

# Wisconsin Masters Swimming

## June 2014/July 2014

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O N D E C K . . .

August already! And there is still much swimming left to be done yet this summer and in early fall.

Masters swimming lost one of its members in July. Peter Maternowski, Meet Director of the MOWS swim, died in late July after an illness. There is a nice memorial to Peter in this newsletter that was written by Dick Pitman. When we lose a swimmer, Wisconsin Masters donates a memorial in the name of the swimmer to the USMS Swimming Saves Lives Foundation.



Jeanne Seidler

The MOWS event being swum on Lake Monona on August 16<sup>th</sup> has filled to capacity with 500 swimmers. Here's hoping for great weather on August 16<sup>th</sup>.

The Wisconsin Senior Olympics (for ages 50+) conducts a swim meet each year as a USMS recognized event. This year, the meet is being held on Saturday, September 13<sup>th</sup> in Shorewood, WI (the North Shore suburb of Milwaukee). Dave Clark is the meet director for the event. Registration ends on August 15<sup>th</sup>. There is a link to the Senior Olympics registration on the [www.swim-wimasters.org](http://www.swim-wimasters.org) website. A "USMS recognized" event means that the event is run according to USMS rules and times achieved by USMS members are reported to the USMS Event Rankings and eligible for USMS Top Ten consideration. Swimmers who are not members of USMS may also swim in the event. Encourage your friends to swim in the Senior Olympics meet so they can try out competition. Senior Olympics provides secondary accident insurance for the event. This differs from a USMS-Sanctioned event where all swimmers must be members of USMS and USMS provides the secondary accident insurance for the event. Senior Olympics has both novice events and masters events. Novice events are for swimmers that do not compete normally. The 50 sidestroke is one of the novice events. Masters events are for swimmers who regularly compete at meets and who want to qualify for the National Senior Games being held next summer in Minnesota.

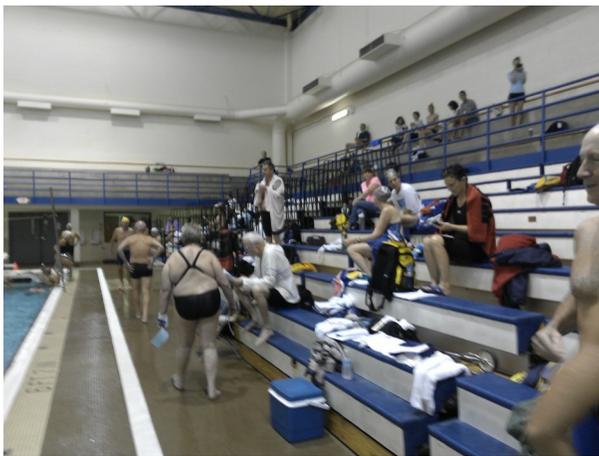
Two more national/international swim events are being held this summer. Ten Wisconsin swimmers are attending the FINA World Masters games in Montreal in the beginning of August, while ten other swimmers are attending the USMS Summer Nationals at the University of Maryland in College Park, MD in the middle of August. Here's wishing the best to the swimmers attending these events.

From September 17<sup>th</sup> to September 21<sup>st</sup>, in Jacksonville, FL, the United States Aquatics Sports Convention is being held. USMS holds its annual meeting for 4 days during the convention along with USA Swimming, USA Diving, USA Water Polo and USA Syncro. Seven Wisconsin delegates will be attending the convention. These individuals are Jeanne Seidler, John Bauman, James Biles, Elyce Dilworth, Suzi Green, Dave Clark and Jerry Lourigan. This convention is a working and  
(continued on page 9)

# LCM State Meet, June 21, 2014

by Mary Schneider

The long course state meet was held at the Walter Schroeder Aquatic Center on Saturday, June 21<sup>st</sup>, with 92 swimmers in attendance. It's always a challenge to swim fast so early in the long course season, but new state records still abounded with 16 individual and 2 relay records. The meet ran very smoothly, thanks to meet director Jeanne Seidler, with help from her husband and daughters. Contrary to popular opinion that awards don't matter, there seemed to be a constant line at the award table. Masters swimmers still like to revel in their achievements! Another interesting aspect of the meet was the number of relays. Most WMAC swimmers never have an opportunity to swim a relay with others their age, so this year, the meet director took the liberty of putting together as many relays as possible, after checking swimmers' availability. It was fun to swim with people you were sometimes meeting for the first time and from other parts of the state. Isn't having fun swimming and encouraging fellow swimmers what masters swimming is all about? Overall, it was a good day for all who attended, with a number of swimmers achieving personal best times, and some just swimming new events to see how they would do. Thanks to all who attended to make this another successful state meet.



