

Wisconsin Masters Swimming

CHAIRMAN'S LANE

Dick Pitman

Newsletter Date
February, 2006

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WISCONSIN MASTERS WEBSITE

WWW.SWIM-WIMASTERS.ORG

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

What's the biggest advantage
to going back to school as a
retiree?
If you cut classes, no one calls
your parents.

When Michael Collins was in Madison for our clinic last year we were enjoying a beer together at the Memorial Union before I took him to the airport. I had remembered him making a presentation at a World Clinic based on the business book, *Nuts*, by the founder of Southwest Airlines. He pulled things out of that book that coaches could use: like making practices fun and a little unpredictable.

So, I asked him what he was reading now. *Raising the Bar*, by Gary Erickson, the founder of Clif Bar. Clif Bar is the hugely successful snack bar that uses all organic products, right down to the wrapper! I asked Michael what the book was about and he explained the above and added, "This guy was within days or hours of selling his company for \$120 million dollars, and pulled it off the table at the last minute."



So, I had to find out why." It's a very interesting story. I encourage you to read it too. It's about business, but it's also about ethics in this crazy world. Clif Bar is the largest private food producer in the country, if not the world. He runs an exciting company that people almost pay for the privilege of working there!

USMS is searching for an executive director. No, Tracy Grilli is not leaving. The Executive Committee spent a good part of last year wrestling with the question of whether USMS was at the point where our growth is limited by having a volunteer board managing the day-to-day business of an organization with over \$1 million dollars in assets. If you know of someone who might like the job or fit the job let me know. Primarily, the USMS has decided to use a professional recruiter. That is the first step. Maybe by the time you are reading this that step will already have been taken.

January is the month for the National Postal One-Hour Swim. Eric Jernberg will be holding a One Hour Swim at Pulaski (where? When?) HS in Milwaukee. This national postal event is being run by OHIO Masters this year. A link to the entry form and check-off sheet is on our website: www.swim-wimasters.org. You don't need to come to Milwaukee. You can do your own right where you live if you can have a dedicated lane or two for participants and someone to keep track of your time and laps. I would like to get more participation in this event. This has to be completed sometime in January before the 31st.

Remember Graham Johnston, the 70+ year old who competed at Badger State Games in 2004? I saw him at the Convention in September and he wanted me to say hello to all his friends in Madison that he met. He thoroughly enjoyed his time with us. I asked him if he was going to do the Maui Channel Swim again this year. He said, no, that he did that last year...solo. He said he was going to swim the Gibraltar Straits. I don't know why I thought he was joshing me...maybe because I wouldn't even think about swimming that. Well, I read in the recent *USMS Swimmer* that Graham did indeed swim the Straits of Gibraltar with NO wet suit on October 2, 2005. It was ten-plus miles. Graham, 74, swam the distance between Garifa, Spain and Sainer Point, Morocco, in 5 hours, 9 minutes. He became the oldest swimmer to ever swim the Straits. I wonder what his encore will be.

Also in *Swimming WORLD* there was a note about Tom Wilkens, 29, winning an election to the Middletown, NJ Township Council. He was one of the main subjects in P.J. Mullen's book a couple of years ago, *Gold in the Water*. When we were in San Diego for the convention in 2003 I happened to find myself in an elevator with Tom. I didn't realize who he was. I just introduced myself and he politely did the same. I said, "Ooh, Tom Wilkens from the book?" He shyly said, "Yeah, from the book." We chatted on our way to respective meetings. He's a pretty humble guy. Most swimmers are, I've found. That was the same convention that John Bauman and I met an engaging Michael Phelps at the check-in desk of the hotel.

It was also announced in *Swimming WORLD* that Eric Hansen, the UW-Madison coach, was named the head men's coach for the US National Team at this year's World Short Course Swimming Championships in April in Shanghai, China.

Con't on Page 10

Mermen Flounder



Mystery Swimmer and his FLAWS!

