

Wisconsin Masters Swimming

CHAIRMAN'S LANE

Newsletter Date
Dec '08/Jan '09

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2009 Registration

As of December 1, approximately 300 current Wisconsin LMSC members have NOT renewed their membership for 2009! If you are among these 300 and want to continue to receive your newsletter and USMS Swimmer Magazine then re-register NOW. You can do it on line and even print out your membership card in the comfort of your own home if you so choose. Let's keep our numbers up. **Re-register TODAY!**

Last year about this time I asked you to answer a couple questions about the website, newsletter, and how you wanted to view it. If you didn't respond then, could you please respond now? We'd like to know what the pulse of the membership is regarding one of our big budget issues: the newsletter. Already, the posting of the newsletter online at our website and e-mailing to let you know it's there has saved us a lot of money. So those who are taking advantage of this, we thank you!

Just to remind you, the questions were: 1.) Do you own or have easy access to a computer? 2.) Do you look at our website www.swim-wimasters.org never, occasionally, or often? 3.) Would you prefer to view the bi-monthly Wisconsin Masters

Newsletter by e-mail, snail mail, or online (website)? I would like to add a 4th question, more open-ended: 4.) Do you have any comments to make regarding the newsletter or the website? For instance, how do they compare to others that you have frequent contact with in other organizations? How could they be improved? What features could be added/dropped? What would make you want to share your newsletter with others?

Okay! I'm on a short deadline to get this column to Nancy so we can get it published before the middle of January! Actually, early December! And, I need to get the entries included for the Oshkosh YMCA meet on February 1, and the Madison East Y meet on February 15. Time is of essence!

We had a fairly successful meet on November 15 even though we had only 35 people! That's probably the fewest people ever at a meet in my memory! But, despite the low number I think we broke even. We got off to a late start because of computer problems—trying to enable our computer to communicate with Middleton's Colorado timing system. We were done by 10:30—10:45. Probably, too, the fastest meet ever. I'm sure we would have had more people if it had been known to more people. As it was we had about 10 deck entries.

This past weekend (Nov 21-22) I spent helping to celebrate the 100th anniversary of the University of Wisconsin Swimming. I saw a few old teammates that I had not seen for 40 years! We froze together at the last football game of the season. The ones I saw that weekend were not swimming. One had said he had swam Masters several years ago. Too bad. I've found Masters to be an exceptional part of my life. I not only have the benefit of keeping myself somewhat fit, but I make a lot of friends around the country. That's one of the reasons I love going to national meets and conventions.

Next May, Mel Goldstein is going to be running a National Coach and Swimmer Clinic in Houston. You can look it up at:

<http://www.usms.org/comp/calendar.php#CLINICS>.

I hope you're checking the USMS website www.usms.org frequently. The new executive office is posting some interesting features about swimmers: why they swim, how they swim, where they swim. I think you'll find it very interesting. Who knows, maybe they'll interview someone in Wisconsin in the near future!



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!

Fred Who????

Fred Russell—That's who! WMAC has benefited greatly over the past several years from the input and expertise of **Fred Russell**. Fred is best known to WMAC through his involvement with the Elmbrook Masters—the team he has coached for the last 5 years. What most of us do not know is the extensive swimming background Fred brings to WMAC. Fred has been involved in coaching swimming for a total of **41 years**. Eleven of those years (from 1976-1986) he was the swim coach at the University of Wisconsin-Milwaukee. In 1986 he was named **NAIA Women's National Coach of the Year** and in 2000 he was inducted into the **University of Wisconsin-Milwaukee Hall of Fame**. Most recently (for the past 21 years—from 1986 forward) Fred has been the head coach of the **Elmbrook Swim Club** in addition to his masters coaching duties. In those 21 years he developed 18 Olympic Trial Qualifiers and graduated swimmers who competed at over 130 different colleges and universities. Fred happily notes that many of these graduates now have jobs and will soon be helping to pay his Social Security! In addition to coaching his (and other WMACers) masters at the National level Fred has coached national champions at the USA Swimming Junior National level and at the NAIA Collegiate level. Fred did compete in masters way back in 1973 and we hope to see him **IN** the pool as well as on deck again soon!

