

Wisconsin Masters Swimming

OFF THE BLOCKS!

Newsletter Date
June/July 2011

LMSC OFFICEERS

Chairman: Dick Pitman
WChair@usms.org

Registrar: John Bauman
wmacswim@sbcglobal.net

Ass't Registrar: Trina Schaeetz
tdschaeetz@yahoo.com

Secretary: Suzi Green
greensuzi@ameritech.net

Treasurer: Ingrid Stine
wmacswim@sbcglobal.net

Sanctions: Eric Jernberg
jernberge@yahoo.com

Records: John Bauman
wmacswim@sbcglobal.net

Top Ten: Jeanne Seidler
jseidler2@wi.rr.com

Coaches: Fred Russell
ebcfredrussell@yahoo.com

Officials: Sue Zblewski
szblewski@wi.rr.com

Newsletter: Nancy Kranpitz
jnkranpitz@yahoo.com

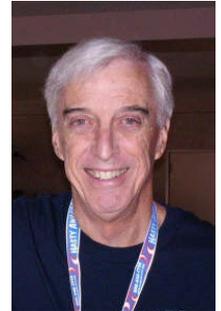
Fitness: Melodee Nugent
mlnugent@mcw.edu

Safety: Jerry Lourigan
jerry53716@att.net

Open Water: Julie Van Cleave
jvanclleave@wi.rr.com

Webpage: Jeanne Seidler
jseidler2@wi.rr.com

I want to thank everyone for their concern at the State Meet almost two months ago. I really did want to swim! But, I had that awful memory of **Mickey Eaton** last year and I didn't want to be another grim statistic. I swim against **Greg Hollub** who—in my opinion—*unfairly* wears a pace-maker and beats me! I also know that **Art Luetke**, who is also a little younger than me, had a shunt installed a little over a year ago. Those things makes one a little more conscious of what's important. I was signed up to swim seven events and ended up a spectator. But, I have the peace of mind that I didn't take a chance on ruining everyone's weekend. I'm glad that people encouraged me to go to the Urgent Care to get checked out.



Dick Pitman

And, I'm grateful to **Tim Potter** who accompanied me there and sat and waited with me. (I know he was really resting up for his 1650 later that day!)

I had my stress test at the VA in Madison a week later and received my results by mail about a week after that. The report "showed no changes/problems with exercise." It continued, "You may resume swimming as you were previously doing." My maximum heart rate was supposed to be 154 (220 minus my age, 66) and I got it up to 158. I had to quit because my legs got tired! I think I could have pushed it over 160. I feel good that I did that. Now I don't have to wonder about my condition.

Not many people know this, but the reason I started swimming almost 30 years ago is because of my mother. She started sending me clippings from our hometown newspaper in Long Beach, CA, about this thing called "Masters Swimming" with a scribbled note saying, "Rich, you should look into this." Or, Rich, you should get back into swimming." That was in 1972. In 1978 my mother went into the hospital for an angiogram and ended up getting quintuple by-pass surgery. And, you know there weren't many of those in the late '70's. That was still a pretty new procedure. I was there after she got out of surgery. She survived and started taking care of her heart, mostly just by walking a mile every day. I went back to visit about a year later and she said, "I have to do my walk. Why don't you join me?" We had to go back to the old neighborhood where I grew up because that's where she was comfortable walking. We walked around the block which was probably 3/4 of a mile. She was 60 years old and walking pretty briskly. And, here's the rub: she wasn't even breathing hard when we finished...*but I was!*

Still, though, even after that I didn't start swimming. I didn't start until the fall of 1982 when my wife, Pam, said, "We're going to join the Y and get back in shape." I said, "Okay." It was not an enthusiastic "OK" but one of resignation. But, I did start swimming again. And that's where I ran into **Steve Justinger**, who struck up a conversation and then after a while said, "Say, some of us are going to Y Nationals in Chicago in April and we need a butterflyer for a relay. In January of 1983 I swam my first meet since 1966, my last year of college. I came within a couple tenths of breaking 1:00. Wow! Was I excited! Then I got serious!

