

Wisconsin Masters Swimming

CHAIRMAN'S LANE

Newsletter Date
Oct/Nov-2009

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This year's US Masters Swimming Convention was very momentous. It was the first time we ever had eight Wisconsin Masters at the Convention! It was just great to be able to get that many folks exposed to the inner workings of USMS. Newcomers this year were **Nancy Kranpitz**, our longtime editor of the newsletter, and **Julie Van Cleave**, from Elm Brook. Nancy was able to network with other people in the communications area of Masters as well as attend other committee meetings of interest to her. Julie was seen present in a variety of committee meetings and even volunteered to be on the USMS Endowment Fund Committee. **John Bauman** serves on the History and Archives Committee and **Jeanne Seidler** serves as Vice-Chair of the Communications Committee. **Elyce Dilworth** has been



Dick Pitman

a member of the Finance Committee for the last three years and **Suzi Green** is on the Fitness Committee. **Jerry Lourigan** sat in on many different committee meetings. Since this was a "Legislation" year I was pretty involved in those committee meetings until Saturday morning when I managed to sit in on a lively "workshop" for coaches.

The House of Delegates ratified many sweeping changes to our *governance*. A lot of the functions carried out by volunteers through committees—such as the Finance Committee—have been dissolved and taken over by the National Office staff. The National Office has moved from Londonderry, NH, to Sarasota, FL. You can go to the USMS website (www.usms.org) to view all the changes.

We will be talking about some of the ramifications of the changes at the top at our *Annual Meeting* on October 3 in Oconomowoc at the Pabst Farms YMCA. The meeting is from 12 noon—2 PM. We will be discussing *succession* plans. Right now we don't have any succession plans for our LMSC. This is NOT a good situation. I would like to appoint a Task Force to nominate candidates for positions on the Board. I would certainly like to add a Vice-Chair who would be the Chair-elect. It is very possible that someone holding an officer position would like to move up in which case we would need a replacement for him or her. We have many capable people in our organization and we would love to see some of those people move into our seats. We are really skating on thin ice: without a succession plan our well-built organization could fail for lack of quality management to step in and lead. Feel free to e-mail me or call me regarding this issue. I would really like to hear from you! If you're wondering what's involved we have some job descriptions listed elsewhere in this newsletter.

One of the things impacting our LMSC is that Madison was awarded the National Championship again for the >1<3 mile swim, known locally as MOWS, or, Madison Open Water Swim. Speaking of which, we had a hugely successful event in August. I think the details are listed elsewhere in this newsletter. Since we will be hosting the National event again in Madison, and since it is a Wisconsin Masters event, not just a Madison Area Masters event, we would really like help from anyone who can find time to pitch in. The date will be August 20, 2011. This year we had about 350 participants, about 100 more than in last year's National Championship event! We are planning on around 500 in 2010 and with 2011 being the National Championships it could be 600 or more.

National Recognition for Wisconsin LMSC Newsletter!

Congratulations and **thank you** to all of you who help to make our newsletter so great! We were rewarded by being named **one of 7 semi-finalists for Newsletter of the Year award** at the 2009 USMS Convention! Among the criteria considered for this award was communication about our (i.e. Wisconsin) swimmers in the form of meet results, how our people do in national and international competition, and human interest stories. So please keep that information flowing. This newsletter is intended to be about YOU and as editor I rely on YOU to keep me up to date on your accomplishments—both as individuals and as teams! Thanks again for your help! (Nancy K—editor).

**WISCONSIN MASTERS
WEBSITE**

www.swim-wimasters.org
Check it out for the latest
meet results, state records,
and MORE!

Yea! Yea!

WMAC Annual Meeting

All-American swimmer **Sarah Schneider** (200 breaststroke 30-34) and **Octavio Perez** (our T-shirt designer extraordinaire) tied the knot on September 14, 2009! Congratulations to the newlyweds!



The **annual meeting** of the Wisconsin Local Masters Swim Committee (LMSC) will take place on **October 3** from 12 noon till 2 PM in a meeting room off the main lobby entrance at the **Pabst Farms YMCA**. This meeting is open to ALL registered Wisconsin Masters swimmers and you are encouraged to attend if possible.

Officers for the 2010 year will be elected, the winter calendar set, and any issues of concern will be discussed. If you have an issue you would like on the agenda please forward this information to Dick Pitman at WIChair@usms.org.

Remember—this is **YOUR** organization. Do what you can to be a contributing member.

WI Chair Descriptions

Chair Descriptions received as of “press time”:

LMSC Chair:

1. Responsible for the timely registration of the LMSC, the clubs therein, and its individual members.
2. Responsible for day to day management of the business affairs of the LMSC, calls and organizes the LMSC meetings, liaison to the Great Lakes Zone and to USMS.
3. Provides vision and objectives for the LMSC.
4. Initiates programs for recruitment of new members and retention of current members.
5. Provides direction for scheduling of meets, clinics, open water swims.
6. Provides direction for all officers, and for those members needing answers regarding the LMSC.

Fitness Chair:

1. Focuses on developing fitness swimming activities for the general membership and encourages adult education on the fitness benefits of swimming.
2. Current major project hosted by this chair is the WI Water Warrior Contest (entry on page 9).
3. Encourage contests, education ideas, which encourage fitness through swimming.
4. Time involvement depends on number of activities being promoted each year.