Fred can write, too! Look for his contribution to this newsletter on

Page 4.

CORRECTION!

The **Pabst Farms SCY Swim Meet** will be held on **Sunday, January 11, 2009**, and **NOT** on January 15 as was listed in the previous edition of our newsletter!



DON'T FORGET!

The **Wisconsin Water Warriors** challenge is currently in progress! Check our website for details and an entry form. The challenge is ongoing from November 30-December 13. It's easy to be a part of this Fitness challenge!

Ironman (Woman) Florida

Kimberly Von During



Kimberly Von During

I wanted to let you know how **IM FL** went yesterday (Nov 8, 2009)! **The swim went smooth**. I went easy knowing I had a long day ahead of me. Fifty-nine (59) minutes. Got run over a little but all in all a decent beginning to the AM. I did rip my wetsuit right before the start but fortunately they had duck tape! **The bike did NOT get off to a smooth start**. I flatted at 3 miles—a gash in my tire. It was shot. I waited for the tire to go completely flat before I could get a lever in there to change it but I knew it was only a short fix since the tire had a gash. I finally fixed it (after waiting for bike support also) after 20 minutes and rode to the next aid station where there was support at 10 miles. So, more or less, the first 10 miles was on a flat, waiting for the flat to be changed, changing the flat, and riding again on a nearly flat tire. Finally, at mile 10, I had bike support just change my cassette and I was off. Not

my nice ZIPP 808 but at least it was a new tire to get me back in the race. I had said to myself....**overcoming adversity is what this is all about. A personal journey**. That's how I view IM anyway! I just wish my bike time was that on my bike computer of 5:33 and not the 6:09 that actually occurred because of a double flat! You will see the bike splits and see the first one average was 17 and the 2nd one (my actual speed) 20.8. I would have been able to reach my goal of 10:30. I know it was bold for a 1st IM but I felt good. Obviously, I went 11:12. Still not a bad showing with a double flat and a 3rd new wheel to get me on my way. Most people say double flat and you're out of the race. I say, double flat and maybe out of KONA contention. But I was bound and determined to become an IM yesterday and some flat tires and mechanical issues were not going to stand in my way. Then on to **the marathon** which you can see I had an agenda. I needed to run my way back into the race and with a 3:52 I did just that. I think I passed almost 500 people. I know I passed a ton in my age group. I even negative split the last leg from the previous. I was ready to finish and hear "**Kimberly von During YOU ARE AN IRONMAN!**" and I did before the sun went down. I can't wait to do my next one since I will get new tires, new tubes, and a new attitude to know I can do 10:30 and I will. I will qualify for KONA and will become an ironman once again! I loved (almost) every minute of it. The flats were frustrating to see 100's of people riding by and nothing I could really do. But, until next time.....



Wisconsin Masters Short Course Yards Swim Meet

Sunday, January 11, 2009

Sponsored by: The YMCA at PABST FARMS and the Wisconsin Masters Aquatic Club

Sanctioned by: The Wisconsin LMSC for USMS, Inc. Sanction No. 209-001

Location: YMCA at PABST FARMS
1750 Valley Road, Oconomowoc, WI 53066

Facilities: 8 lane, 25-yard pool with anti-turbulent lane guides, starting blocks and backstroke flags.

Time: Sunday, Jan. 11, 2009. Warm-up 8:00 A.M. – 8:45 A.M.; meet starts at 9:00 A.M.

Eligibility: Participants must be a member of U. S. Masters Swimming, and be age 18 years old or older. A copy of the entrant's membership card MUST be attached where indicated on the entry form.

Rules: Official USMS Rules will govern the meet. All events will be timed finals.

Seeding: Heats will be computer seeded, slowest to fastest. Please submit a reasonably accurate seed time. A "NO TIME" will be seeded in the slowest heat. Age groups and sexes will be combined.

