

# Wisconsin Masters Swimming

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### WISCONSIN MASTERS WEBSITE

[www.swim-wimasters.org](http://www.swim-wimasters.org)  
Check it out for the latest  
meet results, state records,  
and MORE!

### Health Tip

Stock some yogurt in the fridge. Live cultures in yogurt help soothe an upset stomach and also may reduce the risk of colon cancer.

I want to congratulate all of you who competed in this year's Badger State Games! I also want to apologize for not being there. I could be disingenuous and say that I just wasn't in great shape for swimming long course this year. Even though partly true, I've been in worse shape in previous years. One year I couldn't even finish a 100 without getting a cramp! The real reason was that my heart just wasn't in it. After years of helping to make Masters Swimming in BSG a modest success, I was a little peeved with the way BSG changed the venue without telling us, the commissioners; and without seeking our advice. I tried to help smooth the transition by giving them information on how to get the meet recognized so registered Masters swimmers could have their times count for USMS.



Dick Pitman

You should all greatly appreciate the help that **Jeanne Seidler**, **Art Luetke**, and **Peter Allen** gave to BSG to get the meet "recognized" for USMS purposes. Art was in touch with **John Eisele** of BSG and so was **Jeanne**. **Jeanne** also touched base with **Mark Van Hout** of the Appleton YMCA to make sure everyone knew how this meet should be conducted. She also kept **John Bauman**, myself, and **Eric Jernberg** apprised of her progress. **Peter** took the time to measure the pool in order to qualify Erb Pool for sanctioning even though he knew he personally would not be able to participate due to a previous out of town commitment. I think all Wisconsin Masters swimmers should thank **Peter** for doing this. It is not easy. And, he even enlisted his next-door neighbor, a non-swimmer, who had the tools to accomplish the measurement. So again—thank you **Jeanne**, **Art**, and **Peter**!

Apparently everyone assumed that Erb Pool had been measured since they were holding kids' meets there for years. However, the need for pool measurements is fairly recent. It all started with a Masters meet in Tualatin Hills, Oregon, a few years ago when a large number of national records were set. Someone mused, "Gee, I wonder if the lanes are the correct length." They weren't. USA Swimming followed USMS in requiring all pools used for competition to be measured prior to sanctioning. Now, USA Swimming maintains a database for those pools. Erb Pool was not on the list. Now, thanks to **Peter** and his neighbor, it will be.

For the last ten years or so, we have been using Madison's Shorewood Pool and Badger State Games as our defacto State Long Course Meet. Now, with Erb Pool measuring satisfactorily we can look forward to next year and use BSG in conjunction with our state Long Course meet. One added benefit is that Erb Pool is equipped to use timing pads at both ends, so we can now record 50 meter times for Top Ten records. Again, thanks especially to **Jeanne**, **Peter**, and **Art**, as well as **Mark Van Hout** and **John Eisele** for making the change from Madison to Appleton successful for Wisconsin Masters swimmers!

Are you an avid open-water swimmer? Have you ever tried it? We now have three open water events in Wisconsin—four if you include Wisconsin Ironman. I'm including **Lake Amy Belle**, **Madison Open Water Swim** and **Pleasant Prairie**. We finally got the Masters segment of Pleasant Prairie sanctioned this year! It hope it is successful. I couldn't make it this year but intend to do it next year—when I'm 65. Open water swimming is becoming more popular among Masters swimmers...and among USA Swimmers! With the inclusion of the 10K in the last Olympics there is a growing list of open water competitions for age-group swimmers now.

Finally, if you haven't noticed, USMS now has a place to log your workouts online. It's called "FLOGS". Check it out!

# Wave Masters

## Tackle The Open Water

Grampa Thunder (Tom Michelson)

**Wave Masters**, a sanctioned club under WMAC, is a group that originally got started with the purpose of helping tri-athletes improve their swimming techniques. Winter practices have been held at the St. Johns Military Academy pool. However, when the temps and the lakes warm up the group moves to Pewaukee Lake.

The group meets on Monday evenings from 5:30—7:00 PM. In order to be a part of the group you must register at Transition (a bike store), pay \$20.00 for the whole summer, sign a waiver, and receive an orange cap. We have guarding during the swim around a buoyed course.

We hope to be able to continue swimming indoors in the fall. The schedule and cost will be announced later. Last year the sessions were two months long and each session was approximately \$115.00.

