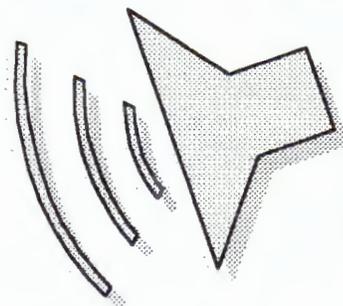
4 x 75 Breast Swim R :20

500 Swim Broken at 50 R :10—alternate 50's back & breast

Cool Down: 100 EZ choice

If I am in a time crunch I will eliminate the final 500 set. One can easily substitute fly and free on the 25's and 75's. Depending on how I feel I may change the 75's to Swim-Drill-Swim or Drill-Swim-Drill.

Total yards: 3000 if you do the whole thing; 2500 if you eliminate one of the 500 sets.



Wisconsin Masters held a SCY meet at the new Pabst Farms YMCA in Oconomowoc on January 11. More than 80 swimmers turned out for the event making this the largest one day meet (not counting the state meets) in our history. The 8 lane facility is obviously a beautiful place and WI swimmers responded to the environment with many exceptional swims.

Coach's Corner

Dick Pitman

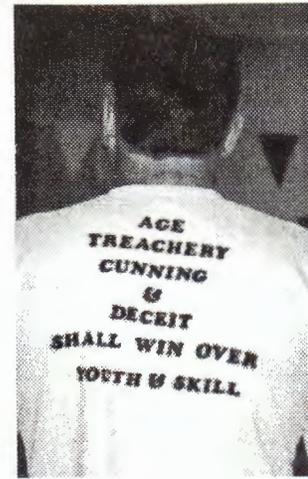
I ran into **Peter Toumanoff** at the Pabst Farms meet in Oconomowoc in January who told me how much he liked my newsletter articles while saying he has thought about writing an article about the "Self-Coached swimmer." I'm sure there are many ideas out there because a lot of us get to swim only when we have the time! Some of you use the pull-out workout provided by SWIM Magazine. Some of you use workouts you get off the internet. Some of you have developed workouts that seem to work for you. So, here is an invitation to all of you solitary self-coached swimmers to tell us about your workouts.

I don't want to steal Peter's thunder or anyone else's, but I will offer my own 30 minute workout. I usually start with a 400 reverse IM so that I save the fly for last. Actually, I kick underwater the first 25, stop in the shallow end to adjust my cap and goggles, and then push off for an easy 100 free! After I finish this easy 400 IM I put on zoomers (or not) and do a 400 K also IM. I try to go all the way under water the first 25 dolphin, take a quick breath and go as far as I can underwater again—usually around 12 kicks. The 3rd 25 is usually dolphin on my back. Then I may do an easy 200 IM. Next is a set of 3 x 200—

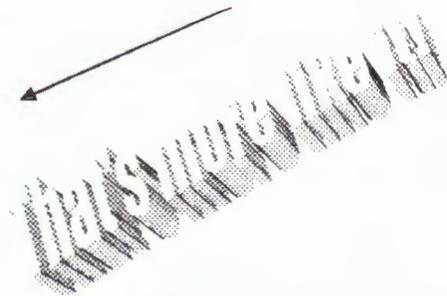
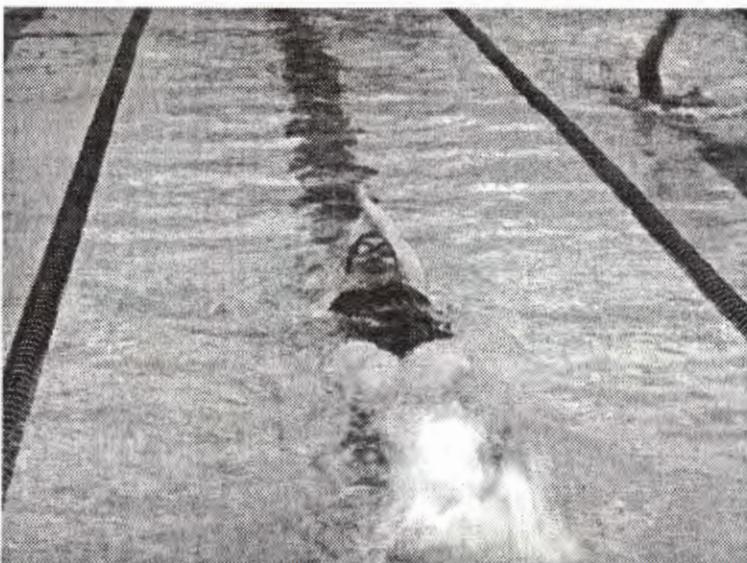
Pull freestyle—on 3:00 interval. I have been doing these somewhat consistently for several months and use it as a sort of Deming test. (You remember Deming who developed statistical analysis back in the early 80's?) If I have a good set then it psyches me up for the rest of the workout. If it's a bad set I usually bail out early and go back to work!