Timing: Automatic timing system backed up by one watch/lane.

Warm-ups: Lane 8 will be the designated start/sprint lane with swimming one direction only, and exiting to the side or end. Lanes 1-7 will be for circle swimming only – NO DIVING STARTS from the blocks or the deck in lanes 1-7. Swimmers must enter the pool feet first in a cautious manner in lanes 1-7. Hand paddles, kick-boards, fins, etc., may not be used at any time during the warm up period.

Lane 8 will be the designated lane for warm-up/warm down during the meet. No jumping, diving or socializing in lane 8 while the meet is in progress.

Facility User Fee: \$5.00 per person

Entry Fee: \$3.00 per individual event, plus the \$5.00 facility user fee for entries received up to one week prior to event. No charge for relays. Deck entries for individual events will be accepted up to 8:00 A.M. the day of the meet. The fee for deck entries shall be \$5.00 per event, plus the \$5.00 user fee. Fees must accompany the entry form. Please make checks payable to WMAC.

Entry Limit: Five individual events plus relays. 500 yd Freestyle limited to first 28 entrants.

Entry Form: The official Universal Meet Entry Form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.

Entry Deadline: Entries must be in the meet directors hands by Saturday, Jan. 3, 2009

Mail Entry to Meet Director: John Bauman
11917 W Rainbow Ave 414-453-7336
West Allis, WI 53214-2166 email:wmacswim@sbcglobal.net

SCHEDULE OF EVENTS

- | | |
|----------------------------|-----------------------------|
| 1. 50 yd Backstroke | 11. 200 yd Breaststroke |
| 2. 400 yd IM | 12. 500 yd Freestyle |
| 3. 100 yd Freestyle | 13. 200 yd Butterfly |
| 4. 50 yd Breaststroke | 14. 200 yd Medley Relay* |
| 5. 200 yd Backstroke | 15. 100 yd Backstroke |
| 6. 100 yd Butterfly | 16. 100 yd Breaststroke |
| 7. 200 yd Freestyle | 17. 50 yd Freestyle |
| 8. 100 yd IM | 18. 200 yd IM |
| 9. 200 yd Freestyle Relay* | 19. 400 yd Freestyle Relay* |
| 10. 50 yd Butterfly | |

* Submit relay entries at the meet. Relays may be all men, all women, or mixed (two men and two women). (Continued on Page 4)



Pabst Farms Meet Information - Continued:

Directions to the YMCA at Pabst Farms: Oconomowoc is located midway between Milwaukee and Madison, adjacent to and north of I-94. Exit I-94 on State Highway 67, go north 2 blocks to Valley Road, turn east (right) on Valley Road, the Y will be about one mile down Valley Road.

When entering the Y early on the morning of the meet, **please use the entrance on the West Side of the building**, as the main entrance does not open until 10:00 A.M. on Sunday.

Post Meet: Following the meet, plan on stopping for lunch at the **Delafield Brewhaus** (262-646-7821). To get there, **turn left when leaving the Y**, then go east about 1/2 mile to HY P (Sawyer Rd.), turn south (right) to I-94, and take I-94 east 3 miles to the Delafield Hwy 83 exit. Go south (right) two short blocks and turn east (left) on Hillside Drive; meander one mile past the Home Depot, the Brewhaus is on the right. Good eating and excellent Masters socializing!

WMAC Who??????

Fred Russell

I attended the **American Swim Coaches Association World Clinic** this past September in Las Vegas. Three of the presentations I attended addressed Master's Swimming.

One presentation was given by **Conrad Johnson**, Director of Team New York Aquatics, where he has 400 registered swimmers utilizing 23 coaches in his program. His workouts and coaches literally go all day long. **WOW!**

Another presentation was given by **Susan Ingraham** of Colorado where she directs her own program of about 140 masters. Many of these swimmers compete at a high level that we see in spring at Nationals. Programming again is extensive with workouts scheduled throughout the day.