Newsletter Editor:

1. Prepare 6 newsletters per year.
2. Gather content from LMSC members in an attempt to promote the participation and success of our members in a multitude of swimming events in-state, nationally, and internationally.
3. Fold, tape, label, and stamp printed copies of the newsletter—currently about 190 people receive their newsletter via snail-mail.
4. Time involvement is approximately 30-35 hours per newsletter.

Did you know that when refueling after your workout you can substitute Fig Newtons or granola or cereal bars (at \$.30-\$.70/serving) instead of energy bars (at \$1.25-\$1.75/serving) and still get enough carbs and calories to sustain energy and keep hunger at bay?

Convention Notes

As **Dick Pitman** mentioned in his Chairman's Column there were a number of legislative issues discussed at this year's convention—like twice the normal amount. A lot of the changes involved small things that were basically grammatical in nature. However, one topic that was heavily discussed was the issue of the new technical swim suits. I'm sure we're all aware that FINA has spoken on this issue—although they haven't set a definite date for the ban as of yet. But did you know that FINA only oversees competition in meter facilities? Therefore the big issue was what to do about our USMS YARD swim meets. In an extremely close vote (I believe it was 103 to 99) the House of Delegates voted to use the same date FINA establishes for their meets (meter meets) for USMS yard meets. It could be as early as the first week in October—or as late as January 1, 2010—which I think was the date announced shortly after the World Championships. Lots of good discussion on both sides of the issue—and based on the voting numbers—people were pretty evenly divided on the topic!

National Senior Olympics

The National Senior Olympics competition was held in late July on the campus of Stanford University in California. **Gordon Schalla** participated and came home with medals in 2 different sports. He finished 2nd in the archery competition for men 70-80 years of age. In swimming he took 6th in the 50 breaststroke, 12th in the 50 free, and 12th in the 50 back! Congratulations Gordon!

(Editor's note: There apparently were other Wisconsin people at the meet—but Gordy was the only one to forward his results to me! If you were there—let me know! Nancy Kranpitz)

Short Course Yards Top Ten for WMAC Individuals

Melinda Mann 52
4th 50 breast :34.49
5th 100 breast 1:14.34
4th 200 breast 2:44.76
4th 100 fly 1:06.82
3rd 100 IM 1:05.79
3rd 400 IM 5:09.13

Andrew Steenrod 24
10th 400 IM 4:39.53

Laren Tiltmann 39
9th 50 free :21.27
6th 100 free :46.87
3rd 50 back :24.75
6th 100 back :53.31
4th 50 breast :26.70
5th 100 IM :53.75
6th 200 IM 1:59.66

Leah Schneider 24
6th 200 fly 2:18.57

Peter Allen 50
5th 100 breast 1:03.52
5th 200 breast 2:19.56

Alex MacGillis 80
10th 50 back :48.26
8th 100 back 1:46.66
9th 50 breast :47.98
8th 100 breast 1:49.53
6th 50 fly :47.90
3rd 100 fly 1:53.90

John Kinsella 56
9th 500 free 5:18.74

Trina Schaetz 36
6th 50 free :24.87
8th 100 free :54.99
4th 50 breast :31.56
4th 100 breast 1:09.39
9th 200 breast 2:35.51

Dan Schaetz 38
10th 50 breast :27.86
8th 100 breast 1:01.53
9th 100 fly :53.11
2nd 200 fly 2:00.41

Laurie Alioto 50
4th 200 fly 2:38.73

Jessica Connors 23
50 back :28.98
4th 50 breast :31.21
4th 100 breast 1:08.35
1st 200 breast 2:25.62*
8th 100 IM 1:01.41

Carol Reinke 72
10th 100 breast 1:56.25
8th 200 breast 4:07.70

Jessica Diel 28
6th 200 breast 2:31.85
7th 200 fly 2:20.21
8th 200 IM 2:14.80
8th 400 IM 4:54.05

Allison Johnson 23
9th 100 breast 1:11.39
10th 400 IM 4:53.57

Brad Horner 54
9th 200 fly 2:11.97

Bela Sandor 73
6th 50 breast :36.53
2nd 200 breast 3:05.25

Geoff Mykleby 56
1st 50 back :26.86*
1st 100 back :57.34*
4th 200 back 2:11.67
6th 50 fly :25.80
3rd 100 IM :58.98

Steele Whowell 31
5th 50 breast :27.36
7th 100 breast :59.78

Sarah Schneider 33
5th 50 breast :32.01
4th 100 breast 1:09.10
1st 200 breast 2:27.86*

Darryl Stich 33
8th 200 fly 2:04.88
6th 200 IM 2:01.83

Valerie Adams 23
8th 200 back 2:19.66

Relays

Men 18+ 200 MR
3rd 1:38.32
Matt Oglesby 28
Steele Whowell 32
Jason Clark 29
Michael Clark 18

Men 35+ 200 MR
6th 1:42.52
Laren Tiltmann 39
Dan Schaetz 38
Mark Kaczmarek 52
Timothy Young 38

Men 75+ 800 FR
1st 16:28.90*
Fred Salzman 76
John Bauman 78
Alex MacGillis 80
Tom Michelson 77

