

Wisconsin Masters Swimming

CHAIRMAN'S LANE

Newsletter Date
Sept/Oct-2008

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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 11, 2008
12:00—2:30 PM
Pabst Farms YMCA
Oconomowoc
ALL WELCOME!

Thanks to all who helped with our **6th Annual Madison Open Water Swim**, especially **Trina Schaetz, Elyce Dilworth, Jeanne Seidler, and John Bauman** who all came from Milwaukee to lend a hand. Locally, I would like to thank **Suzi Green, Steve Justinger, Mike Kvitrud, Bonnie Griswold, Sarah Rowe, and Peter Maternowski**. Key to the popularity of our event is **Dan Slick** whose whimsical duck creations have become a symbol for our swim. Last year it was bobble-head duck-heads. This year ceramic duck-heads. He designed the T-shirts, the logo, the stainless steel medals for the Badger and Classic Swims, and the 5 color embroidered participation patch that everyone received. So, a big **thank you** from all of us to Dan!



Dick Pitman

Congratulations to the following WMAC swimmers who won their age groups: **Erica Bergstrom** (18-24) 1:02.19; **Megan Ryther** (25-29) 54:37; **Heather Curnutt** (34-39) 1:05:25; **Lauren Jensen** (40-44) 57:28; **Laurie Alioto** (50-54) 59:01; **Fritz Schenker** (18-24) 56:36; **Shaun Morrow** (40-44) 57:30; **Dan Slick** (55-59) 1:04:42; **Ed Kosciak** (65-69) 1:38.08. **Great swimming all of you!**

Registration went smoother than last year but not without problems. Last year we allowed race-day registration; this year we did not. There were a lot of very disappointed swimmers who couldn't get in, and many of them expecting to be able to sign up on race-day. I had to deny a very good friend from Michigan because we received her entry form too late. This is something that needs improvement for next year, probably an earlier deadline or a postmark deadline. We have already had a very constructive wrap-up meeting to discuss changes for next year.

We had about **250 entries** and about 20 no-shows on race-day. We started pretty close to on-time. The first race was the **Badger 1.2 mile** which also had the fewest contestants: 20. The next race, the **Classic 2.4 mile (for wetsuits)** started about 20 minutes later. The **National 2.4 mile (no wetsuits)** started about 20 minutes after that. I positioned these races such that the National race would assume a greater importance. But, as with most Open Water Swims they all sort of merge together once in the water. In sincerely apologize about the caps. The fluorescent orange caps were too much like the buoys. One swimmer who said he was near-sighted was following another swimmer with an orange cap thinking it was a buoy. Sorry about that. We ordered the caps too late. Since this was an Olympic year there was competition from the Trials, the Olympics, other Open Water Swims, etc. And, I found out there are only three major firms in the country that even print swim caps. Our choices for colors had to be changed a couple of times.

We used Sports Management Associates for timing. Every swimmer had a chip which helped us keep track of the swimmers: who swam, who didn't, who finished and who didn't. (I forgot to mention that we had to evacuate the lake when lightning flashed! So, nine swimmers didn't even get to finish.) After the meet, the results were quickly posted and awards were distributed. What is interesting about SMA's data collection is they can give you a demographic summary: e.g., 52.2% of entries came from women. We have a breakdown of entries from every zip code/city: 24.7% of our entries came from Illinois; 16 from Chicago; 56.6% were Wisconsinites—69 from the Madison area, 44 from the Milwaukee area.

People actually stood around waiting for awards! And, the awards were pretty neat: cloisonné 2 color medals from USMS awarded to 6th place; the stainless steel image of a duck with the title of the swim embossed on it; ceramic statuettes of a duck's head for the overall men's and women's champion in all three races that I mentioned before.

We've had some very nice unsolicited compliments from swimmers. One swimmer from Indiana said he had done "over a dozen races in seven states and yesterday's race was one of the best that I've attended. It was well worth my six hour drive." There are still a lot of things we can improve upon. And, we've already started.

(Continued on Page 2)

WMACers are Triathletes, Too!