Do you know who this butterfly swimmer is? A current, active member of Wisconsin Masters, this person was snapped competing in the 19?? Big Ten Swimming Championships! In a previous edition of this newsletter Dick Pitman had talked about how quickly stroke technique is changing, i.e. what was "in" in 2004 is now OUT! Can you pick out 3 "flaws" or changes in technique between this swimmer's fly and what is considered good technique today? Look for answers (and identification) elsewhere in this newsletter.

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Did you swim a 50 meter event at the Badger State Games? If so, remember that those times are *NOT* eligible for consideration in the USMS LCM Top Ten compilations for 2005. The reason? We only had 1 stop watch time per lane. Badger State Games officials wrestled with this prior to the meet. Swimming from the far end of the pool toward the touch pads would have required an in pool start due to water depth (or more appropriately, lack thereof). A lack of available watches AND timers precluded using watch times, and securing a 2nd set of touch pads was not feasible. So, if you had a time that would have qualified you for a Top Ten slot you'll have to take comfort in knowing that you did it—and that may provide an incentive for you to get to an additional LCM meet in 2006 (FINA at Stanford???) so you can officially make the rankings next year!

Does your mailing label have a red stripe across it? If so you have NOT re-registered for the 2006 year and this will be the LAST issue of the Wisconsin Masters Newsletter you will receive. To ensure continued correspondence from Wisconsin Masters send in your renewal TODAY to John Bauman, 11917 W. Rainbow Ave, West Allis, WI., 53214-2166 e-mail: wmac@execpc.com



Melinda Mann and brother & sister Carl Lorenz and Janet Schultz enjoy some down time between events at the Lawrence SCM meet held this past November.



The "cool down" lane was steadily and heavily used during the recent Pabst Farms meet not only for "recovery" but also for verbally dissecting events just swum!



Universal Entry Form

The Wisconsin LMSC has decided to use a Universal Entry Form for all the swim meets it sanctions. Swimmers will be required to use this form. It is recommended that you take a blank Universal Entry Form (found on page 5 of this newsletter) 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 Entry Form before submitting the form to the meet director. The Universal Entry Form will be included in all meet information packets and will also be available on the website. Remember: USMS rules limit a swimmer to 5 individual events per day plus relays.

WISCONSIN MASTERS SWIMMING CHAMPIONSHIPS

SHORT COURSE YARDS

April 1 & 2, 2006

Sponsored by:	The Wisconsin Masters Aquatic Club.
Sanctioned by:	The Wisconsin LMSC for USMS, Inc. Sanction #206-004
Location:	Carthage College Aquatic Facility, 2001 Alford Park Dr., Kenosha, WI.
Time:	Saturday, April 1st and Sunday, April 2nd, 2006 Warm-up: 12:00 noon, meet starts at 1:00 PM
Facilities:	8 lane, 25 yard pool with anti-turbulent lane guides, starting blocks and backstroke flags.
Eligibility:	Open to all Masters Swimmers 18 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 2006 USMS registration card.
Rules:	Official Masters 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:	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 of the pool. 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, kick-boards, fins, etc., may not be used at any time during the warm-up period.
Entry Fee:	\$2.50 per individual event, plus a \$5.00 pool surcharge. Deck entries for individual events will not be accepted. Fees must accompany entries. Make checks payable to Wisconsin Masters Aquatic Club (WMAC). 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 24, 2006 .
Send To:	John Bauman—Meet Director 11917 W. Rainbow Ave West Allis, WI 53214-2166 (414) 453-7336 e-mail: wmac@execpc.com
Entry Form:	The official Universal Meet Entry Form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.
Awards:	Ribbons for 1st through 3rd places.
Order of Events:	See Page 4 for order of events.

Be There or Be Square!