Women 35+ 200 MR
5th 2:00.49
Heather Tiltmann 37
Nora Settini 38
Julie Hall 40
Trina Schaetz 36

Mixed 25+ 200 MR
8th 1:48.97
Maurice Tetzlaff 32
Sarah Schneider 33
Jessica Diel
Darryl Stich 33

Men 25+ 400 FR
7th 3:26.09
John Batty 25
Kyle Rausch 33
John-Eric Andersson 35
Jason Brown 28

Men 45+ 200 MR
9th 1:46.98
Geoff Mykleby 56
Peter Allen 50
Peter Alexander 50
Jeff Plexander 45

Women 18+ 200 FR
6th 1:45.00
Leah Schneider 24
Katelyn O'Neill 23
Jessica Diel 28
Sarah Schneider 33

Women 45+ 400 FR
6th 4:29.52
Cynthia Maltry 54
Suzi Green 47
Julie Van Cleave 49
Melinda Mann 52

Mixed 35+ 200 FR
1st 1:33.51*
Laren Tiltmann 39
Trina Schaetz 36
Heather Tiltmann 37
Dan Schaetz 38

Men 25+ 400 MR
10th 4:10.44
Andrew Batstone 44
Robert Twining 35
Lance Jochims 27
Matt Thiele 41

Men 55+ 200 FR
4th 1:39.52
Geoff Mykelby 56
John Kinsella 56
Steve Forrer 56
Barry Mandel 56

Women 18+ 200 MR
7th 1:58.10
Chris Stich 32
Sarah Schneider 33
Leah Schneider 24
Jessica Diel 28

Mixed 18+ 400 MR
6th 4:05.26
Jill Rinzel 26
Allison Johnson 23
Jesse Hanawalt 33
Gregg Gazvoda 27

Mixed 35+ 200 MR
3rd 1:44.78
Laren Tiltmann
Trina Schaetz
Dan Schactz 38
Heather Tiltmann 37

Men 25+ 800 FR
3rd 7:50.64
John Batty 25
Kyle Rausch 33
John-Eric Andersson 35
Jason Brown 28

Men 75+ 400 MR
2nd 7:15.22
John Bauman 78
Alex MacGillis 80
Bill Payne 79
Fred Salzman 76

Women 35+ 200 FR
5th 1:45.12
Trina Schaetz 36
Julie Hall 40
Nora Settini 38
Heather Tiltmann 37

Mixed 25+ FR
9th 1:37.05
Darryl Stich 33
Sarah Schneider 33
Jessica Diel 28
Maurice Tetzlaff 32

***Congratulations to Jessica, Geoff, Sarah, Men 75+ 800 FR & Mixed 35+ 200 FR! Based on your 1st place rankings you are ALL Americans for SCY for 2009!!!!**

Tip of the Month - How Hard am I Training

Paul Huting—Florida Maverick Masters

Your heart rate (HR) and recovery HR are keys to the science of training. Your maximum HR is 220 minus your age. For instance, a 70 year old would have a 150 maximum HR. If you are 50, your max HR would be 170. This is the physiological aspects of training and applies to all ages.

It is important to know what your basal HR (lowest HR when awakening) is. Check your HR in the morning before getting out of bed. Time your heart beats for a full 60 seconds. Do several of these each morning for three to five days. This will give you an accurate reading. Record your basal HR.

In the pool, warm up with 200 yards. Check your HR. Do a set of 10 x 100 free. Check your HR with a 30 second rest interval between 100's. After your set of 10 x 100's check your recovery HR each minute until you have an 80, or close to your starting HR. Record this each workout. You will become more efficient as you train your aerobic system and you may notice a drop in your basal HR.

There are important differences depending on your age in using these principles. The older age groups, 65 and above, need to apply common sense before the scientific. If you are in this category and are extremely tired working out six days a week, cut back to five, or even four days. June Reynolds, 85, finds that once a week keeps her at a high level for competition. A 78 year old worked out with an age group coach who didn't understand the stress effect on the older swimmers. Several weeks into high intensive training this swimmer was running a high heart rate, which wouldn't return to normal within a reasonable time. The coach quickly modified the workouts and the swimmer recovered with a more sensible approach for his age.



Top: Elyce Dilworth, Suzi Green, Jeanne Seidler, Jerry Lourigan. Bottom: Nancy Kranpitz, John Bauman, Julie Van Cleave, Dick Pitman. Wisconsin delegates to USMS National Convention



Julie Van Cleave has taken a real liking to open water swimming doing the USMS 1 Mile swim in CA in May, Lake Winnebago crossing (8 miles), Lake Amy Belle, MOWS (2.4 miles), Maui Channel Swim (relay), Aumakua (Maui—2.4 miles), & Point to La Pointe (Lake Superior). And in a couple of weeks she is off to St. Croix for yet another open water swim!

If you are seeing a cardiologist about heart problems make sure you tell him you are a trained athlete (if that fits your description). Some doctors don't understand a low basal HR in the older Masters swimmer, and if they suggest a pace maker, may set the maximum HR too low for you to maintain your active life style.