Far too often we forget that WMAC is not **just** about competitive swimming. In fact, **a large number of our LMSC members swim for reasons other than to compete in pool and/or open water swims.** Many of our members are a part of WMAC so that they can put in a good—if not great—swim leg in triathlon competition. Such was the case for twenty-seven WMAC members who competed in the 2008 **Danskin Triathlon** in Pleasant Prairie, WI., in early July. This triathlon happens to be an **all woman affair** and consists of an 800 yd open water swim, a 12 mile bike ride, and a 3.1 mile run. This year's triathlon attracted 3654 women and among those who finished the complete triathlon were our very own **Dawn Dash, Monica Diamond, Suzi Green, Elisabeth Huber, Cynthia Ingram, Lauren Jensen, Tonia Jorgenson, Jackie Keyser, Carrie Kostopulos, Mary Labno, Kristen Lund, Brandy Millen, Linda Norton, Crystal Pomeroy, Lynn Riley, Jenny Rilling, Dorothy Rose, Erin Schneider, Mary Schneider, Sarah Schneider, Mindy Seidler, Nora Settimi, Phyllis Smith, Sarah Taulman, Krista Van Enkenvoort, Sheri Villani, and Cheri Wagner.**



Mindy Seidler nears the finish line at the Danskin Triathlon in Pleasant Prairie in July.



MOWS over-all men's and women's champions award.

Now, get this! Of the **3,654** entrants 1,650 were from states other than Wisconsin. So that means there were **2,004 ladies from Wisconsin** in this triathlon who had trained enough somewhere with someone to be able to successfully swim a 1/2 mile open water swim! The question becomes—**how do we get these 2,004 Wisconsin participants to sign up for masters swimming?** They have to be swimming somewhere or they could not have had the great times that they did for the swim leg of this meet.

So—do you practice with a triathlete? Do you ever encounter triathletes in the pool at the same time you are even though you may be on opposite sides of the pool? It certainly would be fun to not only get to know these fellow swimmers but to also get them to come to a swim meet and at least swim the distance races. Next time you see one of these swimmers greet him/her and **invite them to join us!**

Chairman's Lane-Continued ↓

As we head into Fall and leave Summer behind I would like to encourage all of you to ask that person swimming in the lane with you **to join Wisconsin Masters** this year. You know **the benefits: the USMS Swimmer Magazine; insurance for meets, clinics, sanctioned open water swims; the "open door" to swim with any organized Masters group in the country as long as they have room for you; quick easy sign up for meets and open water swims.** Just remember most masters groups require USMS membership in order for you to practice with them.

Something else I would like to encourage all of you to do: **get more involved locally.** This is how we grow Masters Swimming. This is the year to do it, too! There's always a significant "bump" from the Olympics. Swimming is always center-stage at the Olympics and gets people excited. The effect of Dara Torres' performance could have a tremendous effect on Masters enrollment. We need to capitalize on that. It was a very exciting year for swimming with Michael Phelps, Jason Leczak, and Dara leading the headlines.

So, if your community is looking at building a pool, **get involved** with the local swim club and make your views known. As an adult, and as a professional of some sort you have the business acumen to **help guide the choices** to a good conclusion. **Don't sit back and criticize** and then take what is give you. **Be proactive!**

I find it interesting that our small sub-club in Madison has four experienced and qualified meet directors, including myself. I think we have others who could probably act as a meet director as well. I know there are some very capable people around the state who could very successfully run a meet. That first meet may not be extremely successful, but it gets rid of the fear and you find it is not that hard. Just little details that you need to manage. We have a little guidebook on our website that can give you some help: "Guidelines for Hosting a Swim Meet". And, it's not like running an age-group meet that lasts all day and has 330 kids from 6 to 16 years old! You just have to deal with adults who are eager to get their swims in and get out of there, or on to the eating establishment for a beer and some good eats!



Dan Slick hands out MOWS awards.



Peter Nowak finishes! ↑

Julie Van Cleave all done!