My mother was excited to know I had finally started swimming again. She was able to watch me swim many times again. And, in 1987, she got to see both of her sons swim in the National Masters Short Course Meet at Stanford. With her repaired heart and daily exercise she lived for another 22 years. I hope I live as long. If I do I have her to thank. Continued on Page 2 →

OFF THE BLOCKS! Continued from Page 1

One other point I should make is that when I was examined at the Brown Deer Urgent Care Center the Nurse Practitioner was impressed that I listened to my body to detect something that was out of the ordinary. So, my advice to all would be to listen to your body because it just might be telling you something.

On a totally different note and in closing: Wisconsin Masters will conduct an election to replace me as Chair of the Wisconsin LMSC. Such election shall be in accordance with the Wisconsin Masters LMSC By-Laws. **Jeanne Seidler** has agreed to stand for election to the chair. There will be a meeting of the LMSC on August 6 after the Lake Amy Belle Open Water Swim at Jeanne's home to accomplish this "passing of the torch" and I look forward to presiding over this last act of my tenure.



Krisa Kuffel—from Badger Masters Swim Team was the only swimmer under age 20 at the state meet!



Volunteer **Neal Seidler** (**Jeanne's** husband) manned the awards table all weekend. Here he presents **John Bauman** with his 1st place medal for the 50 breaststroke.



Relay teammates **Carol Reinke, Phylliss Jane Smith, Candy Christensen, and Joanie Moder** let everyone know whose team they really support!

2011 Wisconsin SCY State Champs Wrap-Up

Greetings fellow swimmers. Did everyone enjoy the fast Schroeder pool and have great swims at the State Meet? If you weren't busy with your own swims, or with watching other swims, did you notice the other activity in the aquatic center during the two days of the meet. The pool was configured with eight cross-wise warm up/cool down lanes because the Schroeder USA Diving team platform divers needed to workout at the pool. The divers were scheduled to compete in Fort Lauderdale along with the YMCA Masters from April 14th to 17th. Those platform divers were interesting to watch. They are skilled and certainly not as fearful as I would be with those platform heights. The scuba divers on Sunday were also interesting. I hope a few of you had a chance to swim a warmup over the 5-meter area and watch the scuba divers below. I have been at the pool when the Milwaukee Fire Department Dive & Rescue team comes to train in the 5-meter depth area. They sometimes practice with blindfolds as much of the water where rescues and recoveries take place has zero visibility.

I would like to thank **David Watts** for writing the newsletter article about the meet in time for the April-May Wisconsin Masters Newsletter edition. David's article was a very timely report of the State Meet, and the information was made available to all the Wisconsin masters swimmers, whether they attended or not, in a very timely newsletter. Here are a few more notes about the meet:

There were **25 relays** swum at the meet, and there was at least one relay in every Distance category. I'm anticipating that we may see some of the long relays (800 and 400) in the USMS Top Ten for 2011 SCY. It was fun to watch and participate in the long relays. Perhaps more swimmers will form relays next year.

The newsletter mentioned the achievements of **Tara Warren**. For those of you who might not know **Tara** by name, **Tara** was the **Special Olympics athlete**. She gave her heart and her soul to all her six swims in a way that inspired me. She was delighted to be back in the pool where she trained for Special Olympics, with Coach Dave Anderson. There is no doubt in my mind that Special Olympics is a valuable program that helps the Special Olympians to realize their highest potential.

To measure the level of satisfaction with the meet, and to obtain feedback, I've created a survey at **Survey Monkey** (<http://www.surveymonkey.com/s/5RZJZR5>) which will only take 10 minutes or less to complete. Please complete the survey by June 20th. Survey Monkey does not ask you to login or give personal information. Every answer is anonymous. Last year 55 of the 160 attendees completed the survey, many with good feedback and suggestions. Some of these suggestions were incorporated into the 2011 State SCY Meet. (Jeanne Seidler-meet direc-

