

Wisconsin Masters Swimming

CHAIRMAN'S LANE

Dick Pitman

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WISCONSIN MASTERS WEBSITE

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

LMSC Annual Meeting
October 13, 2007—12 noon
Pabst Farms YMCA
See page 6 for details

This was a busy summer for Wisconsin Masters swimmers! After Badger State Games in June we had the Lake Amy Belle Swim, Long Course Nationals, Madison Open Water Swim, and for 18 of us, the Maui Channel Swim.

On September 1 some of us ventured to Hawaii to take part in the 35th edition of the Maui Channel Swim. Led by **Brad Horner** with Lieutenants **Art Luetke** and **Dave Holland** we fielded three teams, all with variations of **Grumpy Old Badgers**: an Open Makule (240 years—cumulative ages), a mixed Team (3 men/3 women), and a Grand Makule team (360 years-cumulative ages). I think the way this got started is **Jim Montgomery** of the Dallas Aquatic Masters and a Madison native, got **Brad Horner** involved, who got **Art Luetke** involved, who got me involved, etc, etc. On Friday night there was the big pre-

race meeting to make sure everyone knew the rules, the direction, and the do's and do not's of the race. Saturday morning at dawn our three teams met at the wharf in Lahaina, a little south of Kaanapali Beach, loaded our provisions (water and power drinks mostly, some beer for after the race), threw our bags down in the cabin, and proceeded across the channel to the island of Lanai—about 9.5 miles of open water away. It took us about 30-45 minutes to go across the channel in the boat—but a *lot* longer to swim back!

There were a total of about 73 teams including 14 solo swimmers. The organizers never allow more than 15 solo swimmers. (In 2005, **Brad Horner** solo swam the channel.) We floated around about a mile off the island of Lanai for about 30-45 minutes. **Art Luetke** was our starter so he had to swim from the boat to the mainland of Lanai where the starter got everyone lined up and checked their credentials! (I didn't know what they were doing—I'm making a lot of this up!) Anyway, the next trick for those of us on the boat was finding our swimmer amongst all the bodies in the water! NOT EASY! However, about 20 minutes after the start we located Art from his distinctive stroke style and pulled alongside him. Ten minutes later we signaled him and I dove in. The ocean was a gentle, even roll. The swells were not at all high and it was almost like lake swimming. To be honest, it was beautiful, wonderful swimming. You couldn't see the bottom because it was too deep. But you could see the sun's rays penetrating the water and coming together at a point below you. I saw no fish, no wildlife of any form. It was very relaxing and idyllic—like a passage out of Haunts of the Black Masseur: The Swimmer as Hero by Charles Sprawson.

I had swam as a young boy in the ocean bay at home in Long Beach, but it was nothing like this experience. The water there (and then) was not clear and didn't have the same salty taste. Back in the 1950's the Bay, as it was called, was dark and forbidding. It had the taste of diesel fuel from all the boats—huge boats—that berthed there. It was rumored that the huge 100 foot cruiser with multiple decks moored there belonged to Bob Hope. This swim in Maui was exhilaratingly, intoxicatingly, wonderful!

After my 30minutes of flirting with the infinity of the deep and feeling the tingling excitement of every nerve in my body I had to get out and let **Art Overman** take over. **Art** is my old team-mate from Long Beach City College who I got back into swimming after many years of prodding. You may have met him at some of our meets. **Art** is not a common name and it is kind of unusual to have two Arts join the same team! Of our whole team **Art O** was the only one who had some actual training in the ocean prior to his swim. But, he had the same exhilarating experience I had. **Art** is a retired pilot from American Airlines. He brought his son Grayson with him. And, Grayson was able to catch some of the exciting swimming action from the spectator boat—a boat hired specifically to take four or five relatives/friends from boat site to boat site to check on the progress of each. They also took lots of our photos! (Con't on page 6)



National Senior Olympics Results

From June 27-July 2 **Gordon Schalla** braved the Kentucky summer heat and humidity as well as competitors both in and out of the pool while competing in the National Senior Olympics in Louisville, Kentucky. The swimming was held at the Ralph Wright Natatorium. According to Gordy "Everyone came out of the wood work for the Senior Olympics". There was great competition and he was very pleased with his swims. He placed 6th in the 50 breaststroke, 8th in the 50 backstroke, and 13th in the 50 free. Gordy also participated in the archery competition in which he placed 3rd. Congratulations, Gordy!