USMS Short Course Yards Top Ten for 2008

Individuals

Jessica Connors 22
1st 100 breast 1:06.47*
2nd 100 IM 1:00.41
2nd 50 breast :31.13
2nd 200 breast 2:24.14
3rd 50 back :28.21
9th 50 fly :27.50

Geoff Mykleby 55
1st 50 back :26.51*
2nd 100 back :58.38
2nd 200 back 2:13.84
4th 100 IM :59.65
6th 50 fly :25.92
8th 100 fly :58.72

Bela Sandor 72
1st 200 breast 3:04.36*
2nd 100 breast 1:22.19
4th 50 breast :35.98
3rd 400 IM 6:32.95
10th 100 free 1:04.86

W. Morgan Byers 80
1st 1650 free 29:38.83*
2nd 1000 free 18:00.93
3rd 100 back 1:38.38
3rd 100 free 1:20.12
3rd 200 free 3:06.04
3rd 500 free 8:29.51

Laurie Alioto 50
1st 200 fly 2:24.32*
3rd 1000 free 11:45.60
3rd 1650 free 19:51.83
4th 100 fly 1:06.11
5th 500 free 5:48.08
5th 400 IM 5:15.96
6th 200 IM 2:28.17
8th 200 back 2:27.11

Melinda Mann 51
1st 50 breast :33.80*
1st 100 breast 1:13.71*
1st 400 IM 5:10.95*
3rd 100 fly 1:05.39
4th 50 fly :29.04
3rd 200 breast 2:43.33
5th 100 IM 1:07.00

Sean Foley 27
1st 50 free :20.21*
2nd 100 back :51.67
4th 50 back :23.94
4th 50 fly :22.28

Leah Schneider 23
7th 200 fly 2:20.40
9th 200 IM 2:19.30
9th 100 fly 1:02.18

Carol Reinke 71
8th 200 breast 4:06.53
9th 100 breast 1:53.08

Nancy Kranpitz 63
6th 100 fly 1:31.05
7th 200 fly 3:29.06
9th 50 fly :36.32

Brian Gettelfinger 26
8th 200 IM 2:01.49

Fritz Schenker 22
4th 200 IM 4:35.31
8th 200 fly 2:12.25

Peter Nowak 26
6th 1650 free 18:12.57
10th 1000 free 10:49.80

Matthew Oglesby 27
4th 100 back :52.88
7th 50 back :24.43

Andrew Steenrod 23
6th 1000 free 11:20.95
7th 400 IM 4:41.50
10th 200 free 1:52.46

Sarah Wanezek 25
1st 50 fly :25.10*
1st 50 back :26.33*
2nd 50 free :23.76

Jocelyn Rau 28
4th 50 free :24.10
4th 100 free :53.89
10th 50 back :29.23

Sarah Schneider 32
4th 200 breast 2:33.57
9th 50 breast :32.89
10th 100 breast 1:12.23

Kelli Steenrod 24
8th 200 breast 2:41.89

Fred Salzman 75
9th 1000 free 18:51.77
10th 1650 free 32:28.71

Trina Schaez 35
2nd 50 breast :31.36
3rd 50 free :24.45
4th 100 breast 1:09.85
6th 100 free :54.49
5th 200 breast 2:36.62

Rachel Budde 37
8th 200 fly 2:30.06

Dan Schaez 37
3rd 200 fly 1:59.30
8th 50 breast :28.21
8th 100 breast 1:02.17

Bill Payne 78
6th 1000 free 18:07.92
6th 1650 free 30:17.57
7th 100 fly 1:39.69

Laren Tiltman 37
9th 200 back 2:04.66

Laurie Alioto 49
9th 200 fly 2:33.61

Casey Griffiths 24
10th 200 fly 2:15.74

John Keltz 24
7th 100 breast 1:03.24

W. Morgan Byers 79
10th 200 back 3:34.48
Cindi Bannink 30
2nd 1650 free 19:19.25

Relays

Men 25+ 200 FR
4th 1:28.38
Sean Foley 27
Dan Schaez 37
Peter Nowak 26
Darryl Stich 32

Men 25+ 200 MR
4th 1:38.41
Sean Foley 27
Dan Schaez 37
Casey Griffiths 25
Darryl Stich 32