While this group started out to be mainly tri-athletes it is my goal to get these people involved in Masters Swim Meets.



Wave Masters getting started!



Half way through!



**DONE!**

Are you 50 or older? If so, don't forget to enter the Wisconsin Senior Olympics Swimming Competition to be held on September 12 at the Wauwatosa West High School Pool. Entries are due by early August—so don't delay—enter today!



## Can You Explain To Me.....

Jeanne Seidler

**Question:** I'm confused! The relay I was on in the BSG took first place. However, **our 1st place finish did not make it to the USMS website. In fact, our relay last year wasn't posted either.** Do you know who to contact about this or do you have any ideas? **One of us did not pay USMS dues this year.** Does that knock us all out?

**Answer:** In a nut shell—yes—at least for the relay. The results listed on the Wisconsin Masters site consist *ONLY* of the swims that we can report to the USMS Top Ten Coordinator. Those would be member swims for individual events and relays. For relays, the relays listed on our site are those in which all four swimmers were members of the same USMS club. In our case, these are just those relays composed of four WMAC swimmers. So, even if this one person had been a registered USMS swimmer, but registered, for example, as a member of Illinois Masters, the relay still would not have been eligible for reporting as all four relay swimmers must be members of the same USMS club.

I'm sorry about your relay not getting recognition on our site or the usms web site although you were awarded 1st place in the BSG results. Perhaps your non-registered relay team member is interested in registering and competing at USMS meets in the fall. The registration drive begins November 1st. Anyone registering between November 1st and December 31 will be issued a 2010 registration. We will be starting to host meets after November 1st. The only USMS meets left for the summer are the Madison Open Water swim in August and the USMS Nationals @ Indy in August (registration is over for USMS Nationals, so that's out.) There is also the Senior Olympics meet in September, but that is like the BSG meet. It will be USMS recognized, but it will not be necessary to have a USMS registration in order to swim.

## Dick is A Butternut!



**Dick Pitman** is an official **Butternut!** This group, founded by a Masters Club in Indiana, is comprised of swimmers who have completed a LEGAL 500 yd butterfly. Their motto is: Why settle for mildly disturbed when you can be completely nuts?" Dick joined **Jerry Lourigan** and **Laurie Alioto** who achieved the official Butternut title in '07 and '08.





**Andrea Wanezek** (sister of Sarah who swam with WMAC in Austin last year) returns to her “roots”. After being coached by **Fred Russell** as a kid she now is benefiting from **Fred’s** coaching of the Masters team in Elmbrook.

## It's A Small World....

Talk about a small world! While snowbirding in Florida this winter I found myself in need of a pool in the Panama City Beach area. Like St. Petersburg, they have a gorgeous outdoor 50 M x 25 Yd facility. As I finished my workout I engaged in some small talk with the gentleman getting into the lane next to me—the typical “Beautiful day”, “Great pool”, and noting no southern accent, “And where are you from?”. Turns out I was talking with fellow WMAC swimmer **John Couper** who is from the Milwaukee area! While his busy life has unfortunately kept him away from most of our meets this year he said he still swims regularly and is hoping to get back in the competitive circle again soon. Like I said—such a small world!  
Nancy Kranpitz

## WMAC Remembers..... Perry Rockwell

Dick Pitman

One of Wisconsin’s venerable old Masters died on June 21. Yes, on Father’s Day. At the UW “W” Club Banquet in November we saw **Perry Rockwell**. At 84 he was still looking forward to competing again. He was squiring around a new girlfriend and talking marriage...again. He said that when he recovered from one of his latest ailments he would swim again. Not just swim, but compete. Because Perry was a competitor, through and through.

I remember when I attended my first Masters season: 1983. Perry was only 58 then, younger than I am now, and was setting butterfly records which, now that I’m his age, I can’t touch! But, I remember seeing him swim a 100 fly in whatever his time was (look it up—it’s still there!), and I said to myself: “I can beat that if I’m still swimming at that age.” Having Perry’s records out there have stood as a target for me for the last 30 years. I got a few or a couple—I can’t remember—but it always gave me joy to know that I got at least one! The first time I bettered one of his records he came up to me, pumped my hand, slapped me on the back and said, “Great job, Dick!”. He always expected his records to be broken, and was disappointed when someone would come close but miss it.