New WMAC Records set at the SCY Wisconsin State Championships: **Mark Ritchie**, 18-24, (50 back, :25.33); **Janet Schultz**, 60-64, (400 IM, 6:57.64, 200 Breast, 3:29.20); **James Biles**, 50-54, (400 IM, 4:52.14, 1650 Free, 18:49.78); **Alex MacGillis**, 80-84, (100 IM, 1:49.61); **Cindy Maltry**, 55-59, (200 Free, 2:24.56); **Charles Lorenz**, 35-39, (200 Free, 1:47.22); **Bela Sandor**, 75-79, (200 Breast, 3:13.55); **Fritz Schenker**, 25-29, (1650 Free, 17:34.17). The previous record in this event had been set way back in 1985 by **Tom Grandine**; 18+ 800 Free Relay, 8:39.40 (**Ally Keller, Amanda Fay, Lauren Schudde, Krisa Kuffel**); 35+ 300 Free Relay; 7:59.10, (**James Biles, Dirk Stallman, Jason Gottlieb, Charles Lorenz**); And while not a new record **John Bauman** reports that the "old guys 800 Free Relay was only 2 seconds slower than they were 2 years ago! Congratulations to all the new record holders!



Fritz Schenker

17th Annual YMCA Lake Amy Belle Swim Race

Saturday, August 6th 2011, 12:00 Noon

WHEN: Saturday Aug. 6th, 2011, Race at 12:00 Noon, Check in at 11:30

WHERE: Lake Amy Belle at Camp Minikani, Hubertus

WHO: All swimmers who can finish a 500-yard swim in 12 minutes or less

FEE: \$15 (\$10 for Y Members),

T-SHIRTS: \$14 (guaranteed only if ordered by July 10th, 2011)

AWARDS: Medals to all finishers, trophy to 1st place swimmers This is a fun race and safety is our top concern. Hand paddles & fins are not allowed, but floating tow "noodles" are allowed, provided and required for all swimmers age 10 or younger. All swimmers must also wear a brightly colored cap (provided) during the race. The race takes place around buoys marking a half-mile oval. Swimmers can choose either the half or 1 mile race. Those swimming in the mile swim 2 laps around the course. Guard boats will follow swimmers. Any swimmer too tired to finish may swim to a boat for aid. Any swimmer receiving aid will not be allowed to continue. All finishers receive a medal. Swimmers must fill out the entry form and release below, **including their 500yd time.**

- Advance registration** is due by Friday July 23rd, after that, registration cost is \$25
- Race results** will be available on line at: **swim-wimasters.org** 14 days after the race
- Weather check or other ?:** Eric Jernberg **414-443-6460** or **jernberge@yahoo.com**

No refunds if event is cancelled due to bad weather

Directions: to Camp Minikani from Milwaukee County: Take US-45 freeway north from Milw & exit at Lannon/Mequon Rd (Germantown Exit) Go left on Lannon Rd. to Second Stop light (state route 175, Appleton Ave. Turn right for 1 block to Willow Creek Rd. Turn left and drive west for 1 mile to Amy Belle Rd. Turn right on Amy Belle Road, drive 1 mile to the camp entrance on your left (look for new Leadership Lodge building)

Cut & Return _____

Swimmers Name _____ Age _____ Male _____ Female _____

Address _____ City _____ Zip _____ Phone _____

Check One: _____ 1/2 Mile Race _____ 1 Mile Race **500 yard Time:** _____ (required)

Race Fee Enclosed (\$10, \$15, or \$25): \$ _____

T-Shirt (optional \$14 each) shirt size (if ordered) _____ small _____ med _____ large _____ x-large _____ xx-large (xx-large \$15 each)

T-Shirt Fee Enclosed: \$ _____

Total Enclosed: \$ _____

Make Check out to: North Milw. Swim Club

Mail to: Lake Swim
5204 W Wells
Milw WI 53208

I hereby absolve and hold harmless the YMCA, all race sponsors and participants from any liability for any injury incurred by myself while participating in the Lake Amy Belle Swim. I further provide that this hold harmless agreement applies to my heirs, executors and assigns. I have swum the 500 yd time listed above and I am in good physical condition to swim in this race.

Participants signature _____ Parents Signature (if minor) _____

Date _____ YMCA or Team affiliation _____

YMCA Masters Nationals

Reminder!

Thirty-two WMAC swimmers representing YMCA's in Oshkosh, Stevens Point, Madison, and Schroeder attended the **YMCA Masters Nationals** held at the Fort Lauderdale Aquatic Center, adjacent to the International Swimming Hall of Fame.