One of the basic precepts of training—I believe—is not to practice bad technique. So, this workout takes about 30 minutes: 7 + 7 + 4 + 9 + 3 if you add in the various water breaks and an easy 200 cool down, and 1800 yards. I log all my workouts on a spreadsheet program so I can keep track of my Deming sets and track my progress. Okay—where does coaching come in? Obviously if you are your own coach you should know some guiding principles. There are three things I focus on when I doing my Deming quality-control sets: **Balance, Posture, Rhythm—and I count my strokes.**

I picked up the **BPR** mantra from **Michael Collins** at the convention in San Diego in September and then was reinforced when I saw **Richard Quick's** new Championship video series. Now it has become a part of my vocabulary when I coach our East Y swimmers. **Balance** refers to the north/south, or up/down direction of our body—kind of like a double-pointed arrow going up and down. **Posture** refers to the lateral direction of our body which would resemble another double-pointed arrow. But this one would be going laterally or horizontally. **Rhythm** is a little harder to define, but it utilizes the roll of the hips, keeping the energy in front of your shoulders and graphically might be represented by a big stylized "X". Believe it or not when you have rhythm it's hard not to keep the energy in front of your shoulders. The way Michael presented it was to roll your hips and drive your hand down into the water at a 40-45 degree angle. It's a very different feeling from the way you've swam in the past. You're not just rolling your hips, you're driving them down as you drive you arm and hand forward. It is sort of a rocking sensation. The torque from the hip-roll creates the energy. If there is another coach out there that can explain this better—please do so! Happy Swimming!



Who needs Balance, Posture, & Rhythm when you use **Art Luetke's** approach? ("age, treachery, cunning, and deceit shall win over youth & skill")!!!!



Janet Schultz, on the other hand, finds **Dick Pitman's** hints to be quite helpful in perfecting her backstroke technique.

WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date _____

Meet Location _____

If a copy of your current registration card is in the box to the right you do not have to complete the personal information below, except for the phone number and E-Mail address

Sec. 202.1.1 F (2) of the USMS rules requires you to submit a copy of your current registration card with each meet entry.

Please place your current membership card here and make copies to be used when entering swimming meets.

Each meet may have different fees, please be guided by the specifics on the meet information page.

NAME _____

MALE _____
FEMALE _____ USMS NO _____

BIRTH DATE _____ AGE _____

TEAM _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

E-MAIL ADDRESS _____

USMS rules limit a swimmer to no more than five individual events per day.

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

FEES PER MEET INFORMATION PAGE:

_____ EVENTS @ \$ 2.50ea. + pool surcharge \$ 5.00= \$ _____

LIABILITY RELEASE

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 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.

Signed _____ Date _____

Robert M. Kueny

It is with deep sadness to have to inform you that Robert Kueny, age 72, an All-American swimmer who set numerous National records, passed away December 16, 2003. Bob was probably the first Wisconsin swimmer to participate in the Masters program.

Outside of swimming Bob was a well known and well respected architect. He studied as an apprentice under Frank Lloyd Wright and did post-graduate work at Marquette University after graduating from UW-Madison with a bachelor's degree. In 1959 he founded Robert M Kueny, Architect, which became Kueny Architects LLC in 2000. He retired in 2001 for health reasons. Bob was a licensed architect in Wisconsin, Illinois, and Missouri and he was involved with over 300 building projects in Kenosha. He loved designing buildings and The First Assembly of God church and Christian Life School in Kenosha are among his works.