SCHEDULE OF EVENTS

Wisconsin Masters Swimming Championships Short Course Yards—April 1-2, 2006

Saturday, April 1

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 Freestyle Relay*
9. 400 yd Medley Relay*
10. 800 yd Freestyle Relay*
11. 500 yd Freestyle

Sunday, April 2

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 Freestyle Relay*
22. 1650 yd Freestyle

*Relays: Submit entries at the meet. Relays may be all men, all women, or mixed (2 men/2 women)

Meet results will be posted on the Wisconsin Masters web site:
Visit our Web site: www.swim-wimasters.org

Exercise Truths What Will Help You

Source: Hope Heart Institute, Seattle

You don't have to go from couch potato to 30 minutes of brisk activity all in one day. Work up to that 30 minutes a little at a time.

A little exercise is better than none, but more is better than a little!

And you don't have to become a gym rat or long-distance runner to reap the benefits of exercise. Brisk walking is an excellent way to get—and stay—in shape!



Jeanne Seidler and John Bauman stand ready to take to the blocks for an event at the Pabst Farms Meet.



Jessica Diel and mom Diane are all smiles as they relish Jessica's state record swim in the 18-24 50 yd fly set at the Pabst Farms meet.

Exercise Myth

Source: Family Safety & Health, Vol 63, No 1

If I'm not sore the next day, I didn't work out hard enough. Soreness is normal for only the first few days of a new workout routine. If you feel sore beyond that, you've overextended yourself.

Pabst Farms Meet

Harry Evans

The third annual Oconomowoc meet was held on Sunday, Jan 15, 2006. Participating were a great 70 swimmers, down only slightly from a year ago. Highlights included a large number of first time ever competitive swimmers, a new State Masters record by Jessica Diel (24) in the 50 fly for ages 18-24, time of :28.37, a visiting swimmer from Cedar Rapids, Iowa, Joe Barger (39), who placed third in Nationals last year in one event, all followed by good socializing at the Delafield Brewhaus for lunch, etc., after the meet. Quite a large number of Madison Area Masters were able to take advantage of the pool slide in the recreation pool area of the Y and enjoyed record breaking slides during this activity.

We certainly want to thank everyone who was able to make our meet this year. As noted above there were many first-time swimmers, and also a number of swimmers who hadn't swam competitively for over the last 15 years or so but now they're back. Obviously you don't have to swim competitively if you are in US Masters Swimming. But to those who have hesitated in the past, all we can say is please give it a try. You will find our Wisconsin Masters group to be very supportive, and if there is a competitive spirit it usually is manifested by swimmers attempting to better their own times, not to beat another swimmer. All abilities are welcomed and there is a whole range of abilities to be sure!

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 @ \$ _____ ea. + pool surcharge \$ _____ = \$ _____

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 _____

UMEF R2 10/03/03

WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET
Saturday, March 18, 2006—Tosa West High School

Sponsored by:	The Wisconsin Masters Aquatic Club.	
Sanctioned by:	The Wisconsin LMSC for USMS, Inc. Sanction No. 206-003.	
Location:	Wauwatosa West High School N 114th and W Center Streets Wauwatosa, WI	
Date:	March 18, 2006	
Time:	Warm-up 12:00-12:45 PM. Meet starts at 1:00 PM.	
Facilities:	25 yard 6 lane pool with non-turbulent lane guides, starting blocks and backstroke flags.	
Eligibility:	Open to all Masters Swimmers 18 years old or older. All entrants must be a registered Masters swimmer and each entry must be accompanied by a copy of the swimmer's current USMS registration card. Please see the instructions on the universal entry form.	
Rules:	Official USMS Rules will govern the meet. All events will be timed finals.	
Seeding:	Heats will be computer seeded on the deck slowest to fastest. Please submit a reasonably accurate seed time. A NO TIME will be seeded in the slowest heat. Entries for the 1000 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.	
Timing:	Automatic timing system backed up by watches.	
Warm-up Procedure	Lane 6 will be a start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 1 thru 5 will be for circle swimming only—NO DIVING starts from the blocks or the deck in lanes 1 thru 5. Swimmers must enter the pool feet first in a cautious manner in lanes 1 thru 5. Hand paddles, kick-boards, fins, etc., may not be used at any time during the warm up period.	
Entry Fees:	\$2.50 per individual event plus a \$5.00 pool surcharge. Deck entries for individual events will only be accepted from 11:30 AM to 12:00 noon the day of the meet. The fee for deck entries shall be \$4.00 per individual event plus a \$5.00 pool surcharge. Fees must accompany entries, checks payable to Wisconsin Masters Aquatic Club.	
Entry Limit:	5 individual events plus relays. Each swimmer entered in the 1000 is responsible for providing a person to count his/her laps.	
Entry Deadline:	March 11, 2006.	
Mail Entry to:	John Bauman 11917 W. Rainbow Ave West Allis, WI 53214	Phone: (414) 453-7336 e-mail: wmac@execpc.com
Entry Form:	The official entry form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.	
Awards:	Masters ribbons for 1st, 2nd, 3rd.	