For this meet, each of us represented the YMCA where we are members. The meet is a USMS-recognized meet. All of our results were reported to USMS as WMAC. Some of the highlights of the meet were swimming races. Some of the highlights were the swimmers and not the races. And, there was the location. The competition ended every day in the early afternoon ... with free afternoons, everyone went to the beach, some in bikinis, some with frisbees, some with a carry-out lunch from St. Barts Café. Swimmers dipped in the refreshing ocean water, spent sunny afternoons on the beach getting to know everyone, and had fun dinners in the evening. Some of the swimmers came with spouses, some with their kids, but most as individual swimmers. The beach was the great equalizer where it didn't matter if there were kids with a pail and shovel or adults just conversing.

There were many highlights in the swimming races. There was a strong showing in the breaststroke races with **Kerry Rossow** (18-24) taking first in the 50 and tying for first in the 100. **Jess Connors** swept the 25-29 breaststroke events, taking first in the 50, the 100 and the 200. **Mindy Seidler** was first in the 30-34 100 breaststroke, and **Melinda Mann** (50-54) was first in both the 50 and the 100 breaststrokes. On the men's side, **Matt Behnke** (18-24) was first in the 100 and 200 breaststrokes, **Adam Mania** (25-29) was first in the 50 breaststroke and **Fred Salzmman** (75-79) was first in the 100 breaststroke. There were many fine swims by many swimmers through out the meet. There is a link to the full results on the www.swim-wimasters.org website, along with a list of the Wisconsin records broken during the meet. Everyone swam with great heart and determination, and, of course, practiced skills. One swimmer with great heart and determination, and with the potential of setting a YMCA Masters record in the 50 freestyle, tried her best both in an individual event and in a relay lead-off split. **Trina Schaetz** came within .03 of that record. We all cheered for her success, and we'll cheer again next year with just as much enthusiasm.

As for the swimmer stories, one that stands out is that of **James Arnold**. In the summer of 2010 James was struck riding a bicycle on a rural road. He has very little recollection of the event. His injuries were numerous, he was taken to the hospital by Flight-for-

Life, he spent weeks in rehab and time in a wheelchair. He started back swimming in January. His first meet was the State Meet. His next meet was the YMCA Masters. Jim swam his events and swam relays and tried his best and did well, but his best achievement was really just being there after having been in a wheelchair just nine months earlier. What I like about the YMCA meet is that there is a place at the meet for everyone, no matter how skilled or how lack of skilled they may be. Anyone can swim up to eight events without any cutoffs required for any event. The YMCA Masters meet is a small meet compared to the USMS SCY Nationals. Approximately 500 swimmers attended this meet vs. 1800 swimmers at the USMS Nationals in Mesa, AZ. The YMCA meet is a little more relaxed and swimmers who want a national meet experience feel less intimidated at the relaxed meet.

And, yes, there were **Olympians** at the meet. I think Olympians must have some charm school training because every Olympian that I've meet always has a great smile, is attentive, gracious, listens and answers our very frivolous questions. **Mark Ruiz**, the 2000 and 2004 Olympic Gold Medalist in diving was coaching a diving team. **Fred Salzmman** shared his backstroke events with **Yoshi Oyakawa**, the 1952 and 1956 Olympian. And we had **John Kinsella** as a WMAC swimmer. John was a 1968 and 1972 Olympian and the winner of the 1970 James E. Sullivan award as the outstanding amateur athlete in the United States. John has many achievements. A friend of **Geoff Mykleby**, John has swum with us at the last two YMCA Masters Nationals and credits Geoff with getting him back into shape for swimming after many years absence.

By Sunday night, everyone started returning home ... refreshed, renewed, relaxed, a little sunburned but with a great experience combining a swim meet and beach vacation. Except for one person, **Tony Zuccaro**, who went off to run in the Boston Marathon.

For a few of us, **Dan Schaetz**, **Trina Schaetz** and **Jeanne Seidler**, we only returned home to repack our suitcases and swim bags for the USMS Nationals in Mesa that were starting up only 10 days after the conclusion of the YMCA Masters Nationals.