Perry knew that chasing records was what made Masters fun for him and others. I’m not the only one who chased Perry’s records. **Art Luetke** was so excited when he broke one of Perry’s freestyle records when he turned 60 that he called Perry to tell him. Art wasn’t gloating—he was just expressing to Perry how much he enjoyed the chase—just like I enjoyed the chase. Perry laughed and told him, “Congratulations, Art! What took you so long?”

Now, maybe if I’m still swimming butterfly when I’m over 80 I might have a chance to set some new records. Perry never set any records in that age group. It’ll be my luck that Perry will come out of retirement finally and kick my butt! So long Perry—we loved you.

The stories of Perry Rockwell will endure for some time yet, until all those who remember him are gone. Who knows—maybe some of his records will endure. Some newbie swimmer will look at those records Perry set in his 60’s and 70’s and say, “I can beat that if I’m still swimming at that age!” The oldest record in the books with Perry’s name on it is the Long Course 50 Meter fly set in 1975 when he was 50. Got for it you young studs! You’ll make Perry smile.

## Madison Open Water Swim

There’s still time to do one more open water swim! The Madison Open Water Swim (MOWS) will again be held on the Iron man course on Aug 22. Registration is totally via on-line this year. The early deadline is August 8 for an entry fee of \$30. From Aug 9—Aug 19 the fee becomes \$50. After August 19 and before 11:59 AM on Aug 21 the fee is \$70. **THERE WILL BE NO RACE DAY ENTRIES!** The link to the on-line entry is as follows:

[www.clubassistant.com/club/meet\\_information.cfm?c=1259&smid=1674](http://www.clubassistant.com/club/meet_information.cfm?c=1259&smid=1674).

## Trek Triathlon

WMAC’s **Lauren Jensen** captured 1st place in the Trek Women’s Triathlon held in Pleasant Prairie last month. Lauren beat out 2500 women in the 1/2 mile swim, 12.1 mile bike, and 3.1 mile run! Our Fitness Chair **Stacey Kiefer** placed 1st in the 30-34 age group and beat all but 2 of the “elite” triathletes to place 3rd overall—just 4 minutes behind Lauren! Other WMAC entrants were **Mindy Seidler** (65th overall), **Suzi Green**, **Phyllis Jane Smith**, and **Dorothy Rose**. There most likely were many more, but these were the only names available to me at “press time”. Congrats to our ladies—and if you were there—let me know!

# Coach's Corner

Dick Pitman

As I grow in my aging swimming body I try to examine the new theories of swimming which might benefit me. I subscribe to a few swimming magazines and I try to go to clinics whenever possible. As I write this I'm looking forward to going to the Central States Clinic in Chicago. There are going to be some great coaches there—**Bob Bowman** (best known as Michael Phelps's coach), **Frank Busch** (coach at the University of Arizona), and **Dave Salo** (longtime coach at NovAquatics in Irvine, CA and now the coach at USC). All are past Olympic coaches and all have coached elite swimmers at the international level. So at these clinics which are pretty intimate gatherings—about 200 coaches including age-group swimmers—there's a chance to ask questions and get some good answers. A few years ago I found myself in an elevator with a couple other coaches and **Richard Quick!** Someone asked Mr. Quick a question about his Championship video series and he said he thought he got something wrong in one of them. Quite a revelation. Also at this clinic **Matt Grevers** and **Brendan Hansen** will be there working with the young swimmers.

Excuse the digression. My point is that becoming a Masters coach has exposed me to some memorable experiences and an expansion of my theories of swimming. I was reading an issue from the 2007 American Swimming Coaches magazine and an article by **Casey Converse**. Casey is the head coach at the U.S. Air Force Academy. He said that in his years of coaching he emphasized certain inescapable **absolutes**. He gave **four** rather succinct **absolutes**:



**Darryl Stich** does "double duty" - cheering for **John Bauman** while also checking to see if John is incorporating the 4 "absolutes" into his swimming.

I have to say that as a coach with a lot of swimmers who have very little youth experience in swimming, or in a coached situation, I see all those absolutes violated in different degrees. So, if you want to improve your swimming pay attention to the above "absolutes"!

The preliminary listing of the Top Ten for Short Course Yards for 2009 is posted on the USMS website. The rankings become final in August, so look for the final rankings in the next issue of this newsletter. Preliminarily, WMAC has 4 first place rankings and numerous other Top Ten rankings! Obviously 2009 was a very good year for Wisconsin Masters Swimmers!