If you are younger than 65 you could work at a 150 HR for a set of 10 x 100's if you are trained. As you train your cardiovascular system you may find your BR is lower. A non-trained basal HR may be 70 BPM and with training, go down to 50 BPM, which would give you greater efficiency for your body.

I have included the scientific approach, but for most of us, common sense may work just as well. If you feel tired when you wake up and your basal rate is 10 or more beats higher than normal, you may need a day off. So roll over and pull up the covers. Or, do an easy swim that day.

Unofficial, Unsanctioned

Rock Lake Open Water Swim

On 8/9/09 three Wisconsin Masters swimmers who had successfully completed the Point to LaPointe (Lake Superior) swim on 8/08 competed in the 4th Annual Rock Lake Figure 8 Open Water Swim.

Swimmers were **Fred Salzman, Eric Jernberg, and Tim Potter**. The race started with Eric and Tim swimming off to the west while Fred went into the northwest towards the first island. Eric and Tim caught up to Fred and by the time they reached the island Eric was in the lead. Eric continued the lead back to the second group of islands and went into the last leg of the swim towards the dock by breaking out into a butterfly stroke.

Eric completed the swim in world record time of 30 min (distance TBD)! Tim followed with a time of 38 minutes and Fred took 3rd place with a time of 43 minutes.

A fun time was had by all!



Fred Salzman, Eric Jernberg, and Tim Potter.

Fast and Fabulous Indy

LCM National Championships

Trina Schaetz

On August 6-10, 2009, sixteen WMAC swimmers competed at the famous IUPUI Natatorium in Indianapolis for the 2009 USMS Long Course National Championships. The meet was unbelievably fast and fabulous to watch. "Records fell left and right, and sometimes more than once in a single heat," said Ashley Gangloff of USMS. "116 national individual and relay records and 55 world records were broken during the five day event." It was like a technical suit explosion!

WMAC's own **Brad Horner** was among those who claimed the title **cord** holder by virtue of his amazing 55-59 200 meter butterfly. He shaved (yes, *SEVEN*) seconds of the previous ishing in an extremely swift time of won the Men's 55-59 100 meter fly meter free (2:08.67) bringing his gold In yet another swim (the 100 free) his final time of 57.60 was under the listed **national record**. Despite this he had to settle for a 2nd place finish!



(from Madison) of new **world re-** swim in the men's an unbelievable 7 world record fin- 2:18.97. He also (1:01.83) and 200 medal total to 3!



**National Champions
Melinda Mann
Laurie Alioto
Brad Horner**

Brad checks out his world record time!



Oshkosh swimmer **Melinda Mann** was another **national record** setter for WMAC. She won the Women's 50-54 100 meter breast in a national record time of 1:23.21. Melinda also won the 50 meter breast (38.26), 50 fly (32.33) and 100 fly (1:12.15) over the weekend bringing her total individual golds to 4!

Other first place/National champ finishes for WMAC included **Laurie Alioto's** victory in the Women's 50—54 200 meter fly (2:50.13) and **David Holland's** 1st place finish in the Men's 5054 200 meter breast.

With all this individual gold it was no surprise that WMAC earned some National Champ titles in the relays as well especially since the meet offered relays in 400 and 800 meter distances instead of only the 200's as in previous national meets. WMAC came away with **national relay championships** in the Mixed 200-239 FR (**Brad Horner, Cindy Maltry, Melinda Mann, Kip Fulbeck**); the Mixed 200-239 400 FR (**David Holland, Laurie Alioto, Melinda Mann, Brad Horner**); and the Mixed 2002-39 400 MR (**Cindy Maltry, David Holland, Brad Horner, Melinda Mann**).



Brad, Melinda, Laurie, David

All in all WMAC raked in 7 individual golds and 3 relay golds at this meet. *AND* there were no shortages of silver and bronze medals for WMAC. **2nd place finishes:** **Brad Horner** (100 free), **David Holland** (200 IM), **Cindy Maltry** (50 fly), Mixed 200-239 200 MR (**Maltry, Holland, Horner, Mann**), Men 120-159 200 MR (**Darryl Stich, Dan Schaetz, Mike Power, Kip Fulbeck**), Men 120-159 400 FR (**Stich, Fulbeck, Power, Schaetz**).

3rd place finishes: **Melinda Mann** (50 free), **Laurie Alioto** (200 back, 400 IM), **Cindy Maltry** 100 back, 200 back, 200 IM), **Darryl Stich** (50 breast, 200 IM), **Dan Schaetz** (100 fly, 200 fly), **Mike Power** (50 free), **Kip Fulbeck** (50 fly), **David Holland** (50 breast), Men 120-159 200 MR (**Stich, Schaetz, Power, Fulbeck**).

With such great performances as these as well as all those who placed 4th-10th to score points for our team, WMAC took 7th place overall in the combined team scores! Way to go WMAC! And so begins the **JOURNEY TO ATLANTA 2010!**

Complete results for all of the WMAC participants, individual and relay, are found on page 6 of the newsletter.