The third presentation was really an open discussion on Masters Swimming conducted by **Mo Chambers**. At the table where I sat the discussion got around to the competition end of things at Nationals where **I was recognized by some as being from the "loud and fast" team from Wisconsin**. I told the group that I actively coached about 20 of our 30 member combined 2008 WMAC National Team and that my own Elmbrook program was one of the "bigger" state teams with about 35 swimmers. I then explained where and how some of the rest of the National Team members trained—anywhere from public pools to YMCAs, to Colleges, high school facilities, etc. I also included that many Wisconsin Masters train alone often without the help of a coach! People were surprised!

The bottom line, regardless of lack of membership size, fancy pools, etc., our rather small Short Course National Team has done well. I think the reason is simple. This group has had a lot of proud Badgers who have trained hard, are sick of the crappy cold winters and wet early springs, and are more than ready to compete at some warm site! **Clovis, California, 2009, sounds just like the right kind of place!**



Trina Schaetz is in the process of collecting orders (and money) for more **Wisconsin Masters Team Wear**. Be a part of "the team"! Our WMAC shirts are attractive, distinctive, AND very affordable. Great late Christmas gifts! Order now so you can come decked out in WI regalia to the USMS SCY Nationals in Fresno, CA., in May!

WISCONSIN MASTERS TEAM WEAR ORDER FORM

Name _____

Address _____

City/State/Zip: _____

Phone _____ E-mail _____

Write shirt quantity on the line beside the size you want:

Short-sleeved T-shirt: \$13.50 (add \$1.50 for XXL)
___ S ___ M ___ L ___ XL ___ XXL = _____

Long-sleeved Shirt: \$16.00 (add \$2.50 for XXL)
___ S ___ M ___ L ___ XL ___ XXL = _____

Hooded Sweatshirt: \$25 (add \$1.50 for XXL)
___ S ___ M ___ L ___ XL ___ XXL = _____

Name on Back of Hoodie? \$5.00/hoodie = _____

TOTAL = _____

Make checks payable to **Trina Schaetz** & mail order form to:

Trina Schaetz
3965 Glen Echo Dr.
Brookfield, WI 53005
262-790-1212

Orders must be received by December 13, 2008 and will be delivered to you at the Pabst Farms meet in January 2009. Can't make the Pabst Farms Meet in January? Shipping is \$4.00 PER item!

Wisconsin Masters Short Course Yards Swim Meet

Oshkosh YMCA, Sunday, February 1, 2009

- Sponsored by:** The Wisconsin Masters Aquatic Club
- Sanctioned by:** The Wisconsin LMSC for USMS, Inc., Sanction No. 209-002
- Location:** Oshkosh YMCA, 3303 West 20th Ave, Oshkosh, WI 54904
20th Ave is Hwy K and is West of Hwy 41
- Time:** Sunday, February 1, 2009. Warm-up 7:45 AM, meet starts at 8:30 AM.
- Facilities:** 8 Lane 25 yard pool with anti-turbulent lane guides, starting blocks, backstroke flags, and electronic timing.
- Eligibility:** Open to all registered Masters Swimmers 18 years old and older. All entrants must be a registered Masters Swimmer and the USMS number must be on the entry form. Each entry must be accompanied by a copy of the swimmer's current USMS registration card.
- Rules:** Official Masters Rules will govern this meet. All events will be timed finals.
- Seeding:** Heats will be computer seeded on the deck, slowest to fastest. Please submit a reasonably accurate seed time. A "NO TIME" will be seeded in the slowest heat. Age groups and sexes will be combined to expedite the meet.
- Timing:** Automatic timing system backed up by watches.
- Warm-up Procedure:** Lane 8 will be a start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 1-7 will be for circle swimming only! **NO DIVING STARTS from the blocks or from the deck in lanes 1-7.** Swimmers must enter the pool feet first in a cautious manner in lanes 1-7. Hand paddles, fins, kickboards, etc., may not be used at any time during the warm-up period.
- Lane 8 will be designated for the purpose of continuous warm-up or cool down during the meet. No jumping, diving, or socializing in lane 8 while the meet is in progress.
- Entry Fee:** \$3.00/individual event plus a \$5.00 pool surcharge. Deck entries (same day) for individual events will be accepted only until 8:00 AM, and the fee for deck entries shall be \$5.00/individual event plus the pool surcharge. Fees must accompany entries. Check should be made payable to WMAC.
- Entry Limit:** Five individual events plus relays. **THE 500 FREE WILL BE LIMITED TO THE FIRST 32 ENTRIES RECEIVED** and each swimmer in the 500 will be responsible for providing a person to count his/her laps.
- Entry Deadline:** Entries must be in the meet director's hands no later than 6:00 PM, Saturday January 24, 2009. Entries received after that time may be subject to the deck entry fee.
- Meet Director:** Dick Pitman, 2729 Commercial Ave, Madison, WI., 53704; 608-770-2307 or 608-242-8125.
E-mail: dickpitman@hotmail.com.
- Entry Form:** The official Universal Meet Entry Form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.
- Awards:** Ribbons 1st through 3rd place.