There will be a picnic and brief LMSC meeting at the home of Jeanne & Neal Seidler after the Lake Amy Belle Swim on August 6. Plan to attend!



Nora Settini

New Wisconsin State Records set in the National YMCA Swimming Championships are listed on Page 6 in this newsletter.



Michi & Jeff Alexander

Mesa Madness!

The following is an account of WMAC's experience at the USMS Spring Nationals in Mesa, AZ., in the form of an e-mail sent out by **Trina Schaetz** to all who attended the meet.

Hey all you beautiful swim friends! Thank you for a most fabulous weekend. This seems to happen EVERY stinking year: Dan and I wake up the Monday after the meet and immediately feel pretty sad! Coming off such a great high with so many wonderful friends and great swims and beautiful weather, it is really hard to leave you all go. So if any of you are feeling a little blue that our outstanding USMS 2011 ride has come to an end, you are in good company.

And what a ride it was! This year was a **banner year for WMAC** with just about **50 people swimming**—and we came away with a spectacular **5th place finish overall!! Just 4.5 points out of 4th place!** YOU, yourself, were a big part of it! From our National Champions to our newest teammates, every one of you played an enormous part of the team! You don't need to hold up your gold medal to know you were important. We all know that WMAC is made up of plenty of happy hearts and kindred spirits all linking arms in swimming camaraderie to make our Nationals weekends what they are: **SPECTACULAR!** Whether you swam out of your mind or cheered with all your heart...or if you put your arm around a teammate after a disappointing swim or held someone's baby while they warmed up...or if you bought someone a brew or handed them your last Gatorade...you made WMAC the greatest team on earth. So many cheers were already uttered, but let's just recap a little...

CHEERS

Fred for their tireless hours this year, there were boys were all across for being the solid strokes, and guiding



to **Johnny B (Mr. Happy)** and **Fearless** countless hours preparing relays and watching every last swim. With 50 folks so many more swims to watch. These the deck every single day. Thank you soul on the side, taking splits, coaching the way.



Team Wisconsin!



Mike Power, Trina Schaetz, Heather Tiltmann, Laren Tiltmann—35+ Mixed 200 FR National Champions!



Triple USMS National Champ **Laren Tiltmann.**

CHEERS to our **National Champs: Laren Tiltmann** (100 back, 50 back, 50 breast); **Kip Fulbeck** (50 free); **Brad Horner** (200 fly, 100 fly); **Cindy Maltry** (100 IM); 35+ Mixed 200 Free Relay (**Laren Tiltmann, Mike Power, Heather Tiltmann, Trina Schaetz**); 35+ Men's 200 Free Relay (**Kip Fulbeck, Mike Power, Laren Tiltmann, Darryl Stich**). With over 1,800 swimmers in attendance at this meet claiming a top spot in any event was challenging to say the least. So, congratulations once again!

CHEERS to each and every swim! Some scored points, some set records, some were personal bests, and some achieved goals unspoken...sometimes the place is just simply not the goal. SO, whether it was the time you swam or just the unspoken reason you are proud...WE ARE STOKED for you!

CHEERS to our newest friends—some of whom have never been to a big meet like this before: **Michi Alexander, Chris Brunson, Joanne Field, Josh Gosa, Nicole Jackson, Clark Knuth, Debbi Peterson, Jeff Shiroda, Jeff Weber, and Rich Weiner.** Thank you guys for taking a chance on WMAC. We were so glad to have you join us.

And **CHEERS to all of you in every supporting role you filled!** Those who counted...those who drove...those who cheered...those who stuck out a race they didn't really want to swim...those who set up and took down tents...those who shared a table at breakfast...those who gave a word of motivation or calmed someone's fears...those who bounced a baby...and all those friends and family who came along to endure four days of swimming without ever touching the water themselves!



The ever present WMAC "cheerleaders".



National Champ and 6 time state record breaker **Cindy Maltry**.

We absolutely without a doubt have the best team on earth: sisters, friends, brothers, parents, and children, husbands and wives, younger and older, old and new: **EVERYONE** there to support each other! We were the envy of them all!