Bob will most be remembered by his fellow Wisconsin Masters Swimmers for his flawless breaststroke. It was always a pleasure to watch him swim not only that race but the IM and butterfly as well—unless, of course, you were in his heat and could only watch him from behind! Bob is already greatly missed among his swimming family. Wisconsin Masters swimmers extend their heartfelt sympathy to Bob's widow, June, his 3 children, 8 grandchildren, and four great-grandchildren.

A Tribute to Bob

Mani Sanguily

I knew Bob for many years. We swam in the same 100 meters AAU Nationals in 1958. He was always the same gentleman and a wonderful competitor.

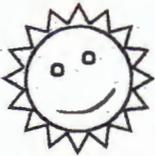
Another Tribute

Dick Pitman

The last time Bob swam a meet was probably 2001. We all helped him get to the block in time for his heat. He could still react to the starting "beep" and dive perfectly into the pool. His strokes were still flawless, but if he was doing an IM it became a breaststroke race. The first time it happened I think everyone moaned. But then we realized that it was just a pleasure to see him swimming his marvelously perfect breaststroke.

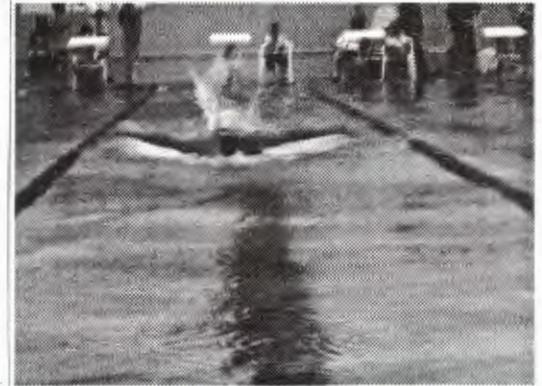
Muscle & Bones

If you have—or are at risk for—osteoporosis you may want to start pumping iron. People who add muscle mass (or prevent muscle loss) by lifting weights have higher bone density than people who have less muscle mass. At one time, it was thought weight alone was a good bone density predictor—the more you weighed, the stronger your bones, regardless of whether that weight was fat or muscle. But newer research shows that gaining a pound of muscle increases bone strength three times more than gaining a pound of fat. The reverse is also true: If you lose a pound of muscle—which can happen as we age—bone strength decreases three times more than if you lose a pound of fat.



Dick Pitman

(right) practices what he preaches and shows good form while competing in the butterfly event at the Pabst Farms YMCA in Oconomowoc in January. **Dan Slick** (Left) leads the pack in his backstroke race also at Pabst Farms.



WISCONSIN MASTERS SWIMMING
10346 Cedar Falls Road
Hazelhurst, WI 54531

Chairman's Lane—Continued

Also, a few years ago, it was determined that Masters swimmers may need more opportunity to warm up before an event and cool down after an event. So, it was decided by the USMS House of Delegates that space be provided at a meet for this purpose. Wauwatosa West High School, as you know, has a diving well. Most other pools, like Madison East Y and the Pabst Farms Y, reserved one lane for that purpose.

We definitely want to spread the meets around the State. But, it has to make sense both for the hosting venue and for Wisconsin Masters Swimming. So, look for this document on the Wisconsin web site for more information if you think you would like to host a meet.

Last year about this time I addressed the need for the development of sub-clubs within the state. Why? And what is the effect on Wisconsin Masters Aquatic Club? I believe the development of sub-clubs creates a stronger team identity and thus creates cohesiveness. Stronger sub-clubs means a stronger Wisconsin Masters Aquatic Club. It was fun to attend the December meet at Wauwatosa and find that Elmbrook Masters and Lake Geneva Masters (aka the "Ducks") were there in very good numbers. And there are more sub-clubs forming out there. We're going to have a much stronger WMAC in the next few years.

By the way I want to thank all of you who tell me you like my columns. They are kind of fun to write when I get into them. But, like all writers, I hate deadlines! Your nice comments help energize me. So, thank you very much!

Obesity & Heart Disease

Source: Stroke, Vol 33, Pg 2923

Obesity all by itself may damage blood vessels—independently of the damage caused by other heart disease risk factors like high blood pressure and high cholesterol. In a study of middle-aged Italian women, obesity was directly related to thickening of the carotid arteries, the large blood vessels in the neck that take blood to the brain. This can increase the risk of stroke, and is also a sign that other arteries—including those that supply blood to the heart—may be thickened as well. Researchers say this finding should apply equally to men.