Kip, Melinda, Cindy, & Brad



Darryl Stich
(2nd from right)



**National Champ
David Holland**



**Dan Schaetz and Santa
Barbara, CA, WMACer
Mike Power.**

LCM Nationals Results For WMAC

Individuals

Laurie Alioto 51
 3rd 400 IM 6:04.48*
 5th 50 fly :34.03
 3rd 200 back 2:51.78*
 1st 200 fly 2:50.13*
 4th 100 back 1:20.74*

Kim Fitzgerald 49
 6th 400 IM 6:21.01
 9th 50 fly :34.01
 5th 200 free 2:30.43
 7th 400 free 5:23.33
 8th 100 free 1:08.81*

Melinda Mann 53
 1st 50 fly :32.23
 1st 100 breast 1:23.21**
 1st 50 breast :38.78
 3rd 50 free :30.62*
 1st 100 fly 1:12.15

Cindy Maltry 55
 2nd 50 fly :34.16*
 3rd 200 back 2:57.70*
 3rd 100 back 1:21.12*
 5th 50 back :37.49*
 3rd 200 IM 3:00.05*

Darryl Stich 34
 3rd 50 breast :33.00*
 6th 100 free :57.00*
 4th 50 free :25.73*
 4th 100 fly 1:01.90*
 3rd 200 IM 2:25.61

Dan Schaetz 39
 3rd 200 fly 2:20.90*
 6th 50 breast :34.09
 8th 400 free 4:47.06
 3rd 100 fly :59.67*

Brad Horner 55
 1st 200 free 2:08.67*
 1st 200 fly 2:18.97**#&
 2nd 100 free 1:02.35*
 1st 100 fly 1:01.83*

Dave Holland 51
 3rd 50 breast :33.54
 1st 200 breast 2:41.69*
 4th 50 free :27.35*
 2nd 200 IM 2:30.32*

James Dannenberg 65
 5th 100 breast 1:30.57*
 8th 50 breast :40.37

Michael Powwer 41
 4th 100 free :55.74
 3rd 50 free :25.32
 5th 100 fly 1:03.70

Jeanne Seidler 63
 11th 200 back 5:58.58
 11th 400 free 12:14.88
 9th 100 back 2:50.89

Don Smith 52
 50th fly :43.86
 23rd 200 free 3:18.89
 25th 100 free 1:27.49

Steve Justinger 57
 15th 400 free 5:37.35*
 19th 50 free :37.20
 8th 1500 free 23:07.28

John Bauman 79
 5th 100 breast 2:07.90
 8th 50 breast :56.62
 7th 100 back 1:57.58

Kip Fulbeck 44
 3rd 50 fly :26.12*
 5th 100 free :56.25
 4th 50 free :25.47

Renata Ringsven 64
 8th 200 free 5:06.39

* State Record
 # National Record
 & World Record

Relays

Men 400 MR 160-199
 6th 4:50.17*
 Darryl Stich 34
 Dave Holland 51
 Dan Schaetz 39
 Steve Justinger 57

Mixed 200 FR 200-239
 1st 1:53.15*
 Brad Horner 55
 Cindy Maltry 55
 Melinda Mann 53
 Kip Fulbeck 44

Mixed 400 FR 200-239
 1st 4:15.56*
 Dave Holland 51
 Laurie Alioto 51
 Melinda Mann 53
 Brad Horner 55

Men 200 FR 120-159
 2nd 1:40.93*
 Kip Fulbeck 44
 Mike Power 41
 Darryl Stich 34
 Dan Schaetz 39

Mixed 200 MR 200-239
 2nd 2:07.48*
 Cindy Maltry 55
 Dave Holland 51
 Brad Horner 55
 Melinda Mann 53

Men 400 FR 120-159
 2nd 3:49.49*
 Darryl Stich 34
 Kip Fulbeck 44
 Mike Power 41
 Dan Schaetz 39

Mixed 400 MR 200-239
 1st 4:45.45*
 Cindy Maltry 55
 Dave Holland 51
 Brad Horner 55
 Melinda Mann 53

Men 200 MR 120-159
 3rd 1:58.67*
 Darryl Stich 34
 Dan Schaetz 39
 Mike Power 44
 Kip Fulbeck 44

Mixed 400 MR 240-279
 7th 7:44.93
 Jeanne Seidler 63
 John Bauman 79
 Laurie Alioto 51
 Steve Justinger 57

Mixed 400 FR 240-279
 8th 7:45.41
 Jeanne Seidler 63
 John Bauman 79
 Cindy Maltry 55
 Steve Justinger 57

9 Individual National Championships (**Laurie-1; Melinda-4, Brad-3, Dave-1**); 1 World Record (**Brad**); 2 National Records (**Brad, Melinda**); 2 Relay National Championships (**Dave, Laurie, Melinda, Brad and Cindy, Dave, Brad, Melinda**); **AND 28** Individual and 8 Relay State Records!! What a meet!!!!!!



Darryl Stich, Steve Justinger, David Holland, Dan Schaetz

← This 6th place 160-199 400 MR team would have been non-existent were it not for the heroic efforts of **Steve Justinger!** Steve had arrived at Indy Friday evening and was in the first moments of warming up Saturday when Darryl, Dan, and David realized they were missing their 4th relay member! Without hesitation Steve donned his racing suit and sped to the blocks so the relay could swim. The result? A very respectable 6th place finish and more points in the WMAC coffer.