Schedule of Events

- | | |
|--------------------------|---------------------------|
| 1. 400 Individual Medley | 10. 50 Fly |
| 2. 200 Freestyle | 11. 100 Backstroke |
| 3. 100 Breaststroke | 12. 200 Free Relay* |
| 4. 200 Backstroke | 13. 200 Breaststroke |
| 5. 100 Individual Medley | 14. 50 Freestyle |
| 6. 200 Medley Relay* | 15. 100 Fly |
| 7. 50 Breaststroke | 16. 50 Backstroke |
| 8. 200 Fly | 17. 200 Individual Medley |
| 9. 100 Freestyle | 18. 500 Freestyle |

* Submit relay entries at meet. Relays may be all men, all women, or mixed (2 men, 2 women) →
(Continued on Page 6)

Oshkosh YMCA Meet Entry Information - Continued:

Post Meet: Plan on burgers, pizza, Tex-Mex, refreshments at the **Red Robin** in Oshkosh!

Directions to Pool From the North: Take 9th St. exit off Hwy 41. Turn right on 9th St., but proceed immediately to the left lane in order to turn left onto Washburn—the first stop light. Take Washburn to 20th Ave, turn right on 20th Ave and travel 1.5 miles. The YMCA will be on your left hand side.

From the South: Take Hwy 44 exit off HWY 41. Turn left and proceed over Hwy 41 to the second set of stop lights. Turn right onto Washburn. Take Washburn to the first set of lights, go left on 20th Ave 1.5 miles to YMCA on your left.

Oshkosh meet results will be posted on our website: www.swim-wimasters.org.

Beautiful St. Croix—But Not in Wisconsin!

Jessica Connors

Four WI registered swimmers, **Jessica Connors, James Biles, Julie Van Cleave, and Josh Gordon**, plus two others, took a venturesome trip to **St. Croix—in the Caribbean!** The trip started out as an adventure because of Hurricane Omar—a category 3 hurricane that rolled through St. Croix on Wednesday, the day before we left. What are the chances? The great news was everybody made it to the island by either later on Thursday or Friday morning. However, poor **James Biles** spent Thursday night alone and in the dark as there was no power on most of the island, while the rest of us had either not left home yet or were lucky enough to stay in San Juan. James reports that he sat alone on the beach with his candle and a bottle of water—finally retreating to his room when the mosquitoes started to bite. Thank goodness we could all make it in the next morning. The power was out for part of Friday night as well, which just made it all the more fun! Really—we were laughing! Plus, the 10s of candles throughout our 2 floor condo provided a laid back island atmosphere.

Everybody just relaxed on the first day and the weather and beach were beautiful. Our rooms had high ceilings with large glass windows and a sliding door. The mornings were the best when the sun came up over the water and into our rooms, and the turquoise colors of the ocean outside became more vivid. Saturday was race registration day, which took place over at another resort on the island called the Buccaneer. Along with a few others, **Olympic Gold medallist Misty Hyman was there to check us into the race (she also would be the one to hand out awards after the race on Sunday, which made the boys very happy)**. Afterwards, we did a practice swim out to the final buoy and then back into the beach to practice our soon to be stellar finishes! Due to the Hurricane, the 5 mile race turned into a 5.5 mile race as they had to change the course slightly. We were excited about this though—might as well swim 5.5 miles if you are going to make a trip down to St. Croix!