Wisconsin Masters Aquatic Club members will be required to assist with the running of this meet, including timing!

SCHEDULE OF EVENTS

- | | |
|-----------------|--------------------------|
| 1. 50 yd Free | 7. 200 yd Back |
| 2. 400 yd IM | 8. 50 yd Fly |
| 3. 50 yd Back | 9. 200 yd Breast |
| 4. 100 yd Free | 10. 100 yd IM |
| 5. 200 yd Fly | 11. 200 Yd Medley Relay* |
| 6. 50 yd Breast | 12. 1000 yd Free** |

***Relays:** Submit relay entries at the meet. Relays may be all men, all women, or mixed (2 men/2 women)

****Entries for the 1000 yd 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.**

Coach's Corner

Dick Pitman

Have you ever tried to find your way in a pitch black room? This is especially exciting if you have little kids—which I don't anymore—because there will likely be some small toy just waiting to catch the instep of your left foot. If you practice moving in your space with all the lights off or with your eyes closed you'd be surprised what your senses pick up enabling you to better navigate.

This is why occasionally I have my swimmers swim 25 yards with their eyes closed. Sure, you're going to bump into the lane line or the gutter if you're in the wall lane. And, I don't doubt that swimmers will *cheat* a little bit by peeking to see if they are going in a straight line. I read an article about Ben Roethlisberger, the QB for the Pittsburgh Steelers. He said that in practice he would close his eyes when passing to his receivers. It made him more sensitive to *where* his receivers should be. Most of the time he hit his receivers too! Of course, in a real game he chose to keep his eyes open.

But, if you think about swimming with your eyes closed you learn a lot about how you swim! If you're not looking where you're going your brain needs to do something. Here are some things you can do:

1. Pay particular attention to body alignment and balance!
2. Think about your stroke technique!
3. Count your strokes so you don't literally hit the wall!

I wouldn't suggest doing a whole workout with your eyes closed, but if you're swimming alone in a lane all by yourself test your alignment in the middle of a 200 by swimming a 25 with your eyes closed.

Don't Waste Your Base!

Now that you have a solid swim base from completing January's One Hour Swim—keep going! The Postal 1650 is being conducted through the month of February, 2006. You can get further information and the entry form by logging on to the USMS website at usms.org or by an e-mail to Jon Steiner at lawjls@aol.com.



Ray Diederich appears to be deep in thought. Is he contemplating which events he plans to enter in the State SC Yards Meet at Carthage College April 1-2? Or is it for the Madison East Y meet Feb 12th? Or could it be for BOTH meets??

A Note from Nancy (your editor)
Why is it I am **ALWAYS** on a time frame? Once again I am! Retirement and travel are "pinching" my time these days! Anyway—**Harry Evans** did a great job of sending along pictures from the Pabst Farms meet. There were several "family" shots—two of which are in this newsletter. Unfortunately the mother/daughter shot of **Jeanne and Mindy Seidler** transposed too dark for re-printing and my s-l-o-w dial up internet connection didn't allow me enough time to find **Nancy and Eric Ehrke** among the many photos Harry sent to me. We'll do our best to get another picture of Jeanne and Mindy (and any other family groupings) for a future edition—and I'll **MAKE** time to more thoroughly digest all the pictures Harry sent to find the Ehrkes!