Men 55+ 400 FR
6th 4:27.44
Robert Foulks 59
Steve Justinger 55
David Watts 55
Robert Diebel 59

Men 55+ 800 FR
4th 9:55.04
Robert Foulks 59
Steve Justinger 55
David Watts 55
Robert Diebel 59

Men 75+ 200 MR
3rd 3:03.92
John Bauman 77
Alex MacGillis 79
Bill Payne 78
Fred Salzman 75

Men 75+ 400 FR
2nd 6:53.52
Fred Salzman 75
Bill Payne 78
Alex MacGillis 79
John Bauman 77

Women 25+ 200 FR
2nd 1:37.45
Sarah Wanezek 25
Trina Schaez 35
Megan Kula 32
Jocelyn Rau 28

Women 25+ 200 MR
2nd 1:50.64
Sarah Wanezek 25
Trina Schaez 35
Sarah Schneider 32
Jocelyn Rau 28

Mixed 18+ 200 MR
9th 1:51.95
Leah Schneider
Jeff Alexander 44
Jessica Diel 27
Darryl Stich 32

Mixed 18+ 400 MR
6th 4:30.06
Matthew Oglesby 27
Steele Whowell 31
Maria Moller-Gunderson 24
Kimberly Fitzgerald 47

Mixed 25+ 200 FR
2nd 1:30.54
Sean Foley 27
Sarah Wanezek 25
Jocelyn Rau 28
Darryl Stich 32

Mixed 25+ 200 MR
3rd 1:40.45
Sarah Wanezek 25
Dan Schaez 37
Sean Foley 27
Jocelyn Rau 28

Mixed 65+ 200 FR
7th 2:36.23
Joanne Moder 70
Carol Reinke 71
Bela Sandor 72
George May 70

*** Congratulations to Jessica Connors (1), Geoff Mykleby (1), Bela Sandor (1), W. Morgan Byers (1), Melinda Mann (3), Sean Foley (1), Laurie Alioto (1) and Sarah Wanezek (2).** By virtue of their 1st place rankings they have been awarded **All-American** status for 2008! Count 'em up—they racked up a total of 11 1st place times in a variety of events in a variety of age groups! **Way to go! You make us very proud!**

Amy Belle Lake Swim

Jeanne Seidler



Eric Jernberg—director of the Amy Belle Lake Swim



Mark Kaczmarek and future masters swimmer daughter **Aimee** relax after completing the Amy Belle Lake Swim.

What do WMAC swimmers do with their time when they have free time off from rigorous swim meets and competition? They go swimming, of course, in a fun swim at the Milwaukee area YMCA Camp Minikani on beautiful Amy Belle Lake in southeast Wisconsin. Located near Hubertus, in the vicinity of Holy Hill, Amy Belle Lake is a small inland lake that does not allow motorboats. The YMCA Camp has a well developed swimming area that is used for the start and finish of the race.

Twenty-three WMAC swimmers entered the 14th annual Amy Belle Lake race/swim competing in either the 1/2 mile (more or less) or 1 mile (more or less) swim on an unmeasured, unsanctioned course. It was a fun swim and a good development opportunity to try out an open water swim before the USMS Open Water Championship which was held in conjunction with the Madison Open Water Swim (MOWS) in August.

The weather was tenuous. Milwaukee had storms roll through on the morning of the swim, and the forecast was for storms in the evening. But, amazingly, the overcast sky became only partly cloudy at just the right time of day so that the swim could be held. And, as the last swimmer finished, the sun disappeared and the skies became overcast once again. The water was warm, far warmer than most pools. And the level of the lake was high, which meant that the course was slightly more than a mile, rather than less than a mile. All in all it was a very pleasant swim. Thanks to **Eric Jernberg** for organizing the swim for the last 14 years. It has always been a very pleasant event.