The night before the race we were treated to hors d'oeuvres of meatballs, chicken, fruit and cheese. Cruzan rum of all flavors was present as well, as this is brewed on St. Croix. On the morning of the race they taxied us over to a beach on the East side of the island. We were marked, and then—**READY, SET!!** We were off! **The first part of the race was a little wavy as we fought our way out around the first buoy. After that, the ride couldn't have been sweeter. The current was with us, the waves had a perfect roll, and everyone seemed to say that they found their strokes once they got going.** James was in with the leaders early on in the race—with his extensive open water experience he was able to navigate from buoy to buoy without much trouble. As for myself,...let's just say I swear I swam more like 6.5 miles, but who's counting! I am eager to improve my navigation skills. **Julie and Josh** had great swims, too! We all needed the water boats along the way to combat the salty water. A few swimmers said they saw turtles. There were lots of fish and some colorful coral. Such an amazing place to swim!

The long anticipated finish! At last, the final buoy! **James** finished up strong, commenting that he had a lot left over! I actually had a battle to the finish for the last 500 yards with one of our fellow Wisconsin swimmers. **Josh and Julie** finished one by one after that. Over one hundred individuals competed ranging in age from 14 to 73. In the end **James** was 7th overall, 3rd in the 40+ age group; **Jessica** 14th overall, 5th in the 19-39 age group; **Josh** 23rd overall, 2nd in 19-39 age group; and **Julie** 48th overall.

Way to go St. Croix racers! It was an awesome trip and it was great for all of us to meet new people—not one of us knew every person, so it was enlightening for all. Thanks to all who went for a great trip!

Epilogue: Proceeds from this swim race benefit The Nature Conservancy, which was instrumental in establishing the **St. Croix East End Marine Park**. East End Marine Park, the first territorial park in the U.S. Virgin Islands, will protect the largest island barrier reef system in the Caribbean. Extending from the high-water mark out three miles (4.8 kilometers), it encompasses 60 square miles (155.4 square kilometers) of offshore coral reef and other marine habitat. The park includes about 5 square miles (13 square kilometers) of “no-take areas” which are off limits to any fishing and harvesting. A turtle refuge will extend about a mile (1.6 kilometers) into the Caribbean Ocean from the shoreline of the island's primary hawksbill and green turtle nesting beaches on Jack Bay, Isaac Bay and East End Bay.

Wisconsin Masters Short Course Yards Swim Meet

Sunday, February 15, 2009, Madison East YMCA

Sponsored By: Madison Area Masters.

Sanctioned By: The Wisconsin LMSC for USMS, Inc., Sanction No. 209-003

Location: Madison East YMCA, 711 Cottage Grove Road, Madison, WI 53716

Date/Time: Sunday, February 15, 2009; Warm-ups at 7:00 AM. Meet starts at 8:00 AM .

Facilities: 8 lane, 25 yard pool with anti-turbulent lane guides, starting blocks, backstroke flags , and electronic timing.

Eligibility: Open to all Masters Swimmers 18 years old or older. All entrants must be a registered Masters Swimmer and the USMS number must be on the entry form. Each entry **MUST** be accompanied by a legible copy of the swimmer's current USMS registration card.

Rules: Official USMS Rules will govern the meet. All events will be timed finals.

Seeding: Heats will be computer seeded on the deck slowest to fastest. Please submit a reasonably accurate seed time. A **NO TIME** will be seeded in the slowest heat. Age groups and genders will be combined to expedite the meet.

Timing: Automatic timing system backed up by watches.