Full Body Suit

Nancy Kranitz

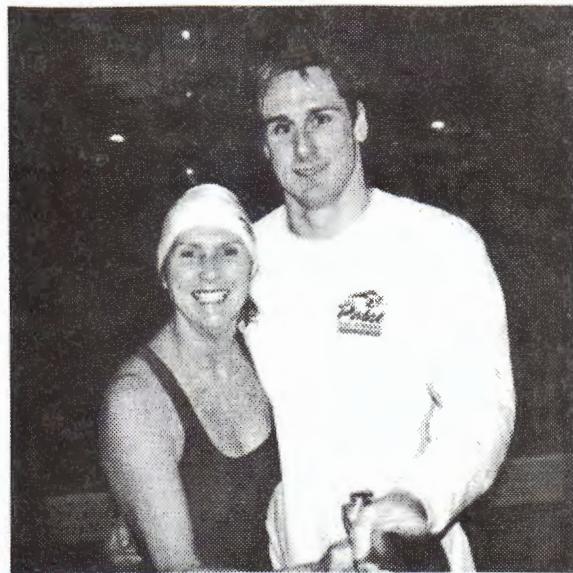
The December, 2005, issue of the Wisconsin Masters Newsletter included an article authored by **Paul Huttinger** in which he defined and verified the difference in repeat swim times while wearing a full body suit compared to a "regular" suit. His result? Wearing the full body suit resulted in substantially faster times. I am an obsessive stroke per length counter—and during practices wearing chlorine depleted "regular" suits I typically use 17-18 strokes to swim 25 yds of freestyle. While warming up in my knee length "fast" suit at the Lawrence SCM meet in November, I routinely started counting my strokes—17 per length. "Yeah, right, Paul", I mused to myself as the next length was again 17 strokes. And then I realized I was swimming 25 METERS, not 25 YARDS! I was swimming 2+ yards farther on the same stroke count! That may not seem like a whole lot—but it sure gave me a mental boost going into the swimming of my events. It also supported Paul's experiences with his suit "comparisons".



Any coach or swimmer will confirm that one of the most rewarding things that can happen is to reunite with former teammates and coaches. **Nancy Kranitz**, **Candy Christensen**, and **Geri Havel** had the distinct pleasure of reuniting with **Gene Davis**, their Lawrence Swim Club coach from over 40 years ago, at the Lawrence SCM meet in November, 2005.



Have you MOVED? If so, have you informed **John Bauman**, our Registrar, of your new address? If not—put that on your "to do" list immediately. With each newsletter mailing at least 5-7 newsletters are returned as "undeliverable", "moved—no forwarding address", or "forwarding time expired". Same thing happens to your "Swimmer" magazine. So, make sure John has your most recent correct address. You can e-mail this information to John at wmac@execpc.com.



It's a family affair for mom **Nancy Thiele** and son **Matt** who share a moment together between events at the Pabst Farms Meet

Wisconsin Water Warriors Make a BIG Splash!

Stacey Kiefer

This year's **Wisconsin Water Warriors** contest was even more popular than last year, but also proved to be quite surprising. Last year the yardage tracking two week contest drew 44 participants. This year we blew that number out of the water, with a grand total of 75 swimmers; 42 women and 33 men. However, only 36 of the participants were registered USMS swimmers, meaning that more than half of the swimmers were not associated with USMS and did not belong to an official WI Masters club. Hearing this, **ALL** of us should be motivated to get these swimmers registered. After all, just think of what awesome relays we could make at National meets and points we could rack up, aside from just increasing our number of WI Masters swimmers!