Candy Christenson visits with **Jim Montgomery** at the LCM Nationals in The Woodlands, TX. **Jim** is a former Wisconsinite who now lives in Dallas and **Candy** is fortunate enough to be able to workout out with Jim's Masters team when she visits her daughter in Dallas.



John Bauman, coming (above) turning, and going (below) as he competes in the breaststroke at Nationals.



EVEN FOR HOUSTON, THIS IS HOT

Headline—Houston Chronicle
Monday, August 13, 2007

"City declares emergency as mercury hits 102, keeping most people indoors".

"How do you describe Houston's hottest day in four years? Murderous, bloody hot, fiery, and worse than Dallas were how some portrayed Sunday's sweltering heat, which reached 102 degrees at George Bush Intercontinental Airport.

"The combined humidity and temperature created a feels-like heat index of 112 and led the city to declare a heat emergency, the first this year. ...Many stayed indoors Sunday, leaving pools and parks eerily empty during the hottest part of the day.

As I made my way through the Houston Airport on my return to Wisconsin from The Woodlands this newspaper headline definitely caught my eye! After watching the weather channel most of the summer and noting that Houston was being inundated with rain for 8 weeks prior to the start of nationals we felt we had really "lucked out" in that with the exception of a 20 minute downpour on Sunday afternoon the four days of the LCM National Meet featured sunny, dry, but VERY warm weather. Friday was definitely warm, but "do-able". However, the heat and humidity continued to climb steadily throughout the weekend to the extent that by Sunday I found myself retreating to the women's locker room to take a cool shower about every 45 minutes! The "cool down" outdoor pool felt more like a hot tub and even the indoor pool could hardly be called "refreshing". Among our WMAC group those who had races of 200 meters or more were the subject of envy. Why? Because they got to take a refreshing swim in a cool pool! I'll never forget coming up for a breath on the fly leg of my 200 IM and feeling like I had just walked through the door into a sauna. What else can I say—**it was HOT!** However, things could have been worse. The very next weekend the Houston area was inundated with rain—the remnants of Hurricane Erin. I think that the 4 days of the LC meet were about the only 4 consecutive days that The Woodlands experienced sunshine. So—chalk this one up to one of those meets we'll all remember for a long time to come. (Nancy Kranpitz)

Team Wisconsin LCM Nationals—The Woodlands August 10-13, 2007

Seven hardy Wisconsin Masters swimmers braved blistering heat and humidity to attend the USMS LCM Nationals at The Woodlands, TX. Those who participated were (top row in picture at left) **Geri Havel, Jane Dillon Stewart, Candy Christenson, Jeanne Seidler.** Bottom Row—**Nancy Kranpitz, Mindy Seidler, John Bauman.** The six ladies finished in 15th place in the Women's division, by himself **John Bauman** finished in 74th place in the Men's division, and together they placed 30th in the Combined results out of 132 teams entered. The highest finisher was **Nancy Kranpitz** with 2nd place finishes in both the 200 fly and 50 free. **Geri Havel** led the new state record setters with 4 individual records. **Mindy Seidler, Candy Christenson, and Nancy Kranpitz** each set one new record.

Complete results for all of the WMAC participants are listed below. (Contributed by Jeanne Seidler)