Warm-up Procedure What used to be Lane 1 is a permanent "ramp" lane. With new blocks, Lane 7 will be a start and sprint lane with swimming in one direction only and exiting to the side or the end. Lanes 2-6 will be for circle swimming only. **NO DIVING STARTS from the blocks** or from the deck in Lanes 2-6. Swimmers must enter the pool feet first in a cautious manner in lanes 2-6. Hand paddles, fins, kickboards, etc., may not be used at any time during the warm-up period.

The "ramp" will be designated for the purpose of continuous warm-up or cool down during the meet.

Entry Fee: \$3.00 per individual event plus a \$5.00 pool surcharge. Deck entries (same day) for individual events will be accepted only until 8:00 AM and the fee for deck entries shall be \$5.00/individual event plus the surcharge. Fees must accompany entries. Checks should be made payable to "Swim Club".

Entry Limit: Five individual events plus relays. The 500 free will be limited to the first 32 entries received. Each swimmer in the 500 will be responsible for providing a person to count his/her laps.

Entry Deadline: Entries must be in the meet director's hands no later than 6:00 PM Monday, February 9, 2009.

Meet Director: Dick Pitman, 2729 Commercial Avenue, Madison, WI 53704.
E-Mail: dickpitman@hotmail.com 608-770-2307 or 608-242-8125

Entry Form: The official Universal Meet Entry Form must be used, one person per form. The **LIABILITY Release** must be signed without any alterations.

Awards: Ribbons for 1st through 3rd place.

SCHEDULE OF EVENTS

- | | |
|----------------------|----------------------|
| 1. 400 IM | 10. 50 Fly |
| 2. 200 Freestyle | 11. 100 Backstroke |
| 3. 100 Breaststroke | 12. RELAY—200 Free* |
| 4. 200 Backstroke | 13. 200 Breaststroke |
| 5. 100 yd IM | 14. 50 Free |
| 6. RELAY—200 Medley* | 15. 100 Fly |
| 7. 50 Breaststroke | 16. 50 Backstroke |
| 8. 200 Fly | 17. 200 IM |
| 9. 100 Free | 18. 500 Free |

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

Post Meet: Plan on burgers and refreshments @ **Harmony Bar & Grill**, 2201 Atwood Ave, Madison
(Corner of Dunning & Atwood) 608-249-4333 (Continued on Page 8) →

Madison East YMCA Meet Information - Continued:

Directions to Pool: 711 Cottage Grove Rd, Madison

From the North: Take US 51 aka "Stoughton Rd" south to Cottage Grove Rd (aka "Hwy BB"), turn left. You'll see the YMCA on your left hand side.

From the South: Take US 51 aka "Stoughton Rd" south to Cottage Grove Rd (aka Hwy "BB"), turn right, go under bridge. You'll see the YMCA on the SE corner on your left hand side.

Madison meet results will be posted on our website: www.swim-wimasters.org

Big Shoulders Lake Michigan Swim

Jessica Connors

Just 48 hours after the remnants of Hurricane Gustav rolled through Chicago, 603 swimmers braved the 69 degree waters of Lake Michigan for the 2008 installment of Big Shoulders. 410 rugged athletes completed the full 5K swim with another 193 taking on the "sprint distance," the 2.5K. While Hurricane Gustav may have lowered the water-front temperatures by 10 degrees it left Chicago's lakefront a relatively calm body of water. With the sun out all morning the calm conditions and a well run race made for some great swims.

Eleven WMAC swimmers braved the cold waters of Lake Michigan to participate in the Big Shoulders open water swims of either 2.5 kilometers or 5.0 kilometers. Their results are as follows:

2.5 K Swim:	Julie Morrow	W35-39	14th	1.06.13
	Bill Jeppson	M 55-59	2nd	40.48
5.0 K Swim:	Samantha Simon	W18-24	4th	1.09.31
	Jessica Connors	W18-24	5th	1.10.50
	Kim von During	W25-29	7th	1.13.03
	Michael Arce	M25-29	10th	1.13.32
	Brian Ruark	M30-34	14th	1.10.10
	Ryan Dietz	M30-34	20th	1.21.09
	Josh Gordon	M35-39	12th	1.12.25
	Shaun Morrow	M40-44	5th	1.05.25
	James Drought	M50-54	27th	1.34.01

Although many of our entrants competed in the wetsuit division none of them wore wetsuits on the day of the swim. They still managed some excellent placings despite competing against others who had worn wetsuits. Congratulations to our WMAC swimmers on a great showing in this challenging open water swim!