Regardless of the number of registered and Non-registered swimmers, we had great efforts made by all. Our overall male, **Jerry Lourigan**, of the Madison Area Masters (MAM) swam 103,800 yards in the two week time period. That total was just shy of the overall female, 37 year old **Melodee Nugent**, who swam a record 125,050 yards...that's 71.05 miles! Last year Melodee swam 119,200 yards, so taking time off from her family and work to add 5,850 yards to this year's total is amazing. What will next year bring? Melodee, you stole the gold again! Congrats! Our most senior participant was 79 year old **Joyce Bates** from Baraboo, who swam 12,495 yards.

The team totals were calculated according to the team names that were submitted on the forms (regardless of whether the team was a registered USMS/WI Masters team). The **Southwest YMCA (SWYMST)** totaled the highest amount of yards at 331,524 and the **Madison Area Masters (MAM)** were a close second with 283,850 yards. The only teams sporting all USMS-registered swimmers were the **Madison Area Masters, Carthage Masters, and the Middleton Cross Plains Area**.

First place individual awards will be distributed at the Wisconsin State Meet April 1-2 at Carthage College. Below is a list of results: Swimmers who are currently **registered** Wisconsin Masters swimmers are listed in **bold** print. Non-registered swimmers are listed in "regular" print.

What are YOU doing on February 12? You still have plenty of time to enter the Madison East YMCA meet on that date. Let's see if we can beat the number of 70 that entered the Pabst Farm YMCA meet on January 14. Entry info is on our web site as well as in the December issue of the Wisconsin Masters News Letter. Hope to see lots of people there!

Shelly Czuprynski	Carthage	18-25	7,700
Brenda Hilbelink	WMAC	26-35	38,100
Heather Curnutt	MCPA	26-35	24,000
Valerie Lund	SWYMST	26-35	22,583
Chanette Reddeman	Lodi YMCA	26-35	21,800
Aubrey Margi	Carthage	26-35	16,150
Aimee Wozniak	SWYMST	26-35	15,857
Stacey Kiefer	Carthage	26-35	8,050
Julie Wankowski	Carthage	26-35	7,000
Melodee Nugent	WMAC	36-45	125,050
Barb Brunney	Lodi YMCA	36-45	44,500
Lauren Jensen	SWYMST	36-45	32,600
Cathy Veldhuizen	WMAC	36-45	31,879
Diana Kans	Lodi YMCA	36-45	20,350
Mary Cram	SWYMST	36-45	15,255
Kathy Busser	Lodi YMCA	36-45	13,600
Mary Gorsei	SWYMST	36-45	11,483
Tracy Sachzen	Lodi YMCA	36-45	7,600
Sue Lindloff	Lodi YMCA	36-45	7,000
Jennifer Christensen	Carthage	36-45	7,000
Stacey Barnette	Lodi YMCA	36-45	5,100
Julie Cushley	WMAC	36-45	4,500
Deanna Gilles	Lodi YMCA	36-45	3,600
Becky Cummings	SWYMST	36-45	3,400
Denise Sharpee	Lodi YMCA	36-45	2,325
Martha Oppeneer	WMAC	46-55	50,000
Melinda Mann	WMAC	46-55	44,400
Phylliss Smith	MAM	46-55	28,000

Wendy Sojcił	Lodi YMCA	46-55	15,150
Linda Elliott	Lodi YMCA	46-55	15,000
Joellen Waddell	Baraboo	46-55	14,080
Susie Fiend	Lodi YMCA	46-55	11,250
Janeen Grover	Lodi YMCA	46-55	7,600
Nancy Kranitz	WMAC	56-65	22,600
Sandy Smith	Lodi YMCA	56-65	5,300
Betty Peter	Lodi YMCA	56-65	4,200
Ingrid Stine	WMAC	66-75	45,100
Mary Strupp	WMAC	66-75	26,650
Sally Burmeister	SWYMST	66-75	26,500
Marg Freshwaters	SWYMST	66-75	16,128
Barb Kalan	WMAC	66-75	8,050
Joyce Bates	Baraboo	75+	12,495
Andy Steenrod	Carthage	18-25	84,500
Casey Griffiths	Carthage	18-25	66,750
Michael Devitt	Beaver Dam Y	18-25	21,775
Kenneth Leising	WMAC	18-25	12,600
Jade Sobek	Carthage	18-25	11,400
Jerry Lourigan	MAM	36-45	103,800
Brent Abraham	MAM	36-45	80,000
Gregg Schaafzman	SWYMST	36-45	36,909
Pete Melms	SWYMST	36-45	32,808
Clay Sabourin	Baraboo	36-45	32,250
Stephen Gaffield	MCPA	36-45	22,050
Dan Trotter	Baraboo	36-45	14,000