2007 LCM National Finishes at The Woodlands

John Bauman 76	Candy Christenson 60	Geri Havel 59	Nancy Kranpitz 62
4th 100 breast 2:11.28	3rd 100 breast 1:53.58*	3rd 100 back 1:39.35*	2nd 200 fly 4:00.43*
4th 100 back 2:04.91	4th 100 fly 2:02.01	4th 100 free 1:18.23*	2nd 50 free :37.25
6th 50 breast :53.10	4th 200 breast 4:16.00	4th 200 free 2:52.65*	3rd 100 fly 1:50.61
6th 200 breast 4:46.35	5th 50 fly :47.07	6th 50 free :35.13*	3rd 50 fly :43.49
7th 50 back :53.97	9th 100 free 1:31.46	7th 50 back :45.97	4th 200 IM 3:48.36
Mindy Seidler 28	Jane Dillon Stewart 65	Jeanne Seidler 60	Women 200 MR 240+
3rd 800 free 11:34.95*	5th 50 back :55.48	4th 200 back 6:04.92	5th 3:03.69
3rd 400 IM 6:32.44	5th 50 free :46.57	5th 100 back 2:58.26	Jane Dillon Stewart
5th 100 fly 1:21.40	7th 50 breast :59.46	8th 800 free 26:10.64	Candy Christenson
7th 200 IM 3:00.66	8th 100 back 2:20.12		Nancy Kranpitz
8th 50 fly :34.34			Geri Havel
10th 100 breast 1:33.49			

* Indicates new state record. Congratulations to **Geri Havel, Mindy Seidler, Candy Christenson, and Nancy Kranpitz** for their record setting performances. Also, the 240+ women's medley relay team members are all former *Lawrence Swim Club* alumni swimming together again 45 years after competing together as teenagers! Each lady swam the same leg of the relay as she had in 1962!



John Bauman and Jeanne Seidler seek relief from the sun between events at The Woodlands.

WMAC swimmers were HOT both IN and OUT of the pool at The Woodlands.



Geri Havel (behind blocks to left) gets ready for the start of the 200 meter freestyle at The Woodlands.

WMAC Members are Triathletes, Too!

Jeanne Seidler/Nancy Kranpitz

While most of us think of WMAC members as pool competitors there are a number of them who are triathletes as well. At the recent Danskin Series Triathlon held at Lake Andrea in Pleasant Prairie 25 women who are registered WMAC members were among the 3,500 ladies who participated in the 1/2 mile swim, 12 mile bike, and 3.1 mile run triathlon. They were: **Amy Borden, Barbara Brown, Monica Diamond, Linda Draft, Kimberly Gebauer, Jeanette Heynssens, Elizabeth Huber, Lauren Jensen (#1 overall), Meagan Kula, Paula Larsen, Debi Nutting, Jocelyn Rau, Lynn Riley, Dorothy Rose, Cindy Ruffert, Erin Schneider, Leah Schneider, Sarah Schneider, Mindy Seidler, Nora Settimi, Kristin Siudak, Phyllis Jane Smith, Krista Van Enkenvoort, Sheri L. Villani, and Kim Van During.**

For most triathletes the swim is the most difficult and weakest leg of their race. Looking at the names listed above I am sure that was **not** the case among our WMAC members, but in general that holds pretty true. So at the recent Chicago Accenture triathlon **Mindy Seidler** turned a few heads when she did the swim leg of a team triathlon. The swim, 1.2 miles in length, was held in Lake Michigan, which according to Mindy, was *freezing*! However, she did have on a wet suit and completed the distance in a sizzling 25 minutes. Her heat was the last to start and she swam so fast that her friends totally missed her exiting the lake. She finished, started the biker off on the biking portion, then walked all the way back to the swim finish to see her friends looking at the people getting out of the water, waiting for her. They were like, "What?? You finished already??" As they say in the Master Card commercial—**priceless!**



Mindy Seidler gets "psyched" up for a race in the pool at The Woodlands. She also excels in lake swims and triathlons as well.

Looking to "fit in"? Longing for some official Wisconsin Masters team wear? Swim caps are available at each WMAC sponsored meet for \$3.00. Short and long sleeved T-shirts and hooded sweatshirts can be ordered one final time this year by using the official order form located below. Don't be left out! Send in your order to **Trina Schaetz** by October 1st. We need a **MINIMUM** order of 12! So—order today!

Have you **MOVED?** Or are you going to be **MOVING** in the near future? Be **SURE** to send a change of address to our registrar **John Bauman** so that you continue to receive not only this newsletter but also your copy of **USMS Swimmer**. John can be reached at:

wmacswim@sbcglobal.net
(Please do NOT send your change of address to me—your newsletter editor—as I just have to send it on to John.)