The 55+ 200 yd Free Relay team of **Steve Forrer**, **Barry Mandel**, **Geoff Mykleby**, and **John Kinsella** enjoyed sunshine, warmth, and fast swimming at the National YMCA Championships in Florida in April.

**Toe Point:** Pointing the toes for flutter or dolphin kicking or finishing the breaststroke kick enables more powerful, smoother and efficient kicking with far less drag. He adds that along with pointing the toes, the best swimmers also have great ankle and lower leg flexibility. He says this is crucial to good balanced body position. I agree.

**High Elbow Position:** Boy, do I remember this one from my early years of swimming! **Jim Montrella** would jab my elbow with one of those long poles! A high elbow position is required in all strokes because you want to create a long, strong paddle out of your forearm and hand. **"There is simply not anyone swimming fast who does not maintain high elbow position in each of the strokes."**

**Strong Horizontal Line:** You must eliminate unnecessary up and down motion that is not required undulation and unnecessary **hip-wiggle**. It is real easy to notice someone who isn't holding a disciplined posture and perfect alignment while swimming freestyle or backstroke. It's absolutely necessary swimming butterfly or breaststroke.

**Connected Head:** As in, keeping your head connected to your body. He quotes **Bill Boomer** as saying "the head must stay connected to the spine." Casey adds that "all fast swimmers hold their heads in such a manner as to have a positive effect on how the rest of their body rides in the water."

## In Sympathy...

WMAC would like to extend sincere sympathies to **Carol Reinke** who recently lost her husband, Jim, to cancer. Carol has been an active member of WMAC since the 1970's. Jim was not a swimmer but was an athlete none the less. He lettered in both football and track at UW-Madison in the 1950's and coached football at Green Bay Southwest HS for 30 years. His family felt it was most appropriate that he passed at 10 PM on a Friday night—the same time that all those HS football games would end. Carol and Jim were especially grateful for the retirement years they were able to spend at their home on the west shore of Green Bay—enjoying beautiful flower gardens and sunsets. Our sincere sympathies go out to you, Carol.



# Still Another National Champ!



**Andrew Steenrod—One Hour Postal National Champion in the 18-24 age group.**

Wisconsin Masters Swimmers were riding pretty high after crowning two individual National Champions at the SCY meet in Fresno, CA, in May (**Leah Schneider** and **Dan Schaetz**) as well as our 35+ Mixed 200 free relay team of **Dan Schaetz**, **Trina Schaetz**, **Laren Tiltmann**, and **Heather Tiltmann**. Now **Andrew Steenrod** has also joined the exclusive rank of National Champion by finishing first in the **One Hour Postal Swim in the 18-24 age group**. For this competition swimmers swim in their own pool (vs. converging at one site) to see how many yards they can swim in one hour. The swim must be documented by an “official” person who is on deck and records splits for each 50 yards swum. Andrew tallied 5055 yds to claim 1st place by 55 yds over the 2nd place finisher in his age group. **Congratulations, Andrew!**

Andrew was not the only WMAC swimmer to participate in this National Postal event. WMAC women and their places were: **Jessica Connors, 18-24, 6th** (4700 yds); **Kimberly Von Doring, 25-29, 10th** (4665 yds); **Stacey Kiefer, 30-34, 8th** (4535 yds); **Aubrey Pauschert, 30-34, 50th** (3750 yds); **Kimberly Gebauer, 40-44, 153rd** (2925 yds); **Christine Schinker, 40-44, 163rd** (2800 yds); **Kimberly Fitzgerald, 45-49, 16th** (4540 yds); **Jeanne Seidler, 60-64, 55th** (2255 yds).

Among the men: **Don Rambadt, 35-39, 18th** (4785 yds); **James Biles, 45-49, 4th** (5125 yds); **Scott Richards, 45-49, 16th** (4850 yds); **Michael Bean, 45-49, 35th** (4550 yds); **Hans Koesser, 45-49, 172nd** (3290 yds); **Eric Jernberg, 50-54, 19th** (4725 yds).

Two relay teams also participated and scored in this postal event. **Jeanne Seidler, Jessica Connors, and Kimberly Von Doring** totaled 11,620 yds—good enough for 7th place in the women’s 18+ age group. **Jessica Connors, Kimberly Von Doring, James Biles, and Eric Jernberg** totaled 19,215 yds to claim 2nd in the mixed 18+ age group—a mere 495 yards behind the first place team! ALMOST yet another championship here!