(On September 12, 2009, the Big Shoulders will host the USMS 5K Open Water National Championships. Ink it in on your calendars!)



Big Shoulders was a blast! Jessica Connors, Kim Von During and Josh Gordon all had great swims and then treated themselves to a hearty breakfast on Navy Pier afterwards!



Tyler Thomas Stich

New Arrival!

Darryl Stich

Tyler Thomas Stich arrived Wednesday, October 1, at 10:48 PM. He was 9 lbs 13 oz and 22 inches long! Mom (Chris) is doing great and Tyler is busy feeding, sleeping, peeing, and pooping (sounds like some sort of a medley!). Big brother Jackson is excited to have someone to play with.

Have you taken the time to respond to Dick Pitman's survey—the one mentioned in Dick's Chairman's Column on Page 1? If not—take some time RIGHT NOW to either e-mail Dick (dickpitman@usms.org) or call him (608-770-2307). With this being the first year of our on-line newsletter we are anxious for some feedback on how it is being received!

WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date _____

Meet Location _____

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

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

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

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

NAME _____

MALE _____
FEMALE _____ USMS NO _____

BIRTH DATE _____ AGE _____

TEAM _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

E-MAIL ADDRESS _____

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

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

FEES PER MEET INFORMATION PAGE:

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

LIABILITY RELEASE

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signed _____ Date _____

UMEF R2 10/03/03

Clovis Grove & USMS Nationals

USMS is a brewin'...They are beginning to put things up on the USMS site about **USMS Nationals in Clovis, May 7-10, 2009**. Here are a few tidbits you might want to look at:

The meet will be held at **Clovis North High School** (maybe we should all forward these photos to our local School Boards—hee hee!)

The **order of events** is posted. Remember, there is usually lots of attrition in the Sunday heats if it gets late.

The **qualifying times** are also posted. Don't be scared! Remember, you can swim 3 individual races and unlimited relays without meeting the qualifying standard.

There are only **5 hotels on the meet shuttle route**—which means if you don't want to rent a car you should probably stay at one of these spots. Yes?

It is early—but these rooms fill FAST. All of this information and more specific details about the meet can be found by going to www.usms.org. Click on "Competition" and then "Nationals" for the complete "lowdown"!

And while you're there—check out the **LCM Nationals** (Indianapolis) info—especially the order of events! It will span 5 full days (Thursday-Monday) with the ENTIRE 3rd day (Saturday) devoted exclusively to relays! Monday is the "distance" swim day with the other events divided up between Thursday, Friday, and Sunday. This could be a first for USMS (i.e.—the relay only day) although the 2006 FINA meet had this same format for the relays. Interesting!

Glancing Backwards

April, 1998

Seeing **Dick Pitman's** article in the last newsletter brought to mind a "happening" at a SCY meet at Wauwatosa West several years ago involving Dick. Seems as though he lost count during a 200 fly race and literally flew through what he thought was his final 50, reveling in what a great race it had been when he realized he still had 2 lengths to go! So....When it came time for the 50 fly later in the meet several of his "friends" (led by "**grandpa Michelson**") were all set with the lap counters. I seem to remember Dick laughing and choking his way through that race after he took his first breath and saw the group of concerned counters staring him in the face!

Newsletter Contributions!

NO! I'm NOT asking for money! What I AM asking for is articles, pictures, health tidbits, etc., from YOU for inclusion in YOUR newsletter. Please note that this issue has contributions from several new people—which is GREAT! Please remember, though, when sending pictures to reduce the number of pixels. The new digital cameras are wonderful. But these high quality pictures take up so much memory that our e-mail server can't deliver the newsletter.

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