Did you notice that every one of the WMAC swimmers who competed at The Woodlands placed in the top ten (i.e. scored team points) in every event that they swam?

WISCONSIN MASTERS TEAM WEAR ORDER FORM

Name _____

Address _____

City/State/Zip _____

Telephone _____ E-mail _____

Write quantity on line next to your size:

SS T-Shirt ___ S ___ M ___ L ___ XL ___ XXL @ \$13.50 _____

LS T-Shirt ___ S ___ M ___ L ___ XL ___ XXL @ \$16.00 _____

Hooded Sweatshirt ___ S ___ M ___ L ___ XL ___ XXL @ \$25.00 _____

Sub-Total _____

Orders MUST be received by October 1, 2007!

+ \$4.00 shipping per item _____

TOTAL _____

Please make checks payable to **Trina Schaetz** and mail order form to:

Trina Schaetz
3965 Glen Echo Drive
Brookfield, WI 53005

(262-790-1212)

Tip of the Month—Broken Swims

Paul Hutinger—Florida Masters Mavericks

Prepare for meets and your events with broken swims. I know I sound like a broken record, but I firmly believe that these swims will enhance your training and lead to faster meet times. I have followed these examples for 37 years, and I owe my many successes to this type of training.

The following is an example for the 200 free: Estimate your goal time for the next meet—3:00, or :45 per 50. Swim 4 x 50 on 1:00, and pace your 50's for :45. This will give you :15 sec rest after each 50. To be more specific for your race, do a dive in (if it's permitted at your pool) on your first 50 giving you a :40.

A more involved set would be:

1. 4 x 50 with 10 sec rest—rest 1 min
2. 4 x 50 with 20 sec rest—rest 1 min
3. 4 x 50 with 30 sec rest—rest 1 min

Try to hold your pace on all sets, taking several minutes between sets. You will have more rest as you do each set, to enable you to keep your pace. This will work for ALL strokes, distances, and the IM's. If your times are faster, keep the same intervals, but decrease your pace. If you are slower, increase your pace with the same intervals.

I've included some principles for you to follow, so you can design your own training program.

1. Train close to race speed. Use 1/4 to 1/2 your race distance. Ex: For your 200's use 4 x 50s.

2. Specificity of training develops the energy system needed for your event. This important performance system is NOT developed in long, slow distance swimming.

3. Stroke timing and efficiency is enhanced and developed by quality work. Stroke timing and coordination change at different velocities.

4. The percent effort for each 50 of a 200 is about 80%, so training should approximate this level of effort.

5. Distance per stroke can be maintained in a race if the training is similar to the racing speed.

Follow these principles and you will have a highly designed and productive training program.

You need to train at RACE SPEED in practice. You can best accomplish this with broken swims. Using a variety of rest intervals will help you train the different energy systems, which will enable you to have good meet performances.



The relatively cool competition pool at The Woodlands was about the only thing that provided some relief from the hot, humid weather during the LCM Nationals in August. (Yes, that's **John Bauman** starting).

Want an easy way to cut calories?

Limit alcohol. Alcohol contains about 70 calories per ounce **and** can weaken your resolve to otherwise eat healthy.



Jane Dillon Stewart gets ready to “take her mark” for the start of the 50 M breast-stroke at The Woodlands. If you look closely you'll see that Jane is *laughing*—not making light of her upcoming swim—but wondering what in the world she was doing atop a starting block after all these years! Jane's swimming at The Woodlands marked just her second Masters competition after being out of the water for *many* years. We're glad to have you back, Jane!

Maui Channel Swim—The Rest of the Story!

Brad Horner

This year the “Grumpy Old Badger” and “Grumpier Old Badger” relays were both in the Mixed Division (3 men/3 women regardless of age). Our third relay, the Silver Bullets, (Dick Pitman's relay) was in the “Grand Makule” division (total ages 360 years or greater).

Both mixed relays finished in about 4 hrs 30 min—close to the top 3, but not enough to “towel” (i.e. get in the top 3 of the division). Times were considerably slower than the average year probably due to more teams having problems navigating the current. There appeared to be many more rookie captains this year who thought they knew how to navigate the current but really didn't! So, many relays ended up having to swim upstream to the finish. Both of the mixed relays were caught a bit by the current, but not as bad as the Silver Bullets who had an obstinate captain and therefore finished in 5 hrs 50 minutes or so!