ROUNDS
CONTINUE
ON PAGE 6

Tip of the Month - What Is Your Pulse Rate?

Paul Huting—Florida Mavericks

A recent conversation at the Ft. Lauderdale meet with Lenny Silverstein, a Top Ten swimmer, centered on training. He was proud that he was able to train with more yardage. The down side was that he felt tired and his times were not very good. I reminded him that as a 73 year old he could be training too hard. I gave him a simple test, which he was to use to check his recovery with his pulse rate.

First, you need to establish your base line resting heart rate. Check your pulse for one minute when you first wake up. Do this for five days to get an average resting heart rate. Use this rate in the future when you begin a higher training level. Example: If your pulse rate base is 60 beats per minute and one morning you have a rate of 70, you have not recovered from your workout the day before. You should plan for an easy day or take the day off, especially if you feel tired.

Your pulse rate can also be an indicator of overall stress. Do an overall analysis of stress factors in your life and try to work on a system to control them. The basic stress reliever is your swim training. Other methods would include other exercise, massage, relaxation, meditation, and bio-feedback. Since stress factors are cumulative, work on all of them and use your pulse rate to analyze if you are successful in reducing them.

If you are on any medications, read over the list of side effects. Many of them raise your heart rate. I have been on many medications through the years and

my goal is to reduce them to a level that I can tolerate without experiencing the harmful side effects.

Alex Ramiriz-Miller, 80, could not swim one of his favorite events, the 1650, after having a heart rate monitor implanted. His clinic had set the upper limits for 110 bpm and he was not getting enough cardiac output at this rate. I suggested he check with his doctor about raising his limit to 130 bpm. His doctor agreed, and Ramiriz-Miller was able to complete the 1650 at his next meet.

Brad Cleaveland, 87, had a heart rate monitor implanted last summer. He has a trained heart with a low pulse of 40. His clinic felt that 60 bpm would be better for someone his age, but Cleaveland reached a compromise and had them readjust it to 50. In his first competition wearing his monitor he took his pulse after his events and had recordings of 112 and 120. He feels that 130 bpm would be more appropriate for his level of performance and will request a change during his next appointment.

The above examples use older athletes, but the same principle applies to everyone. Maximum heart rate is 220 minus your age. As you age your maximum HR will decline. As you encounter different stress and health challenges in your life it is important that you are aware of your basic heart rate so you can monitor these changes.



Après meet activities are the "19th hole" for swimmers as this group attests to after the Pabst Farms meet.

More Exercise Truths That Will Help You

Source: Hope Heart Institute, Seattle

Women who do moderate or vigorous activity for at least four hours a week reduce their risk of premature death by 25% to 30%.

People who do moderately intensive exercise consistently are more likely to lose weight than those doing hardcore, high-intensity workouts occasionally.

The most difficult part of exercise for those who haven't been doing it is simply getting off the couch. Action breeds motivation.

So if you can just get started, exercise will be self-perpetuating. And after a while, it will become a habit.