You know there are a million fabulous stories from the weekend that made it great. Think on them, tuck them close, and keep them on your top shelf! You were a part of something special....something that should keep you swimming strong till the same time next year!

More Mesa Madness!

New Wisconsin State Records set in Mesa

Cindy Maltry 55-59
 50 Back :34.05
 100 Back 1:14.18
 200 Back 41.96
 50 Fly :31.54
 100 IM 1:10.73
 200 IM 2:39.51

Nancy Kranpitz 65-69
 50 Fly :39.20
 100 Fly 1:34.80
 200 Fly 3:34.31
 100 IM 1:29.51
 200 IM 3:23.54

Trina Schaez 35-39
 100 Breast 1:07.44
 50 Fly :27.94

Leah Schneider 25-29
 1000 Free 11:39.95
 200 Fly 2:17.23

Laren Tiltmann 40-44
 100 Back :55.01

Christohper Brunson 30-34
 100 Breast :57.67

Kip Fulbeck 45-49
 100 Free :49.60

W 45+ 200 FR 1:58.98
Cheryl Mortensen 46
Joanne Field 53
Julie VanCleave 52
Michi Alexander 47

W 55+ 200 FR 2:07.16
Cindy Maltry 56
Debbi Peterson 56
Nancy Kranpitz 66
Nancy Ehrke 57

W 55+ 200 MR 2:27.96
Geri Havel 62
Nancy Ehrke 57
Cindy Maltry 56
Nancy Kranpitz 66

Mixed 45+ 200 MR 1:55.27
Cheryl Mortensen 46
Jeff Alexander 47
Kip Fulbeck 46
Michi Alexander 47

Mixed 55+ 200 FR 1:53.25
Brad Horner 56
Nancy Ehrke 57
Cindy Maltry 56
H.R. Weiner 61

Mixed 55+ 200 MR 2:08.03
Cindy Maltry 56
Jim Dannenberg 66
Brad Horner 56
Nancy Kranpitz 66



Heather Tiltmann heads to the start-ing block.



Relay teammates **Julie Van Cleave, Joanne Field, Michi Anderson, Cheryl Mortensen**.

2010 World Top Ten for WMAC

James Dannenberg

The Following WMAC swimmers have achieved **Top Ten World** Rankings for 2010!

Short Course Meters

Geoff Mykelby 55-59
 7th 50 M Back :31.71

Brad Horner 55-59
 5th 50 M Fly :28.59
 1st 100 M Fly 1:03.75

Long Course Meters

Bob White 55-59
 10th 800 M Free 10:25.87

Melinda Mann 50-54
 7th 50 M Breast :39.2
 5th 100 M Breast 1:26.71

James Dannenberg 65-69
 10th 200 Breast 3:17.19

CONGRATULATIONS to all 5 honorees and special congrats to **Brad** for his **1st place WORLD ranking** in the SCM 100 Fly!!!!

SCY State Records set at the National YMCA Swimming Championships

Adam Mania 25-29, 50 Fly :22.10
James Biles 50-54, 500 Free 4:53.60
Greg Hollub 60-64, 200 Free 2:17.97;
 1000 Free 12:58.51; 1650 Free 21:27.00
Jessica Connors 25-29, 50 Breast :31.69;
 100 Breast 1:08.45; 200 Breast 2:29.11
Lindsay Newport 25-29, 100 Fly :58.72



Brad Horner—best in the world in the 100 M (SCM) 100 fly and **USMS National Champion** in the 55-59 100 and 200 SCY Fly events!



Chris Brunson, Carrie (Johnson) Haberstich, Julie Van Cleave—discovered they were all James Madison Memorial HS (Madison, WI) alumni albeit in different years.

Badger State Games

The Masters Swimming portion of the **Badger State Games** will be held at Erb Park Pool in Appleton on **Sunday afternoon, June 26**. Entry deadline is June 1st—which may have passed by the time you receive this newsletter. However, last year they did accept entries after the deadline. So all MAY not be lost if you still want to swim in this meet. This meet provides Wisconsin Masters with the **ONLY** in state LCM meet for the entire season. The pool has touch pads at both ends so ALL swims are eligible for USMS Top Ten ranking. Check out their website for contact information.