A bit of history and other facts: The channel is about 9.5 miles but the swim is more like 10 miles due to the need to swim an arc due to the current. Typically the event has about 60 relay teams (6 people per team) and 15 soloists. Most people come from California, Hawaii, and Australia. We (Wisconsin) typically send one of the larger contingents. Why? UW swimmers have been training during winter break in Hawaii every year since 1973. We all have fond memories of swimming in Hawaiian waters between double workouts. Therefore motivation is often (go to pg 7)

Chairman's Column—Con't from page 1

Art was followed 30 minutes later by **Reggie Bruskewitz**, the youngest swimmer in our boat. **Reggie's** swimming has been somewhat limited of late because he participates mainly in triathlons. He did one ironman a few years ago. **Reggie** swam a couple of years at UW-Madison and then decided to concentrate on his pre-med curriculum. He is a professor at the UW-Med School and a surgeon. **Reggie** is a great swimmer and did a great job. And, he was a great roommate during my stay in Hawaii.

The fifth swimmer was **Phil Hellmuth**, our senior swimmer. He kept us close and we even passed another team! To be fair, I have to nominate **Phil** as our grumpiest Old Badger! I think he liked the swimming even if he grumped about it after getting out. This is the guy who swam the 10K many years ago in Lake Michigan in one of the early Big Shoulders when the water was so cold it drove **John Kinsella**, an Olympic swimmer, into a hyperthermic jaunt into the middle of the lake! And, here the water was 80 degrees!

Our clean up swimmer was **Carl Johansson**, an old teammate of mine at UW back in the '60's. He was the first women's swim coach at UW and for many years produced some great swimmers here. He had not swam since college! Or, so he wags. He was a sprinter in college and never did anything like this. But he was a trooper. He trained for this swim by doing the Devils Lake swims every Sunday. Even though he got slightly off course a few times he was able to hold our place. When all was said and done our team ended up in 4th place in the Grand Makule division with a time of 5:45.00. Thanks to everyone for making this a truly memorable experience!

We'd like to have more teams in 2009 (we only participate in odd numbered years). If you are interested, contact one of the guys mentioned above or call me. I saw on the rosters of teams that **Geoff Mykleby** from Elmbrook Masters was swimming on a team from Dallas, but I wasn't able to find him to talk with him. Belated congratulations to **Geoff!**



Those WMAC swimmers who comprised "Grumpy Old Badgers" teams for the Maui Channel Swim on September 1st couldn't have asked for better weather and sea conditions on the day of the swim. One of the teams' support boat, shown above, and those waiting for their turn to swim track the progress of their current competitor.



LMSC Annual Meeting

The annual meeting of the Wisconsin LMSC will held on **Saturday, October 13**, beginning at **12 noon** at the **Pabst Farms YMCA** in Oconomowoc. While several items are up for discussion our first priority will be that of establishing our indoor season meet schedule. **Jeanne** and **Neil Seidler** along with **John Bauman** have measured the **West Bend HS** pool for verification for a **SCM meet** (it is **CORRECT!**) to replace the Lawrence meet. **Jerry Lourigan** and **Steve Morris** are checking dates and availability for meets in **Middleton** and **Stevens Point**—including possibly holding our State Meet in Middleton again. **Melinda Mann** is checking out **Oshkosh** for a late January meet and **John Bauman** has offered to meet manage a meet at **Pabst Farms** if a date can be secured. How nice to see so many different people involved in working on our indoor meet schedule!

If you have questions, issues, or concerns you would like addressed please send them on to **Dick Pitman**. His e-mail is listed on the front page of every newsletter. This meeting is open to **ALL** Wisconsin registered swimmers so everyone is invited and encouraged to attend and get involved in our **GREAT** organization! Hope to see a **LOT** of people attend!