Congratulations to all who participated in this popular national postal competition!

## You know you’re a swimmer if...

You have rings around your eyes unrelated to the amount of sleep you got last night.

It’s not weird for girls to stop shaving their legs, and for guys to start shaving theirs.

When the life guard tryouts say you have to swim a 500 in less than 9 minutes and you laugh.

## Lake Winnebago Swim

Julie Van Cleave

I had really only seen **Lake Winnebago** as that really big lake on the map of Wisconsin, and maybe from a car window as a child. So when **Peter Allen** started talking about his swims across Lake Winnebago over dinner at Short Course Nationals, I was immediately intrigued. I had never heard much about this huge lake, and certainly wasn’t aware that people swam across it.



Peter told me he had swum across it (from Neenah to High Cliff State Park) seven times, and that it was about **8 miles across**. Hmmmm...I had swum 5.5 miles in a single open water race, so maybe 8 miles was doable. He explained that Lake Winnebago was only 22 feet deep at its deepest, and that it is most desirable to swim early in the season before the algae gets going. However, it is a cold lake in spring, so there is an optimal time to swim—between mid-June and the first week of July. Peter is a purist on this swim, and thought we should do “channel swim” rules—no wetsuits, no touching a boat, a coat of lard for warmth, etc. Generally liking to go with the spirit of the event, I thought this sounded fine, but I did do some thinking about the fact I would be coated with lard—definitely something new!

Peter had a business trip in Italy, would be arriving back the night before the swim, and I was to meet him at his house in Neenah. He had warned me via e-mail from Italy: *“I’ve been swimming in Lago Maggiore in preparation for Friday. I fear that the quality of Winnebago will not be nearly as nice. You should get mentally ready for some nasty green stuff. It’s inevitable in that lake. At best it will be green specks suspended in the water...at worst it will be the occasional slug of nasty stuff that causes you to lose underwater visibility for a few hundred feet.”* Hmm... something to think about when the water gets thick.

We walked down to the lake the night before the swim and felt the water. Peter thought maybe we wouldn’t need the lard coating. So, I asked him about prior swims, and he had one swim where he did end up with hypothermia when he hadn’t used lard. Looking at the vastness of the lake I thought I would need every advantage I could have, and if lard was it, I wanted it.

At 5:00 AM we went down to the water’s edge, put the lard on and departed at 5:24 AM.

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# Lake Winnebago Swim

Continued



Peter, Stephanie, Julie, Joe

Along with us were **Stephanie** and **Joe**, Peter's extremely kind neighbors who agreed to escort us in their beautiful wood kayaks that Joe had built. Also accompanying us for a further level of safety in a motorboat were Peter's good friend, **Terry**, and Peter's daughters, **Sarah** and **Claire**, our two certified lifeguards and also our cheer squad. Peter had estimated it would take 4 to 5 hours to make the swim, and so off we went. The other side of the lake was not very visible due to the dawn light and the distance. We could only make out a slight bump in the horizon on the other side of the lake, which was High Cliff State Park, and that was our heading.

We stopped every 45 minutes to an hour for something to eat and drink—bananas, power bars, Gatorade, water, etc. that Stephanie and Joe handed us from our stashes in the kayaks. At the first stop it was very evident that the main challenge was going to be the cold. The water did have some suspended algae, but I knew that cold was the real enemy. Stephanie told me I was looking blue, and so we decided she should make sure I remained coherent by asking me questions. Given that it was the week of Michael Jackson's passing, I told her that if I couldn't come up with a name of one of his songs that she should be concerned. I said "Beat It" and off we went.

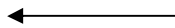
We flew on the next leg, as I kept swimming and thinking "I have to get out of this lake!" I concentrated on what was the warmest part of me, and fortunately I was wearing a silicone cap, which was much warmer to me than a latex cap. Thoughts of Lynne Cox swimming to Antarctica came to mind. As we made subsequent stops the opposite shoreline became clearer. What I had thought were rocks became houses, and we could begin to make out a clearing to head to. There was some wind from the northwest, which helped us to swim east, but also was blowing us to the south. We kept a pretty good line, and Joe and Stephanie called out if we got way off track. Fortunately we swam at the same pace so we were able to swim together.