John Bauman won the trophy for being the “most experienced swimmer”, which was a nice way of saying “the oldest swimmer”. This being an unsanctioned meet it attracted swimmers of all ages and the youngest was a little girl who was only 7 years old! The swimmer coming from the farthest distance was from Baraboo. **Mark Kaczmarek** and **Melodee Nugent** both brought their daughters along and both girls competed against their parents in the mile swim. And while **Eric Jernberg** was busy running the event his three children also participated making this a family swimming affair for these three families. Hopefully these “kids” will all move on to be a part of WMAC when they become “age eligible”. **Kim Gebauer**, a very new WMACer completed her first open water swim despite having only 2 Wauwatosa meets under her belt as a masters swimmer.

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WMAC participants, their places and times are as follows:



Jerry Lourigan and **Brent Abraham**

1/2 Mile: 40-49: **Kim Gebauer** 2nd (18:55); 60-69: **Jeanne Seidler** 1st (28:34); 70-79: **John Bauman** 1st (24:05); 1 Mile: 30-39: **Julie Hall** 3rd (24:16); **Carrie Kostopulos** 5th (27:49); **Jill Repinski** 6th (30:18); **Tonia Jorgenson** 7th (33:14); 40-49: **Melodee Nugent** 1st (22:58); **Ann Berres-Oliv** 2nd (23:32); **Suzi Green** 3rd (27:22); 50-59: **Phyllis Smith** 1st (41:35); 60-69: **Ingrid Stine** 1st (39:37); 30-39: **Brent Abraham** 3rd (35:50); 40-49: **Donald Minkey** 1st (21:56); **Jerry Lourigan** 2nd (22:29); **James Drought** 3rd (25:16); 50-59: **Mark Kaczmarek** 1st (21:52); **Steve Justinger** 2nd (25:00); **Gary Dunn** 3rd (28:39); **Mike McClusky** 4th (32:59); 60-69: **Dick Pitman** 1st (28:07); **Jerry Huhn** 2nd (28:23); 70-79: **Fred Salzmann** 1st (41:16).

Dick Pitman and **Melodee Nugent**



Congratulations to all who participated in this fun, stress-free event!

WMAC Remembers.....

Harlan Drake



Harlan Drake
June 19, 1928—August 3, 2008

Harlan Drake, a long time WMAC member/swimmer, passed away on August 3, 2008, at the age of 80. Although he had been unable to compete for the last several years, those of us who knew him from years past will never forget his contribution to the success of our LMSC.

Harlan had 2 loves in his life—his family and his swimming. He began setting swimming records in his sophomore year in high school when he won championships for North Division HS in Milwaukee. Harlan became actively involved in WMAC in the 1970's. In 1984 and 1988 he was named a Long Distance All American while capturing the 1 and 2 mile swims in record time in the 55-59 age group. He served as registrar and sanctioning officer for the Wisconsin LMSC for 17 of the 30 years he was a member of WMAC. In addition, Harlan was always among the first to show up at our meets to help with the set-up AND among the last to leave as he would always be there to help with the clean up. He rarely missed a meet and was always a willing participant for relays.

Harlan's love for swimming carried over into his life outside the pool in the form of personalized license plates for his car. Apparently there was a group that worked out together at Wauwatosa West back in the 70's and lane 2 was the lane Harlan usually swam in. Thus—the license plate—“Lane 2”!

Harlan has already been missed by WMAC as it has been several years since he was able to be an active member of our group. We can just imagine the heavenly welcome he has received from the late WMAC swimmers Shirley Hasselbacher, Bob Kueny, and Fran Zeumer. Their relays are now complete.

Wisconsin Senior Olympics

Jeanne Seidler

Sixteen WMAC swimmers age 50+ competed in the Wisconsin Senior Olympics Swim Meet held on Saturday, Sept 6th, at Tosa West HS. The 2009 Summer National Senior Games, presented by Humana, are coming to the San Francisco Bay Area (Palo Alto, CA) August 1-15, 2009. To participate, athletes must be at least 50 years old and qualify at an NSGA State Games during the calendar year 2008. The Wisconsin Senior Olympics was such a qualifying event.