John Bauman and Jeanne Seidler proudly display the banner won by WMAC for placing 7th in the Regional Team Competition at the LCM Nationals. →

Laurie Alioto
 Cindy Maltry



Lake Amy Belle Open Water Swim

The day of the Lake Amy Belle Open Water Swim was typical of what most of Wisconsin's summer weather was like. Overcast, cool, and with a lake water temperature that was a bit cooler than in past years. However, there was still a good turnout with age groups and swimmers ranging in age from 10 & Under to 70-79 and while the bulk of the entrants were not USMS registered swimmers our contingent of registered swimmers did very well. The swim was marked by a buoy that "got away" and floated inward. So swimmers had a little faster time in the mile race than they may have counted on. But even though the weather was overcast there at least were no storms or rain.

Wisconsin registered swimmers and their results were as follows: 1 lap (approximately 1/2 mile!) **30-39: Tonia Jorgenson**, 2nd, 18:48; **60-69: Dorothy Rose**, 1st, 21:06; **Jeanne Seidler**, 2nd, 24:00; **70-79: John Bauman**, 1st, 21:06; 2 lap (approximately 1 mile!) **20-29: Kelsey Gray**, 2nd, 19:00; **30-39: Jill Owczarzak**, 1st, 18:35; **40-49: Melodee Nugent**, 1st, 19:48; **Suzi Green**, 2nd, 24:06; **50-59: Julie Van Cleve**, 1st 21:31; **Phylliss Smith**, 3rd, 33:12; **Ann Buchel**, 4th, 26:26; **70-79: Ingrid Stine**, 1st, 35:12; **30-39: Laren Tiltman**, 1st, 17:49; **Bryan Ruark**, 2nd, 17:56; **Maurice Tetzlaff**, 3rd, 18:36; **40-49: Donald Minkey**, 1st, 19:02; **Brent Abraham**, 5th, 26:49; **50-59: Gus Robledo**, 1st, 19:11; **Peter Allen**, 2nd, 20:52; **Mark Kaczmarek**, 3rd, 21:10; **Steve Justinger**, 4th, 22:13; **Tim Potter**, 8th, 33:52; **60-69: Dick Pitman**, 1st, 23:01; **70-79: Fred Salzmänn**, 1st, 34:45.

Big Shoulders Swim

Jessica Connors

This year the Big Shoulders Swim, a 5 K swim in Lake Michigan off the Chicago lakefront, also served as the USMS Open Water Championships, which made it that much more exciting and competitive. Before the start of the race the officials falsely proclaimed that the water was a balmy 71 degrees—which it clearly was not as we realized once we stepped into the lake to begin our swim. They had tricked us! We agreed it must have been more like 67-68 degrees...but that prior knowledge wouldn't have stopped us anyway.

Competing for Wisconsin were **Andy Seter**, **Valerie Adams**, **James Biles**, **Josh Gordon**, and **Jessica Connors**. This was Andy's first Open Water Swim ever so he elected to participate in the 2.5 K race. Valerie placed 3rd in her age group with a faster pace than what she was at the MOWS 2.4 mile swim. James was 5th in his age group and it is notable that this was almost a sprint for James as he had already completed a 10K swim followed by an 8 mile swim all in one weekend earlier this summer! Great swims all around!



Point to La Pointe Open Water Swim

Julie Van Cleave

The fifth annual Point to La Pointe Open Water Swim was held on August 8, 2009, with entrants swimming from Bayfield, WI., to Madeline Island. Starting with the Ojibwa, people have swum across this channel to La Pointe on Madeline Island.

The 2 mile swim is a benefit to support the Bayfield Recreation Center, and this year a record 220 swimmers participated in the swim in the chilly waters of Lake Superior. Weather conditions were good, and the water was calmer than last year which made for a terrific swim. Participating Masters Swimmers from Wisconsin included **Tim Potter** (left above), **Fred Salzmänn** (3rd from left above and 1st place in the 70+ age group), **Phylliss Smith** (on Fred's left above), **Kevin Welton**, **Dave George** (1st place 50-59, time of 51:22), **Eric Jernberg** (2nd place 50-59, 51:51), and **Julie Van Cleave** (1st place 50-59, 59:36).

The water temperature was 62-64 degrees, so the warm hoodie all swimmers received as well as the coffee and warm breakfast served on the island after the swim were appreciated by all.



←
Fred Salzmänn gets his award for his first place finish in the 70+ age group at the Point to La Pointe Swim.

A Bit of Trivia

Our 35+ 200 Yd Free Relay team of **Laren Tilaman**, **Heather Tileman**, **Dan Schaeztz**, & **Trina Schaeztz** might be the first relay team ever to be National Champs, All-Americans, WMAC affiliated, AND be comprised of 2 married couples all within a 3 year age span!

Madison Open Water Swim!

Dick Pitman, Suzi Green, Julie Van Cleave

Another successful running of the Madison Open Water Swim took place on August 22, 2009, on the Iron man Wisconsin course in Lake Mendota. The weather was beautiful with the air temperature in the high 70's and water temperature in the low 70's. With 356 swimmers registered (about 100 more than last year) and with just 18 no-shows there were some action-packed starts. The on-line entry system and on site check in procedure went smoothly and there were plenty of beverages, bagels, and other edibles to replenish the swimmers post race.