At our final destination—High cliff State Park.



Off comes the lard!



Gradually the sun came out and actually started to generate some warmth. Hooray for sunshine! We swam to knee deep water and stood up at the shore at 9:30 AM; 4 hours and 6 minutes for the crossing. Then from the boat Terry announced that the water was only 67 degrees! Good thing nobody told me until it was over!!

We smiled for a picture, but we were both anxious to get the lard off before we gave anyone a big hug. Out came the spatulas we'd brought along, and we scraped off the best we could. We went to Peter's house for hot showers, and I was excitedly greeted at the door by Peter's dog. The dog loved my bacony aroma!

We had a great lunch hosted by Peter's wife, **Maggie**. It was so delicious that I would swim across the lake again for such a nice lunch! They invited my husband and boys, our support crews, and other friends. We visited, got to know each other, and enjoyed some laughs. This was the best part—sharing time with everyone, and I thank the **Allens** for hosting such a fine and fun event.



## Remembering Lynn Surles....

Another of WMAC's stalwarts, **Lynn Surles**, passed away in July just days before his 92nd birthday. Lynn was an original Milwaukee guy. As a 10 year old he was a diver for the Milwaukee Athletic Club. He graduated from University School (HS in Milwaukee) and then from Northwestern University. He joined WMAC in 1972 and enjoyed an extremely successful pool career while also coaching diving in the high school arena for many years. Since 1993, when Individual Top Ten compilations began, he racked up a total of 120 individual Top Ten rankings along with 1 long distance and 5 pool individual All-American awards. He also still holds several WMAC records.

When Lynn could no longer drive he bartered with **Ray Diederich** for rides to meets in exchange for some personal coaching! **John Bauman**, **Ingrid Stine**, **Jeanne Seidler**, and **Morgan** and **Mary Byers** were also integral parts of Lynn's later years. His legacy will live on in WMAC for years to come.

**From The Milwaukee Journal/Sentinel—July 26, 2009**

"Speedo...blasted the sport's governing body for its decision to ban high-tech bodysuits.

"FINA ruled Friday that males will be restricted to suits that run from the waist to the knees (known as jammers) and females to suits that can't go past the shoulders or below the knees."

This new rule apparently will go in to effect in 2010.



# Long Course Meters Nationals Are Coming Up Next

Sixteen (yes, 16) WMAC swimmers are all signed up and ready to go to the USMS Long Course Meters National Swimming Championships which will be held at the IUPUI Natatorium in Indianapolis August 6-10. Those attending are: **Laurie Alitoto, John Bauman, James Dannenberg, Kiki Day, Kimberly Fitzgerald, Dave Holland, Brad Horner, Steve Justinger, Cindy Maltry, Melinda Mann, Michael Power, Renata Ringsven, Dan Schaez, Jeanne Seidler, Don Smith, and Darryl Stich.**

This meet is offering a slightly different format in that the meet has been expanded to 5 days and all relays will be swum on Saturday. This also means that there will be opportunities in relay distances of 200 meters and 400 meters, freestyle and medley, for men, women, and mixed as well as 800 meter freestyle relays for men, women, and mixed. Rumor has it that some dynamite relays are in the making! The 2 distance events (800 and 1500) will be swum on Monday with the remaining events contested on Thursday, Friday, and Sunday. It will be interesting to see how this new format works.

Good luck to all of our entrants! Look for their results in our next newsletter.



**Dan Schaez** (left) shown here with coach **Fred Russell** will be looking to repeat his SCY 200 yd butterfly national championship when he competes in the men's 35-39 200 meter fly at LCM Nationals.

I often find it interesting to read articles written by people totally unfamiliar with masters swimming. Sports writer Matt James with the Fresno Bee is one such person. Here is how he described the atmosphere at the USMS SCY Nationals in Clovis:

"The event at Clovis North (high school) looks like a dual meet between two countries whose leaders demanded their entire populations participate. They say it's 1,580 swimmers. But you'd swear it was more. The 200 yard freestyle had 42 heats.

It's not every day you can cheer a teenager and a 90 something in the same event. This has everything; hard core trainers and weekend warriors, hairy guys and body shavers, expensive high-tech suit wearers and tiny polka-dot bikinis. (Just bottoms, for the men, of course.)

You'll see a set of six-pack abs racing next to a beer belly, and it's not unusual to see the barley-fueled prevail."