Fifty-five swimmers participated in the event. The sixteen WMAC swimmers were **John Bauman, Mary Byers, W. Morgan Byers, Mickey Eaton, Judy Effenheim, Tom Effenheim, Paula Larsen, Alex MacGillis, Tom Michelson, Joanne Moder, Bill Payne, Carol Reinke, Dorothy Rose, Gregory Rosner, Gordon Schalla, and Jeanne Seidler.**

There were 14 swimmers participating in the novice category. Novice event participants are limited to those who have never competed in a meet as a masters swimmer. These swimmers competed in 50's of each event, including the side-stroke. It was a nice development opportunity for the novice swimmers. The remaining 25 swimmers were either from out-of-state or were not currently registered with WMAC.

The complete Wisconsin Senior Olympics results are at www.wiseniorolympics.com/2008_Results/swimmingResults2008pdf on the Wisconsin Senior Olympic website.

FYI: The stainless steel duck medals which served as the awards for the Badger and Classic MOWS Swims were designed by **Dan Slick** and cut out (produced) by **Fred Salzman** in his shop. Thanks **Dan** and **Fred**!

As editor of our newsletter I am fortunate in that through an exchange agreement with other editors I receive newsletters from several other LMSCs. We share articles and information as evidenced by the “Tip of the Month”, from the Florida Mavericks, which appears often in our newsletter. This month, on page 7, I have “borrowed” (with their permission of course!) an article from the St. Petersburg, FL Masters. It originally appeared in the St. Pete Times, obviously was authored by a non masters swimmer, and gives us a look at how an “outsider” views our sport! (Nancy Kranpitz)

In August a few WMACers swam the Point to LaPointe to Madeline Island (basically Bayfield, WI., to Madeline Island!). While this was more of a fun event rather than a “race” it did attract a number of highly competitive and notable triathletes from around the area. Lake temperature was in the 66-68 degree range but can often be in the low 60's. Wet suits were recommended and nearly all the participants wore them. Next year the event will be held on August 8, 2009. So if you are looking for a challenging open water swim this may just be the one for you! **Rob Meyer** from Monico participated this year and would be a good source for more information.



The late Harlan Drake and Ingrid Stine.

FYI: Did you know that you get more drunk on rum and *diet* soda than on rum and cola? Sugar free mixers *speed alcohol into the blood!*

Looking for some easy ways to cut calories? Try these ideas. Eat on a smaller plate; Serve smaller portions; Put your fork *down* and take a sip of water between bites; Fill at least two-thirds of your plate with fruits and vegetables.; Instead of super sizing, order “kids’ sizes”; Serve food in the kitchen, but eat at the dining table. Seconds will be less tempting; Use low-fat milk, cheese, and other dairy products.

High Blood Pressure & Performance

Paul Huting—Florida Maverick Masters



Back: Nora Setiemi, Krista VanEnkervoort, Maurice Tetzlaff, Peter Nowak, Mark Kaczmarek, Austin Ramirez.
Front: Sam Perkins, Julie Van Cleave, Trina Schaez, Heather Ramirez.
Part of the contingent from Elmbrook Masters who participated in the MOWS event!

High blood pressure (HBP) and unusual stress can cause a Hemorrhage Stroke which is not usually as devastating as an Ischemic Stroke, the most common type of stroke, caused by a clot or other blockage within an artery leading to the brain.

My hemorrhage stroke occurred eight years ago while I was doing a set of 10 x 25 no-breathers @ 1:00. During these high intensity sprints, my left arm went numb. I got out of the pool, the lifeguards called 911, and I had an ambulance ride to the Emergency Room! I had no residual effects and I was back in the water within two weeks. But it was a wake-up call to me—to be aware of my BP and always keep it under control.

Another long term effect is more complicated. It can affect the kidneys and lead to renal dysfunction. It will show up on your annual blood test. Your personal physician will interpret this as a creatinin clearance that falls below 45ml/min. These test results may well be within the normal range, but your doctor should compare them to previous tests to see if they show a decline, which would probably show up first with the creatinin clearance results.

The kidneys produce a hormone called erythropoietin that parallels the excretory function. This decrease in erythropoietin can result in a decrease in red blood cell production. This will decrease the hemoglobin and hematocrit that carries oxygen. This can lead to a decrease in your aerobic capacity and performance.