Of the 170 women and 186 men registered, 50 signed up for the 1.2 mile swim (30 women, 20 men) and 306 participated in the 2.4 mile swim (140 women, 166 men). Wisconsin had 203 entrants, 144 from Illinois, 5 from Minnesota, and 1 each from Iowa, Indiana, Missouri, and Washington. There were 67 Wisconsin Masters Swimmers who participated. Results for WI Masters (top three) are as follows:

1.2 Mile Non-Wetsuit:

Jenny Zawacki, 1st 30-34 Women
Teri Behrs, 1st 40-44 Women
Peter Bridge, 1st 35-39 Men
Elliot Kolner, 1st 50-54 Men
Tim Mulholland, 2nd 50-54 Men
Tim Potter, 3rd 50-54 Men
Kris Koeffler, 1st, 55-59 Women
Lynn Beckett, 2nd 55-59 Women
Phyllis Smith, 3rd 55-59 Women
David Watts, 1st 55-59 Men
Mike McCluskey, 1st 60-64 Men
Jerry Huhn, 2nd 60-64 Men
Phil Hellmuth, 1st 70-74 Men

2.4 Mile Wetsuit:

Eric Wiesner, 1st, 25-29 Men
Rebecca Johansson, 1st 25-29 W
Maurice Tetzlaff, 1st 30-34 Men
Jenny Rilling, 1st 40-44 Women
Jeanne Hains, 2nd 45-49 Women
Ann Heaslett, 3rd 45-49 Women
Bill Koehler, 3rd 45-49 Men
Ann Berres-Olivotti, 1st 50-54 W
Linda Norton, 3rd 50-54 Women
Mike Daley, 1st 55-59 Men

1.2 Mile Wetsuit:

Bamideli Ali, 3rd 30-34 Men



Mark Kaczmarek, Mike McClusky, Jerry Huhn, & Julie Van Cleave—
MOWS 2009 participants!

2.4 Mile Non-Wetsuit

Valerie Adams, 2nd 18-24 Women
Greg Broghammer, 1st 35-39 Men
Melodee Nugent, 2nd 40-44 Women
Shaun Morrow, 1st 40-44 Men
Jeff McFarland, 2nd 40-44 Men
Scott Meister, 3rd 40-44 Men
Kim Fitzgerald, 1st 45-49 Women
Colleen Capper, 3rd 45-49 Women
Jim Drought, 2nd 45-49 Men
Julie Van Cleave, 1st 50-54 Women
Eric Jernberg, 1st 50-54 Men
Mark Kaczmarek, 2nd 50-54 Men
Steve Justinger, 3rd 55-59 Men
Dan Slick, 1st 60-64 Men
Mark Sheldon, 3rd 60-64 Men
Fred Salzmman, 1st 75-79 Men

Complete results can be found at: www.onlineraceresults.com

Aumakua Swim

On Monday, September 7th, the day after competing in the Lanai to Maui Channel Swim, **Julie Van Cleave, Art Luetke, and Kimberly Von Doring** competed in the Aumakua Swim held near Waimea on Maui. The race has both 1.0 and 2.4 mile distances. A unique feature of each of the distances was the opportunity to swim through a natural coral arch. The arch is submerged approximately 15 feet below the surface and swimmers that successfully go through the arch get a bracelet. Swimmers finishing with a bracelet get a minute reduction in their race time. Fun! A group of Wisconsin swimmers raced, including **Art Luetke** (4th in his age division in the one mile swim with a time of 29:46), **Julie Van Cleave** (2nd in her age division in the 2.4 mile race with a 1:08:08), and **Kimberly Von Doring** (1st in her age group and 7th overall for all the women that competed.).



Jeanne Seidler and John Bauman—major players in the success of both our LMSC and our national organization. Many thanks to both of you for all your hours of work and your dedication to the success of both WI Masters swimming and USMS.

Are you trying to shed a few (or more) pounds? Scientists at Pennsylvania State University report that if you start a meal with low-calorie, fiber-and-water-rich foods like salad and fruit you are likely to consume fewer calories during the rest of the meal. That's because these types of foods are filling and help to regulate your appetite.

Ironman Cancun 70.3!

Wisconsin's **Kimberly Von Doring** won the Ironman Cancun 70.3 (total miles of all the entities of the triathlon) recently. No more details were available as of press time—but... Congratulations are definitely in store for Kimberly!

The Wisconsin Water Warriors

Date: November 29—December 12, 2009

Place: Your local pool

Object of the Game: Log as many yards as you can swim in the designated two week period. You'll be competing against other swimmers in Wisconsin to record and turn in the most yards swam. The winner of each age category and the overall female and male winners will be awarded prizes, compliments of Adolph Kiefer & Associates. Overall teams logging the most yards will also be recognized. Winners will be honored at the WI State SCY Meet, where prizes will be distributed. If you cannot attend the WI State Meet, your prize will be mailed. So be sure to include your proper mailing address!

To participate in the contest, simply e-mail or snail mail **Stacey Kiefer** you completed yardage form, found  Forms may be e-mailed to: Stacey@kiefer.com or mailed to Adolph Kiefer & Assoc., 1700 Kiefer Drive, Zion, IL., 60099 ATTN: Stacey Kiefer. **In order to be eligible, all forms must be received by December 23, 2009.**

You do NOT have to be on a registered swim team, a registered USMS swimmer, or living in the state of WI to compete in this contest. All are welcome!