In August seven WMAC swimmers traveled to The Woodlands for the LCM Nationals. They were **John Bauman**, **Candy Christenson**, **Geri Havel**, **Nancy Kranpitz**, **Jeanne Seidler**, **Jane Dillon Stewart**, and **Mindy Seidler**. With only seven people they were able to place 30th among 132 teams. This is largely due to the fact that none of the swimmers placed higher than 10th. Congratulations to John and his harem!

The Madison Open Water Swim (MOWS) on August 18 attracted a total of 140 swimmers to compete in the 5th annual version of the 1.2 mile and 2.4 mile swims. Twenty-eight swam the 1.2 mile course and 112 swam and completed the 2.4 mile course. Conditions were on the verge of extreme with cool weather, cloudy skies, and scattered rain. But, no lightning and no heavy rain fell until well after the event was over. **Shaun Morrow**, 39, from Grand Chute, WI, won the men's 1.2 mile in 30:33, **Jessica Diel**, 26, from Delafield won the women's 1.2 mile in 33:24. In the 2.4 mile races **Guilherme Rego**, 25, of Milwaukee but originally from Brazil, won in 1:00.25 and **Abbey Roit-Jernberg**, 20, won the women's race in 1:10.29. As **Dave George** described it: That first length the waves crashed against the wall of Monona Terrace and came roaring back against us. It was wild waters! In comparison to MOWS, the Maui Channel and Lake Amy Belle swims featured calm and pleasantly comfortable waters—always a pleasant way to spend a morning or afternoon. Thanks again this year to **Eric Jernberg** for hosting the Lake Amy Belle swim.

The Annual USMS Convention is being held the last week of September this year. That means our Annual Meeting will have to wait until October 13th. It will again be held in Oconomowoc at the Pabst Farms YMCA. If you have something you would like discussed placed on the agenda please let me know by October 3.

Another easy way to cut calories: Instead of putting dressing on your salad serve the dressing in a separate dish. Before you spear a bite of salad, put a small amount of dressing on your fork. You'll get the flavor of dressing without as many calories. (Source: American Dietetic Association)

Coach's column

Dick Pitman

As a coach I continue to learn from my swimmers. A few weeks ago while explaining to one of my swimmers how she should breathe, I discovered a new way of visualizing it. I told my student to rotate her head simultaneously with extending her opposite arm forward. For example, as your left arm reaches forward your head should roll to the right to breathe. *"Use your arm as a platform while you breathe"* Now, I don't know if anyone has ever called this position a platform or not; perhaps I just stumbled on it. But, you know, it makes sense. Would you rather have a long platform to rest your head on while you breathe when swimming, or a post (meaning your arm is vertical below your chest)?

A good drill to practice this is the *breathe every stroke* drill. Literally, this is breathing every stroke! Breathe right, breathe left, right, left, etc. It really emphasizes body roll and *timing*. You absolutely have to roll your head simultaneously as you bring your arm forward. I probably would add *anticipate* your breathing. And, since you are more or less hyper-ventilating I would recommend doing only 25 yards at a time. So, in a 200 maybe do this drill twice.

Then, for added thrills or greater expertise, try doing this with your eyes closed. If you can do this—*breathe every stroke with your eyes closed AND stay on line*—you are truly swimming with great balance and rhythm!

You gain strength, experience and confidence by every experience where you really stop to look fear in the face. You must do the thing you cannot do. (Eleanor Roosevelt)



While this person (left) was actually participating in the Maui Channel Swim she could have been mistaken for being at the Lake Amy Belle swim as it, too, featured a sunny day with calm waters.

Maui Channel Swim-The Rest of The Story (Con't)

not the problem. However timing, family obligations, and finances are!

How did the Grumpy Old Badgers get started? **Jim Montgomery's** (three time Olympic Gold Medalist from Madison) Dallas Aquatic Masters Team has been doing the Maui Channel Swim every odd year since the early '80's. **Brad Horner** swam on one of Jim's relays in 1997. In 2001 he organized a relay of 5 other former UW swimmers ranging from '70's to '90's grads...the original Grumpy Old Badgers. We were of different generations but had a common bond with **Jack Pettinger** and UW swimming. We found the stories about swimmers and coaches were very similar decade to decade. We laughed until all hours of the night and had so much fun that we agreed to get the word out to other ex-UW swimmers and friends.