To Mr. James' credit—his entire article was excellent and personally, I found it refreshing to see how we masters swimmers can be perceived by those outside our venue. To us it all seems perfectly normal! Apparently no so to an "outsider!"

Want to lower your risk of breast cancer? Then "shake a leg". Research by Anne McTiernam, M.D., Ph.D., of the Fred Hutchinson Cancer Research Center in Seattle shows that 2 1/2 hours of moderate exercise weekly (think walking, *swimming*, dancing) lowers your risk by 20%.

## Chocolate Milk Powerfully Delicious

International Journal of Sport Nutrition  
And Exercise Metabolism, 2006, vol 16, 78-91

**Make Chocolate milk your choice for refueling after exercise.** Low-fat chocolate milk has the same or better benefits for athletes as a typical sports drink. Low fat chocolate milk is the perfect follow-up for active teens after a workout because its powerful package provides water, energy, protein, calcium and seven other essential nutrients.

Chocolate milk has the right blend of carbohydrate and protein to refresh and replenish the body after a rigorous workout. Research shows that athletes are able to work harder in their next workout if they drink chocolate milk instead of popular sports drinks.

### Chocolate Milk's Powerful Nutrients Wisconsin Milk Marketing Board

**Protein:** Builds and repairs muscles.

**Calcium:** Helps build strong bones.

**Potassium:** Keeps blood pressure in balance and helps muscles contract.

**Water:** Keeps your body hydrated.

**Niacin and Riboflavin:** Helps your body's cells produce energy.

**Vitamin D:** Deposits calcium and phosphorus in bones and teeth.

**Vitamin A:** Assists with normal vision.

**Vitamin B12:** Helps make red blood cells to carry oxygen through the blood stream.

**Carbohydrate:** Energy to fuel your muscles.

# Badger State Games

A beautiful sunny but very windy day greeted Masters Swimmers at the new BSG swimming venue—Erb Pool—in Appleton, WI., on June 29. A new time of day also greeted the swimmers with the Masters competition beginning Sunday afternoon shortly after the on time completion of the kids' BSG swimming competition. By following the kids' meet the pool lanes, touch pads, and timing system were all set up and ready to go, as were the officials and timers. In addition, the afternoon start time eliminated the need for either very early morning driving to get to the meet or an overnight stay the night before. And, the meet concluded with plenty of time for most swimmers to drive back home in daylight.

Despite concerns about the meet being hosted by commissioners who had never run a masters meet before, things went very smoothly. Last minute "grunt" work by **Jeanne Seidler**, **Art Luetke**, and especially, **Peter Allen**, guaranteed that all our swims—even the 50 meter ones—would be eligible for USMS Top Ten consideration for Long Course Meters! Special thanks to these three WMAČers!

Our swimmers apparently liked the new venue as **20 new LCM Wisconsin State Records were set**. They were: **Jill Rinzel, 27**, 50 back (:35.72) and 100 back (1:18.99); **Trina Schaetz, 37**, 50 breast (:36.25); **Kimberly Fitzgerald, 49**, 100 free (1:10.92); **Melinda Mann, 53**, 100 breast (1:23.86); **Cindy Maltry, 55**, 100 back (1:26.07), 50 fly (:35.32), 200 IM (3:02.93); **Geri Havel, 61**, 100 free (1:23.21); **Mark Ritchie, 20**, 50 back (:30.65), 100 back (1:08.76), 100 fly (1:06.44); **James Biles, 48**, 800 free (10:15.52); **Brad Horner, 55**, 200 free (2:31.82), 100 fly (1:05.40); **Greg Hollub, 62**, 200 free (2:38.77), 800 free (11:56.19); **Bill Koller, 61**, 50 breast (:39.91), 100 breast (1:31.32); **Bela Sandor, 74**, 100 back (1:32.84).

Other noteworthy "scenes" and comments: **Carol Reinke**, swimming in lane 1, got to see "Go Queenie" (her younger year's nickname!) signs with every breath she took as her grandchildren followed her from one end of the pool to the other during the 100 free! And from one of the officials: "Two things I've NEVER heard at a swim meet before— 'Go mom!' - and 'Well, that's done—now it's Miller time!'"

Congratulations to all our new record holders—many of whom were using BSG as a tune up for the LCM Nationals in August in Indianapolis. It was a good meet!

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