As you get older, it becomes more important to include a blood test with your annual physical. This will provide important information for your long term health and swim performance, in addition to a check that your blood pressure is within your normal range.

Another caution to be aware of is that some BP medications can negatively affect your normal heart rate by limiting your maximum heart rate. This could make you feel tired and worn out with a feeling of fatigue. Always tell your doctor that you are an athlete who trains regularly so he/she is aware of your potential and can prescribe alternative medications to prevent this problem.

Stress that you may not even be aware of can increase your BP, but swimming and other aerobic exercises can moderate it. I recommend having a personal BP unit at home and monitor it daily. It can also be used as a biofeedback control, using relaxation to reduce your BP, which could help you avoid or lessen your medication.

One of our Mavericks shared one of his goals with me: “I want to be on the first 400+ relay (sum of ages).” To reach the age 100 milestone we must continually be aware of how our body is working and then, if necessary, adjust accordingly.

Be sure to mark your calendars for **October 11, 12:00-2:30 PM**—the date/time of our **LMSC annual meeting** which will be held at the Pabst Farms YMCA in Oconomowoc. Among the items to be discussed will be our indoor '08/09 meet schedule. The *tentative* schedule calls for a **SCM meet Dec 6 at West Bend** and **SCY meets at Pabst Farms on January 11, Oshkosh on February 1, and Madison East Y on February 15**. Remember—these are *tentative* dates—to be finalized at the annual meeting. This meeting is open to all Wisconsin USMS registered swimmers.



Fred Salzmman, Ingrid Stine, Phyllis Smith and Phyllis' granddaughter await the awards after the Amy Belle Lake Swim.

Water Sustains The Body But Swimming Refreshes The Spirit On Health: Age Swimmably

Lisa Greene (Reprinted from article in St. Pete Times)

It's not that Dara Torres is some freak of nature for still being a swimming speed demon at the ancient age of 41, doctors say. It's that the rest of us are slugs or at least, we underestimate our potential. "We traditionally have settled for too low a level of activity and blamed it on our age," said Dr. Eric Coris, director of the Sports Medicine Institute at the University of South Florida.

But now Torres has blown away all our excuses. In case you missed it, earlier this month Torres qualified to go to the Olympics for a fifth time, setting a new U.S. record along the way.

To get there, Torres devotes her life to training. A New York Times Magazine story detailed her regimen: swimming five times a week, weight training four.

Kinda makes you feel guilty for sleeping in instead of working out this morning, doesn't it?

Of course, you say, Torres isn't like the rest of us. She has serious help: by the Times' count, three coaches, two stretchers, two masseuses, a chiropractor and a nanny. Swimming is her job. The rest of us, we've got real jobs.

We've got career, we've got family, we've got all sorts of responsibilities in this vague term, middle age," said exercise physiologist Joel Stager, director of the Councilman Center for the Science of Swimming at Indiana University. "The time we have available to take care of moi is limited."

But in his studies of other swimmers, Stager has learned lessons for athletes in any sport. What he finds: Skill and constant commitment really make a difference. Stager's swimmers take part in the US Masters Swimming program—they're adults who compete at all levels, from elite to amateur. They're not people like Torres, but people like us, with other jobs and responsibilities. Except that they find an hour or so to swim almost every day.



Julie Van Cleave, Heather Ramirez, Krista VanEnkervoort, Austin Ramirez, Maurice Tetzlaff, and Pete Nowak at the MOWS.

Easy Food Switch

David L. Katz, MD

Replace 1/4 of Your Meat With Lentils

Saturated fat (which meat tends to have a lot of) can gum up arteries and speed you toward heart disease. Too little fiber (meat has zero) can accelerate the aging of the gastrointestinal system. Beans and lentils are the opposite of meat: lots of fiber and no saturated fat—and they provide protein. How can you lose?