Swimmers in the stands waiting to swim



Fast swimming in the 50 Free

## New State Relay Records

Event	Time	Swimmers
200 Free Relay Women 120-159	2:25.61	Kelly Wynns 48, Meghan LaPoint 31, Angela Hansen 43, Lindsey Gerszewski 30
800 Free Relay Men 280-319	16:17.44	Fred Salzmann 82, Alex MacGillis 86, Stephen Justinger 62, Dick Pitman 70

# The Passing of Peter Maternowski

By Dick Pitman

Madison Area Masters grieves the loss of Peter Maternowski, who passed away the morning of July 24. Although he was very involved with the Madison Open Water Swim, it will continue in the same spirit he infused in the event. Peter joined our East Y Masters group about 20 years ago, somewhat reluctantly. His quick wit and bright engaging personality made him a wonderful addition to our group. In our first Open Water Swim, on the north side of Lake Mendota (the big lake) in 2002, he was unable to swim because he had an arm in a sling, but he wanted to help. So, I asked him to be the timer. Standing in hip-deep water, Peter read the times off a stopwatch as swimmers passed him. Suzi Green recorded the times. We had about 40 swimmers that first year. The ideas for improvement usually came from Peter. A couple years later we moved the MOWS to Lake Monona, on the same course as the relatively young Ironman Wisconsin. Our numbers became substantial. At some point I suggested to Peter that he become the general manager of our event. Having a more financial background than the rest of us, he helped us to become profitable and we funneled some of our funds to aquatic programs in Madison. Last year he led us through an incorporation process. This probably would not have happened without Peter's knowledge and expertise. In the 12-year history of the Madison Open Water Swim, we have hosted two USMS National Open Water Swim Championships. Everyone in our organization in Madison is grateful to Peter for the pride he instilled in us, and the confidence to move forward without him.

## New LCM State Records

Event	Age Group	Time	Swimmer
50 Breast	25-29	33.23	Eric Johnson
100 Breast	25-29	1:10.61	Cy Mistry
200 Breast	25-29	2:44.24	Cy Mistry
50 Fly	50-54	30.63	Scott Richards
50 Back	60-64	33.45	Geoff Mykleby
100 Back	60-64	1:15.35	Geoff Mykleby
200 Back	60-64	2:56.15	Geoff Mykleby
200 Free	60-64	2:33.76	Barry Mandel
200 IM	60-64	3:06.99	Carl Millholland
400 IM	60-64	6:51.53	Carl Millholland
100 Fly	70-74	1:49.03	Dick Pitman
400 IM	70-74	8:02.17	Dick Pitman
50 Fly	85-89	1:15.77	Alex MacGillis

Event	Age Group	Time	Swimmer
200 Breast	35-39	3:10.56	Sarah Perez
1500 Free	50-54	22:40.86	Karen Kimple
200 Free	55-59	2:40.48	Melinda Mann

# Long Distance Corner

## 10 Mile National Championship

by James Biles, Wisconsin LMSC Open Water/Long Distance Chair, USMS Long Distance Committee

We are now midway through the Long Distance Season. Unfortunately, some forgot to tell that to Lake Michigan. Temps in our big pond continue to be in the high 40's to mid-50's. But I am sure most of you have found many smaller and warmer lakes to swim in. It's time to put your game face on and go out and compete in some races! Nearby swims include the Madison Open Water swim in August and Big Shoulders (Chicago) in September. See "swim-wimasters.org" for additional information. Big Shoulders is already sold out so register now for the Madison Open Water Swim before it sells out!