From a poster in the pool area where Cheryl Sinitz swims:

Swim Family

United by goggle marks
dry skin and webbed feet,
separated by seconds,
bound by friendships.
We have super powers,
super human lungs,
super human strength;
And when the chlorine wears off
and the water drains from our ears,
We are still family.

“I have been involved in competitive swimming as a kid, in high school, in college, and now in masters. You are definitely a part of my “Swim Family” whether we swim together several times a week or a few times a year...you are all why I swim.” Cheryl Sinitz

"Grumpy Old Badgers" 10th Anniversary Trek Maui Channel Swim-Labor Day Weekend 2011

A large group of swimmers, friends, and family from around the country, most with ties to Wisconsin, will swim in the **Maui Channel Swim** on Saturday Sept 3rd, 2011. This will be the 39th annual Maui Channel Relay Swim, which is a masters-only 9.5 mile fun swim from Lanai to Maui. Each relay has six people. Each person swims a 30 minute leg, then 10 minutes legs as necessary. In a typical year, there will be 60 relay teams from around the world, mostly from the mainland US and Australia.

Since 2001, **Brad Horner** has organized a group to participate. The first relay team was comprised of ex-UW swimmers. Since then, the relays have been a wide mix of people, many of whom did not swim at the UW. Some never swam in high school. “For some people who have been out of the water for a while, it is a chance to get back to their swimming roots. For many, it is the athletic adventure of a lifetime and has been called ‘life changing.’ For everyone, it is an excuse to vacation in Hawaii and a reason to get their butts in the water over the summer.” said Brad.

This year, Brad is expecting 24-36 swimmers (4-6 relays) as part of the “Grumpy Old Badgers” group. Individual preferences for relays are the primary consideration in putting relays together. **“Collecting Bargaining DOES work for negotiating spots on relays”** said Brad.

WMAC swimmers who may be interested should contact **Brad**. Commitments need to be finalized by the end of July at which time the registration fee is due to the race organizer.

Contact Info: Brad Horner e-mail:
bhorner1486@hotmail.com
608-235-0902

You Know You're a Swimmer If...

Your long term goal is to be able to slap your bicep on your leg.

You shamelessly walk around the hallways at hotels in your swim suit.

You just don't understand the charm of the swim suit edition.

You are stronger than many of the guys and all of the girls in your life, you might be a female swimmer.

You wake up before six for the free doughnuts.



Cheryl Sinitz

Race Directors:

Peter Maternowski petermater@gmail.com

Suzi Green greensuzi@ameritech.net

Website:

www.clubassistant.com/MOWS2011

Can also be found on the Wisconsin Masters website calendar as well as at

www.usms.org

Some Details:

Registration online is preferred. Entry fee is \$30.00 if received before 5:00 PM CST on Wednesday, August 10 or \$50.00 if received before registration closes at 5:00 PM CST on Wednesday, August 17. Paper entries for the National Championship must be post marked by Wednesday, August 10 and will have an additional \$5.00 processing fee. To request a paper entry form for the USMS 2.4 Mile Open Water National Championship, please email swim.mows@gmail.com. **There will be no registration (including race day) after 5:00 PM on August 17.**

Registration is limited to 500 swimmers for the non-championship events. The National Championship event does not have a limit. A photo ID (driver's license), USMS membership and event registration verification may be required at check-in. You will be required to sign a liability waiver at check-in.

A MOWS T-shirt is available for purchase for an additional \$12.00. Shirts must be ordered no later than August 10, 2011, and must be picked up during check-in.

There will be **three waves**. The first will be the National Championship 2.4 mile swim (no wetsuits). Then, for triathletes and non-Championship swimmers:

Madison Open Water Swim:

Wave 2a—2.4 mile Madison Open Water Swim race (no wetsuits)

Wave 2b—2.4 mile Madison Open Water Swim race (wetsuits allowed)

Wave 3a—1.2 mile Madison Open Water Swim race (no wetsuits)

Wave 3b—1.2 mile Madison Open water Swim race (wetsuits allowed).

MOWS 2011



MOWS T-Shirt

WISCONSIN MASTERS SWIMMING
11917 W. RAINBOW AVE
WEST ALLIS, WI 53214