We should be proud that the record for a solo crossing of the channel is held by ex-UW swimmer (and former WI state high school champion) **Jim Sorensen** in 3 hours 10 minutes set in 2002 when he was 42 years old. He swam solo and beat all but two relay teams! The fastest relay teams are generally composed of 20 something Olympians from Australia and the US—including **Amanda Beard** who frequently does it, including this year. To get an idea how one has to train to set the record for the solo crossing, one set Jim did was short course 44 x 400 on 5 minutes!

WMAC Gets National Recognition—TWICE!

First it was our distinctive red team shirts at Federal Way that caught people's attention. Donated to us by **Amy and Dan Meinholz** and **All-American Aquatics** in Oconomowoc the shirt featured an outline of Mt. Ranier with "Mt. Ranier or Bust" and "Wisconsin Masters Aquatic Club" on the back. **John Bauman** and **Don Rambadt** posed for a color print which is currently on our website and was apparently picked up from there by **Swimming World Magazine** and distributed nation wide.

Now a WMAC women's 240+ age group relay team which competed at The Woodlands is featured on the International Swimming Hall of Fame website (ishof.org). **Jane Dillon Stewart** (backstroke), **Candy Christenson** (breaststroke), **Nancy Kranpitz** (fly), and **Geri Havel** (free) swam together in the early 1960's for Lawrence Swim Club in Appleton, WI., and joined forces to do it again at The Woodlands. Go to ishof.org and click on the video located on the center of the page to hear what they have to say about swimming "back then" and getting back together again.

Easy Food Switch: Dairy foods are a great source of calcium and vitamin D, which help keep bones from thinning. But the saturated fat in whole milk, cheese, and yogurt contributes to artery clogging. Switching to low or no-fat dairy gives you all the benefits without the risks!

Two other ex-Badger swimmers have done it solo: **Doug Bosley** in 2003 and **Brad Horner** in 2005. Grumpy Old Badger relays won the "Makule" division (240+ years) in 2001 and 2003 shocking the California teams who normally win. Most relays are composed of people who just want to experience the MCS and have fun, not be "intense". A few people never competed in high school or college. **Brad** organized Grumpy Old Badger relays in 2001, 2003, 2005, and 2007 and will be going again in 2009. Anyone interested should e-mail Brad at:

bhorner1486@hotmail.com
2007 Team members

Silver Bullets

Art Luetke
Carl Johansson
Reggie Bruskowitz
Art Overman
Dick Pitman
Phil Helmuth

Grumpy OB

Brad Horner
Angie Toomey
Dave George
Brett DeFever
Stacey Johanssen
Paula Conroy-Hummel

Grumpier OB

Dave Holland
Suzanne Gedney
Laurie Janneck
Steve Katz
Janice Katz
Dean Fochios



Mindy Seidler (left and right) shows her versatility as she competes in the breaststroke and butterfly events at The Woodlands. In addition to these individual stroke events Mindy also swam both IM's (400 and 200) and the 800 free setting a new state record in the later event.



Lake Amy Belle Swim

Like most of the days of summer in 2007, Saturday, July 21, was a very nice day—sunny but not too hot. Add a lake water temperature of approximately 80 degrees and you have the perfect setting for a great open water swim. Such were the conditions for the **Lake Amy Belle Swim**. According to meet manager **Eric Jernberg**, the events ran smoothly and attracted a large number of Wisconsin Masters swimmers. Registered swimmers who won their respective age groups are as follows:

Men 1/2 mile

70-79 John Bauman 18:30*

Men 1 mile

40-49 Jerry Lourigan 22:17

50-59 Dan Slick 21:49

60-69 Dick Pitman 25:40

70-79 Fred Salzman 33:17

Women 1/2 mile

60-69 Jeanne Seidler 24:34

Women 1 mile

30-39 Julie Hall 21:35

40-49 Melodee Nugent 21:08

50-59 Phyllis Smith 34:14

60-69 Ingrid Stine 33:21

***John Bauman** was recognized as the “most experienced” swimmer.

That's just a nice way of saying—*oldest!*