Swimmer's Name: _____ **Team** _____

Are you a registered USMS swimmer (Circle)? YES NO

E-mail Address: _____

Physical Address: _____

Age Group (Circle) 18-25 26-35 36-45 46-55 56-65 66-75 76-older

Gender (Circle) Female Male

November 29 _____

November 30: _____

December 1 _____

December 2 _____

December 3 _____

December 4 _____

December 5 _____

December 6 _____

December 7 _____

December 8 _____

December 9 _____

December 10 _____

December 11 _____

December 12 _____

Total Yards: _____

This free contest is made possible with help from Official USMS Sponsor, Adolph Kiefer & Associates.

Maui Channel Swim

Julie Van Cleave/Jessica Connors

The Maui Channel Swim is the only Masters inter-island relay race in the world. In it each 6 person team must swim approximately 10 miles between the islands of Lanai and Maui. A boat accompanies each team and each swimmer will swim for one half hour at a time until everyone has gone. Then each swimmer races in 10 minute intervals until they have crossed the finish line. Several Wisconsin swimmers participated and it went well considering...it was the *worst* conditions in over 15 years! Waves, wind, strange and magical currents made for a really rough go.

As has become biennial custom, the Grumpy Old Badgers, organized by **Brad Horner**, flew to Maui for the Labor Day weekend to participate in this swim. Some years there is extra swimming due to the current and chop of the ocean, and this year was one of them! There were four Wisconsin teams—all under the Grumpy Old Badgers banner: Silver Bullets, BAER-ly Afloat, The Sequel, and Moo-Coolies competed amongst the 50 relay and 20 individual swimmers. While our relays did not make the podium to receive the coveted MCS towels, it was a good swim for all and we all have a new perspective on what rough water really is! The entire team enjoyed a pre-race cookout featuring good old Wisconsin brats that Brad brought for the occasion. Good fun and thanks to all the team captains, and especially to Brad for organizing the trip.

Among the Wisconsin registered swimmers participating were: **Brad Horner, Art Luetke, Phil Helmuth, Art Overman, Reg Bruskwitz, Carl Johannson, Kevin Welton, Dave George, Kevin Yeager, Julie Van Cleave, Teri Behr, Geoff Mykelby, and Kim Von During.**

(Editor's note: Without a current Wisconsin roster available I am unsure as to the registration affiliation of the rest of the Grumpy Old Badgers.



The Grumpy Old Badgers enjoyed a pre-race cookout prior to their rough water crossing between Lanai and Maui on Labor Day weekend. **Geoff Mykleby and Kim Von During** also participated but were a part of relays not associated with the GOBs.

You know you're a swimmer if....
 —Getting smacked on the butt doesn't bother you at all.
 —You answer "I don't need to" when someone asks when you showered last.
 —The first place you go when you are stressed out is a swimming pool.

Coach's Corner

Swim Suit Wars

From the Walnut Creek Masters Newsletter
Reprinted with permission from author Kerry O'Brien

At the time of this writing (July 28, 2009), swim generals continue to wage more battles in the "Technical Suit" wars, with the potential to leave an enormous number of adult human casualties, beached on pool decks everywhere like giant harbor seals and walruses. Those in high places will hand down their decisions like nuclear bombs, suit companies will volley back with law tactics and rhetoric shots of their own, and the foot soldiers that make up all our swim teams will be left scrambling to cover themselves in whatever has been deemed acceptable and fair, and in the aftermath wondering what becomes of their investment to fulfill that "need for speed." There will be some sort of truce until 2010, a cease fire if you will, but the foot soldiers will continue to launch themselves in their body-shaping resistant-cutting missile suits as often as they can leading up to "D-Day" (deadline day), doing as much damage to the record books, qualifying standards, and personal bests as possible, so while at future gatherings as people talk in terms of "remember when", they too will have their story to tell.

And I will be one of them. I love my Blue Seventy missile suit. In just the ten minutes it took to first put it on I was able to embrace change and feel a part of the sport's progressive movement. And I can imagine a lot of swimmers who are match-making on e-Harmony have their bio pics taken in their tech suit, simply because it is the best they have looked in a long time.

But if the "war for progress" is lost, and the competitive swim suit takes giant leaps backwards, I will also have to swallow the disappoint pill if I don't swim as fast as I did recently.

Swim soldiers will again have to dig deeper within themselves instead of their wallets to find improvement. Ultimately, passion, desire, and dedication still must come from within, and cannot be bought off of a hanger in a swim shop.

If you are part of the mass majority that derives portions of your sanity and self-worth from the rigors and physicality of a daily workout and it's positive effects on many aspects of your life, then what does it really matter where the hem of a suit stops when I climb up on the blocks to compete? We shall see.

On The National Scene

Dick Pitman has been asked to chair a Great Lakes Zone task force on candidate selection for national offices. He will be assisted by **Mel Goldstein** (Indiana) and **Sally Guthrie** (Michigan) and they will be responsible for forwarding names of potential candidates from our zone for national office consideration.

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