I write this sitting on a hotel bed, totally exhausted from a vigorous 10 mile swim. The 10 mile national championship was held this morning (7/26). Lake Minnetonka was calm and serene, enticing us to start our long journey – how I hate her! On the serious side, Wisconsin has **two national champions!** Congratulations go out to Melodee Nugent for winning the women's 45-49 age group with a time of 4:25:10. Melodee was the second female to finish and the fifth overall finisher. As for our other National Champion, he won the men's 50-54 age group, was the second male to finish and also the second overall finisher with a time of 3:48:12 (only finishing behind a young swimmer 30 years his junior). I won't mention any names as it could seem self-congratulatory or self-absorbed depending on your point of view.

We are also midway through the time frame for the 5k and 10k e-Postals. You have until Sep 15<sup>th</sup> to find a 50m pool and swim your event. I have already swum both and entered. Jeannie just swam her 5K last week as well. Registration is done strictly on-line from now on for all e-postals. Mail-in entries are no longer accepted. See USMS.org for more information and the entry link. Please feel free to email me at [swimmingfit@gmail.com](mailto:swimmingfit@gmail.com) with any questions. The remaining USMS National and FINA World Championships are listed below. See "usms.org" for additional information.

### 3-6 Mile Open Water National Championship (5K)

Elk Lake, Bend, Ore., August 3

### FINA 3K World Championship

Olympic Rowing Basin, Montreal, Canada, August 10

### 2-Mile Cable

Mirror Lake, Lake Placid, N.Y., August 16

### 6-9 Mile Open Water National Championship (10K)

Lake George, Hague, N.Y., August 23

### Speedo-USMS 5K/10K Postal National Championships (50 meter pools only)

May 15–September 15

### Speedo-USMS 3000/6000 Postal National Championships (25 yard or 25 meter pools only)

September 15–November 15



James Biles and Melodee Nugent  
Open Water Age Group Champions

# Training for a Marathon Swim

By Melodee Nugent

Many people ask me, “How do you train for a marathon swim”? A marathon swim is any distance over 6.2 miles (which is the equivalent of running a 26.2 mile marathon). Over the years, I have steadily increased the distances of my races. My first open water swim was in Lake Amy Belle back in 1997. This was followed by a 3-mile swim in the Racine Quarry (2000), a 5-mile swim in Lake Minnetonka (2006), an 8+ mile swim in 2009 for “Swim for Freedom” in Lake Geneva and then a 15.5 (25k) mile swim in Noblesville Indiana in 2011. I thought I was prepared for this last swim, but I definitely was not. I was able to complete the event, but I was completely wiped out and thought I would never need to do anything longer than this again.

A few months after the 25K, a friend asked me about a 27-mile swim in North Dakota. I thought about it for a week. I called a marathon runner friend and contacted a marathon swimmer and both provided me with valuable insight. I decided to go for it and found out what I needed to do, which was; I needed to train more. I was told that weekly training should be close to your target swim distance for 3-4 months and then you should have one training swim that is 60-75% of your total distance within a month prior to the swim.

Since I have always kept track of my daily swim distances, I plotted those numbers for the training I did for the 25K to use as a baseline (of what not to do). From my figure, you can see in blue the training I did for the 25K, plus 3 other swims (12+ miles or more) I have done since then. You can see the peak around 4 weeks prior to the swim and then the taper begins. Recently, I have been tapering closer to 3-4 weeks before the swim. Of course, there can be highs and lows due to normal life stresses and sickness.

Now I know you are thinking, “How can she swim that much - that has got to be boring!” I would say that I am much more focused once I have something on the calendar. I know what distance I want to accomplish on a particular day. I swim a long warm-up including drills and a kick set. At the beginning of the week, my main set usually starts off with a shorter number of sets with longer distances and as the week progresses; I increase the number of sets and decrease the distance. For example, as I approach my peak, I might start the week with 2\*2000, 1500, 1000, 500 and at the end of the week it might be something like 6\*600, 500, 400, 300, 200, 100. I always do descending sets because it helps me see the light at the end of the tunnel. I also decrease the times for each swim set. This has proven to be helpful, especially since I just reviewed the results from the 10-mile swim I participated in this weekend for the USMS Championship. Out of the 25 swimmers that completed the 10-mile swim, there were no swimmers that had a negative split, but I was the first swimmer with the shortest time between the two 5-mile swims (2:10.45 first 5 miles and 2:14.25 for the second 5-miles). I must be doing something right!