WWW Results—Continued from page 8

Mark Foster	Carthage	36-45	13,600
Robert Manwarin	Carthage	36-45	13,200
Bryan Schultz	Lodi YMCA	36-45	10,350
Dale Maass	SWYMST	36-45	9,296
Jeff Mayer	Lodi YMCA	36-45	4,250
Nick Cable	Lodi YMCA	36-45	3,250
Eric Strandt	SWYMST	46-55	57,415
William Curtis	SWYMST	46-55	51,290
John Cier	WMAC	46-55	24,600
Jeff Nelson	Carthage	46-55	16,150
John Taapken	Baraboo	46-55	12,500
Gus Robledo	WMAC	46-55	12,500
David Kinzer	Baraboo	46-55	12,000
Perry Barrette	Lodi YMCA	46-55	8,500
Lyle Hendrickson	Lodi YMCA	46-55	6,250
Gary Gehrke	WMAC	56-65	60,456
Donald Bechtel	Baraboo	56-65	10,850
Leon Lawrenz	Lodi YMCA	56-65	6,300
Fred Salzmann	MAM	66-75	72,050
Bela Sandor	WMAC	66-75	38,900
Ernest Meyer	Lodi YMCA	66-75	27,900
Jack Hughes	WMAC	66-75	7,760
Team Totals:			
Southwest YMCA Masters (SWYMST)			
Madison Area Masters (MAM)			
Carthage Masters			
Lodi YMCA			
Baraboo			
Middleton Cross Plains Area (MCPA)			
Beaver Dam YMCA			
WMAC Individual Swimmers			
553,145			

According to columnist Dave Barry it took him over 50 years to learn that **the most destructive force in the universe is gossip.**

Chairman's Lane—Con't from Page 1:

I hope nobody thinks me disloyal for my quoting *Swimming WORLD*, but since the fallout between USMS and SWIM Magazine, Masters swimmers have the benefit of two excellent resources: *USMS Swimmer* and the newly revamped *Swimming WORLD*. Great articles and photo essays! And, if you subscribe to SwimInfo on the web, you may have heard that SwimTV is coming.

And, if you haven't read *Gold in the Water* or *Raising the Bar* or *Swimming to Antarctica* find your way to the library or book store!

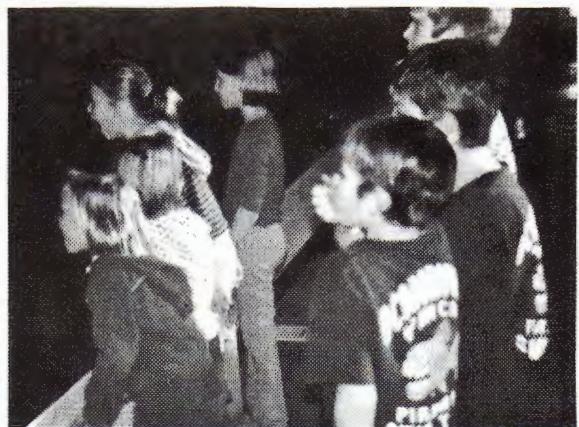
Don't put off for tomorrow what you can do today, because if you enjoy it today you can do it again tomorrow.

James A. Michener

Did you know that while cooking vegetables makes them easier to digest it also takes away some of the nutritional value. What to do? Steam or roast the vegetables instead of boiling them in water.

According to Dr. Wayne Jonas, former director of the Office of Alternative Medicine at the National Institutes of Health, the #1 thing you can do for your health is to cultivate healing relationships, such as spending time with your family at the end of the day. The second is regular exercise.

Did you know that nearly all vegetables can be eaten raw? In addition raw vegetables are rich in nutrients and some enzymes that you miss when you cook vegetables. But don't limit yourself to just carrots and celery. Also try red/green peppers, Chinese pea pods, green beans, zucchini, broccoli, cauliflower, radishes, and spinach just to name a few!



Jessica Diel's brothers and sisters (yes—these are ALL hers) cheer her record breaking effort in the 50 fly at the Pabst Farms meet.

Mystery Swimmer and Flaws

There were 3 major flaws in this swimmer's technique. They are:

1. Neck not in line with spine—probably coming up too high.
2. Arms bent at elbow.
3. Lifting with the shoulders

AND

Our mystery swimmer is: Dick Pitman!