Easy Food Switch

David L. Katz, MD

Replace Diet Soda With Water

There is no better beverage than water to help you stay hydrated, which is important in keeping body systems running well. Diet soda quenches thirst, but some experts still worry that its artificial sweeteners—officially considered safe—may be linked to cancer. My main concern with them is that they propagate a sweet tooth, which leads to more sugar intake and the overall deterioration of the diet.

Was I the only one to notice this—or did YOU, too? It seemed to me that the starters for the Olympic swim events were rather "quick"! At times it appeared the swimmers were barely set before the "beep" sounded. My point? I believe that in our USMS meets our first few heats, especially, are being held inordinately long on the blocks. Balance, not anticipating the start, is the issue here. I hate to sound critical of officials! I'm a swim official myself! But I do think this is an issue that needs to be looked at. We shouldn't be holding our most experienced swimmers longer than the Olympians.

What's interesting about them is that they stay speedy for a long time. Sure, after about age 25, they start to slow down—but only by a small fraction of a second each year until they turn 50. After that, the decline speeds up, but it's still less than a second per year.

As people age, their bodies change. Their muscle mass declines and their reaction time slows. But in masters swimmers, Stager said, the decline is less than half that of the general population. "The general population is not doing what is optimal," he said. "The general population is overweight, and under active, and too many people smoke, and their diets are too high in fat...We want to look at people who have maintained their health for years and years."

Of course, some of this depends on the sport. For longevity, swimming is better than football. "The typical athlete in the NFL who's had a career over five years, often has sustained so much trauma that their bodies aren't able to function at the same level," Coris said.

With that in mind, Coris and Stager have advice for older athletes. Check with your doctor first. Consider lower impact sports. Give yourself recovery time. "Avoiding too much, too soon, too fast is a very important principle," Coris said.

But they both practice what they preach. Coris, 38, works out nearly every day. Stager, 55, is a swimmer—even when he doesn't want to be.

There's probably not a day that goes by that I can't find an excuse," Stager said. "So I pack it up and go swimming anyway."

Lisa Greene really meant to get up and go running Friday morning.

Dave Holland Excels at LCM Nationals

Dave Holland was the sole representative from WMAC at the LCM USMS National Championships which were held at Mt. Hood Community College in Oregon last month. It was obviously worth the trip for Dave as he brought home medals in 4 of his 5 events AND set new Wisconsin Masters records in every event he swam! Swimming in the 50-54 age group his results were:

| | |
|----------------|---------|
| 3rd 200 breast | 2:43.09 |
| 4th 50 breast | :33.43 |
| 4th 100 breast | 1:13.38 |
| 7th 200 IM | 2:33.01 |
| 14th 50 free | :27.49 |

Congratulations, Dave, and thanks for representing Wisconsin in such great fashion!

Health Tip

Instead of pasta or potatoes, eat a chicken breast. Subbing protein leads to slimmer middles. And, shifting as little as 10% of your calories away from carbs and to protein can lower blood pressure.

Another Reason to Enjoy Chocolate

From a study which appeared in the International of Sport Nutrition and Exercise Metabolism and funded, in part, by the Dairy and Nutrition Council.

A new study suggests that chocolate milk is an effective post-exercise recovery drink and an inexpensive alternative to traditional fluid replacement and carbohydrate replacement drinks.

The study involved nine endurance cyclists who exercised to exhaustion and drank either low-fat chocolate milk; Gatorade (a fluid replacement drink) or Endurox (a carbohydrate and replacement drink).

The cyclists who drank chocolate milk during a rest period were able to bike nearly twice as long as those who drank the Endurox and as long as those who drank the Gatorade. The researchers speculated that chocolate milk had a beneficial combination of carbohydrate and protein.

"Our study indicates that chocolate milk is a strong alternative to some commercial recovery aids in helping athletes recover from strenuous, energy-depleting exercise," co-author, Joel Stager, a professor of kinesiology at Indiana University, said in a statement. "Chocolate contains an optimal carbohydrate to protein ratio."

A 154 pound male would need to drink 17 to 27 ounces of chocolate milk to meet recommendations for post-exercise carbohydrate. A 132 pound female would need to drink 14.5 to 23 ounces.

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