I am fortunate to be able to swim once a day. The **Wisconsin Athletic Club** where I swim opens at 4:00am and I can come into work late in order to finish my training. This is very helpful. Sleep is very important and I go to bed early, sometimes as early as 8:00, in order to get up at 3:00 so I can be at the club by 4:00. I beat all the traffic getting my 30 minute drive in to the club (which is right across the street from work). My **Finis SwiMP3** player helps me get through the long swims.

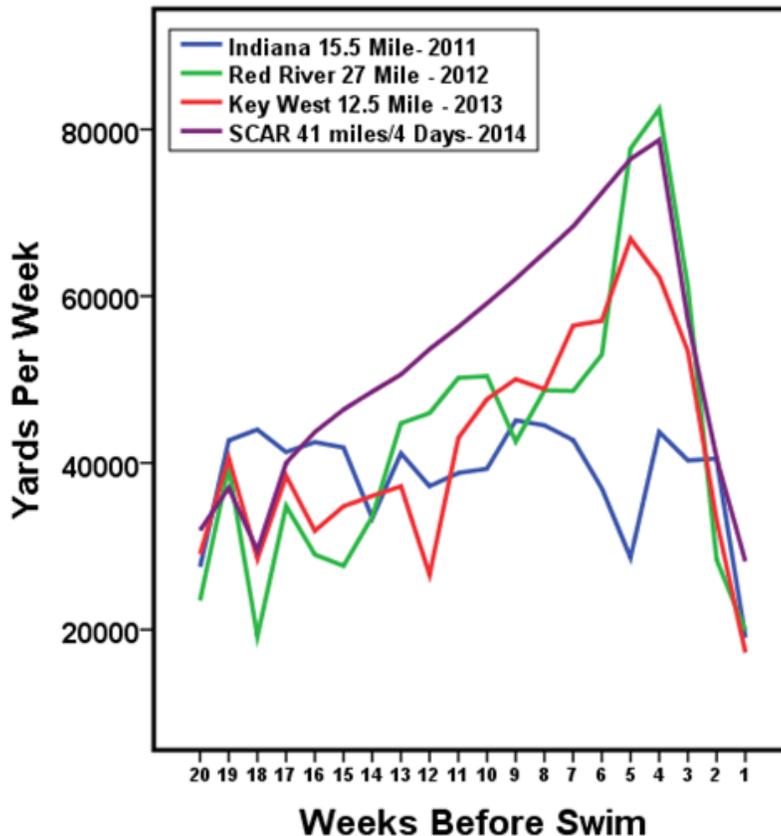
I also learned that for my nutrition during the swims, I need caffeine. I am not a soda or coffee drinker, but found out that it really does help give the body a boost during a race. I start off with my custom endurance drinks that are loaded with protein, electrolytes and calories. Then I switch off to my custom caffeine drink. **Infint** nutrition has a neat website and after you talk to a consultant, you can adjust your formula based on your needs using a slider bar for 7 different components (flavor, calories, protein, electrolytes, amino acids, carbs and caffeine). (continued on p 6)

(Training for a Marathon Swim continued)

After I have a couple feedings with caffeine, I switch back to the endurance mix. The feedings are 30 minutes apart.

With marathon swimming, an escort is required for swimmer safety. This is good because they are your eyes and ears for the swim, which means you don't have to do any sighting. You let them know where you would like them to be during your swim. For me, that is on my right (my breathing side), about 5 feet away and parallel to me.

With any endurance event, the amount of time you train is critical to the event. You have to put the time in your training, in order to be successful at your swim. After following my graph and peaking at the right time, it works for me. Since the 25K where I felt awful afterwards, I have had wonderful experiences with all the swims since then and enjoy every one.



## Camp Minikani Open Water Swim

by Mary Schneider

Saturday, July 19, was the date of a developmental open water swim at the YMCA's Camp Minikani on Amy Belle Lake. It was a beautiful, sunny day, with a perfectly cool water temperature for swimming. Both half-mile and one mile swim events were offered. Six WMAC swimmers participated in the event. It featured an in-water start, with one-loop for the half-mile swim, and two loops for the one-mile swim course. This very low-key race allowed people to experience swimming in open water in a calm lake, without the bumping and water churning of a more major event. Even though I've been swimming for a number of years, open water has a very different feel than a pool. I decided I would take a relaxed pace, since I had no idea what a mile would be like. I must say, I didn't have any problem with the distance, and enjoyed the feeling of moving through the water without walls or constraints.

## Post Nationals Celebration

by Mary Schneider

On July 20, a post-nationals celebration party was hosted at the home of Dave Severance. The highlight of the gathering were pizzas cooked in an outdoor wood-fired oven. Accompanying the pizzas were additional dishes and goodies. Along with traditional pizzas, there were even a few dessert pizzas with chocolate and marshmallows. Swimmers, spouses, and children all enjoyed the early evening gathering, with good conversation, which of course turned to swim training, open water swims, and even triathlons. Swimmers are always looking for that next challenge. The party was a great way to celebrate another successful year of swimming, take in the hard fought for 5th place banner from nationals, relive some exciting swims, and talk of exploits for next year. WMAC is hoping for a large turnout of swimmers in 2015 to swim in San Antonio, TX April 23-26. Put it on the calendar now, and plan to join the team! Anyone can swim 3 events plus relays, even if you don't have any time cuts.



Cooking by the hot oven. That's a hot fire!



Eating and conversing.

## Elmbrook Open Water Swim

by Mary Schneider

On July 12, the Elmbrook Masters held an open water swim and post-swim luau on Pine Lake, hosted by Julie Van Cleave. This has turned into an annual event, and this year was the biggest turnout ever, with about 20 swimmers. Spouses and guests manned the accompanying pontoon boat and kayaks. The water was cool, clear, and calm, a perfect combination for swimming. The group stayed together to increase our visibility to boats. A few swimmers used the ISHOF SaferSwimmer orange float. After the swim, everyone feasted on the luau, with Hawaiian style pork, traditional Hawaiian potato salad, chips, beans, beverages, and cupcakes. Good thing we swam before we ate! It was a wonderful day to celebrate swimming, eating, and comradery.

## Summary of 2013 All-Americans

In 2013, WMAC saw 10 individual All-Americans, and an additional 25 relay All-Americans. Being an All-American means the individual or relay had the fastest time in the event in the year. Congratulations to those who achieved this status.

### Short Course Yards

Event	Age Group	Time	Swimmer
50 Free	W 18-24	23.65	Rebecca Thompson
1500 Free	W 18-24	20:19.24	Molly Woodford
400 IM	W 55-59	5:24.18	Laurie Alioto
50 Breast	W 55-59	34.15	Melinda Mann
200 Breast	M 18-24	2:32.99	Cy Mistry
50 Back	M 25-29	21.90	Adam Mania
50 Back	M 60-64	27.67	Geoff Mykleby
100 Back	M 60-64	1:00.26	Geoff Mykleby

### Long Course Meters

Event	Age Group	Time	Swimmer
200 Breast	M 18-24	2:32.99	Cy Mistry
200 Back	M 25-29	2:16.33	Kevin Ewald
50 Back	M 30-34	25.13	Adam Mania
100 Back	M 30-34	55.30	Adam Mania
50 Breast	M 75-79	44.09	Bela Sandor

### Long Distance All American

Long Distance	M 50-54	James Biles
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(On Deck, continued from page 1)

administrative convention. New rules are proposed for USMS, and these rules are then voted on by the delegates.

This is also the meeting that sets the 2016 national championships locations.

On the first Saturday following the convention, the Wisconsin LMSC holds its Annual Meeting. The location for the meeting will be announced on the [www.swim-wimasters.org](http://www.swim-wimasters.org) website. All Wisconsin swimmers are invited to attend the annual meeting. Officers are elected for the coming year and the 2014-2015 swim meet schedule is approved.

If you've never entered one of the USMS ePostal National Championships, this could be your summer to give the 5K/10K ePostal National Championships a try. The catch with the 5K/10K postal is that one must find a 50 meter pool in which to swim the event. In southeast Wisconsin, there are two municipal outdoor public 50 meter pools (Wilson Park and Brookfield's Wirth Park). The other catch is that the swimmer needs an open lane for the duration of the swim so there is no interference with the swimmer. I swam the 5K on July 24<sup>th</sup>. James Biles swam the 10K on July 17<sup>th</sup>. The USMS 5K/10K runs until September 15<sup>th</sup>. If finding a 50 meter pool is not possible, USMS has a 3000/6000 yard ePostal that runs from September 15<sup>th</sup> to November 15<sup>th</sup>, and can be swum in either a 25 yard or a 25 meter pool. Why not try the 3000 yard swim. It is less yardage than the 5K swim.

In this newsletter, there is an article from the June 21<sup>st</sup> LCM Champs meet. We had 92 swimmers register for this meet. Last year we had 91 swimmers. All the feedback from the meet was positive. I hope we will again be able to have the meet in June of next year. There is such a high demand from age group teams for meets in long course pools that we are fortunate to have a date for the long course meet. If you attended the meet and have any feedback, please e-mail me.

Finally, on the weekend of August 9<sup>th</sup>-10<sup>th</sup>, the USA Triathlon National Age Group Championship is being held in Milwaukee. Several Wisconsin Masters swimmers are competing in this triathlon. If you're competing, please send me an e-mail so we can include your results in the next newsletter. And for those of you who are competing in this national event, please swim fast, bike fast and run fast.

## 2013 Relay All Americans

Event	Age Group	Time	Swimmers
400 Free Relay	Womens 18+	3:54.96 SCY	Rebecca Thompson, Christina Wright, Bailey Nennig, Susanne Paasch
200 Free Relay	Men 18 +	1:24.10 SCY	Kevin Ewald, Adam Mania, Eric Johnson, Philip Davies
400 Free Relay	Men 18 +	3:05.97 SCY	Kevin Ewald, Adam Mania, Eric Johnson, Philip Davies
400 Medley Relay	Men 75+	7:41.87 SCY	John Bauman, Bela Sandor, Alex MacGillis, Tom Michelson
800 Free Relay	Men 65+	10:08.50 SCY	Greg Hollub, Dick Pitman, Mike Ziniel, Art Luetke
200 Medley Relay	Men 240-279	2:12.99 LCM	Kevin Welton, James Dannenberg, Brad Horner, Dean Fochios
800 Free Relay	Men 160-199	9:30.77 LCM	Zach Newcomer, Mark Pfaltzgraff, David Dallmann, James Biles
400 Medley Relay	Men 320-359	9:05.30 LCM	John Bauman, Alex MacGillis, Doanld Jackson, Tom Michelson
800 Free Relay	Men 320-359	18:58.07 LCM	Doanld Jackson, Alex MacGillis, Tom Michelson, John Bauman
400 Free Relay	Mixed 72-99	4:22.90 SCM	Christina Balcer, Carl Kaiser, Mike Bentley, Carly Meuer
800 Free Relay	Mixed 72-99	10:17.51 SCM	Christina Balcer, Carl Kaiser, Mike Bentley, Carly Meuer

## The Physical Benefits of Swimming

This is an article taken from the USMS site, written by Laura Joes, that cites the benefits of swimming throughout one's life. If you would like to read more, here is the link <http://www.usms.org/articles/articledisplay.php?aid=1937>. Sometimes we all need a reminder why we swim. Look around at WMAC swimmers. We come in all varieties, skill levels, and ages. We swim because it makes us feel better and more confident.

- Lowers blood pressure
- Reduces bad cholesterol and raises good cholesterol
- Aids in weight loss and weight maintenance
- Is easier on the joints than impact sports
- Benefits your immune system
- Preserves and improves functional capacity
- Strengthens muscles thanks to the greater resistance of water
- Makes your heart a better and more efficient pump
- Improves flexibility
- Slows down the aging process
- Reduces your risk for heart disease and diabetes
- Reduces chronic pain, particularly from arthritis
- Improves muscle imbalances
- Develops lung capacity and helps COPD and asthma
- Exercises nearly every muscle in the body, especially if you swim all four strokes
- Lowers cortisol
- Improves sleep
- Allows you to exercise when pregnant
- Eliminates the risk of falling or being hit by a car

**N e x t   N e w s l e t t e r   D e a d l i n e   w i l l   b e   S e p t   2 4**

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