

# Wisconsin Masters Swimming

August/September 2019

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## From the Chair...

Greetings Fellow Masters Swimmers!

This has been a busy summer with the LCM State meet, open water swims, and triathlons. I hope many of you have participated in at least one of these events. If not, there is still time to register for the Madison Open Water Swim (MOWS). The entry deadline is August 9, at 5:00 pm. Online registration can be accessed at [https://www.clubassistant.com/club/form/register\\_now.cfm?c=1259&smid=11527](https://www.clubassistant.com/club/form/register_now.cfm?c=1259&smid=11527). There is also the Swim 4 Freedom 3 mile individual or relay open water swim in Lake Geneva on August 4. Information is contained in this newsletter.



The Wisconsin Senior Olympics SCY competition will be held at Shorewood High School on September 7. Registration closes on August 14. This is a USMS approved meet. The registration link is <https://wisconsin.nsga.com/registration/1077/website/>.

Wisconsin Masters will begin its short course yards season at the beginning of November, with the first meet being held in Baraboo, WI. Please consider attending this meet, as the location is centralized, and the pool is fast! It's a well-organized

*(Continued on page 2)*

## Annual WMSC Meeting Announcement

The Annual Meeting of the Wisconsin Masters Swim Committee (WMSC) will be held on **Saturday, September 28, from 9:00 am until 12:00 pm**, at the Aurora Medical Center in Summit, 36500 Aurora Dr, Summit, WI. Elections of Officers will take place at the meeting. A slate of candidates will be presented by email. If you are interested in serving Wisconsin Masters Swimming in some capacity, please email Mary Schneider at [WChair@usms.org](mailto:WChair@usms.org).

# Preliminary Top Ten SCY Ranking Released

Preliminary Top 10 Rankings for the SCY Season (June 1, 2018 to May 31, 2019) have been released. Thumbs up to the following Wisconsin Swimmers:

Morgan Fischer, Jenny Holtzen, Kelsey Hojan-Clark, Sharon Taylor, Erin Schneider, Sarah Perez, Trina Schaetz, Melinda Mann, Laurie Alioto, Ann Berries-Olivotti, Candy Christenson, Carol Reinke, Samuel Bowman, Tyler Hines, Criag Frederiksen, Cy Mistry, Andrew Babcock, Steele Whowell, Darryl Stich, Mark Steinhafel, Thomas Grisa, Dean Fochios, Geoff Mykleby, Tom Meehan, Fred Salzman and William Payne.

So far #1 rankings are **Kelsey Hojan-Clark** (200 Fly), **Trina Schaetz** (50 Breaststroke), **Craig Frederiksen** (1650 Free) and **Geoff Mykelby** (100 Backstroke)

Wisconsin swimmers also racked up 21 preliminary Relay Top Ten Records.

**Note: If you are planning to order a [Top Ten Patch](#), you will need to wait for final results released in late August.**

## Wisconsin Individual Rankings:

<https://www.usms.org/comp/tt/toptenlmsc.php?Year=2019&CourseID=1&LMSCID=20>

## Wisconsin Top Ten Relays:

<https://www.usms.org/comp/tt/toptenrelaylmsc.php?Year=2019&CourseID=1&LMSCID=20>

## Wisconsin Senior Olympics, September 7

The Wisconsin Senior Olympics will be held September 7, at Shorewood High School. This is a USMS recognized meet.

There is still time to register for the meet, but the deadline is August 14. For meet information, click: <https://www.wiseniorolympics.com/page/Swimming-x-7760-41-15589.html>.

To register, click: <https://wisconsin.nsga.com/registration/1077/website/>.

*(From the Chair, continued from page 1)*

meet, and the comradery at one of the local restaurants is a good occasion to get to know some of your fellow masters swimmers. The stories of competing against your nemesis, or a younger swimmer drive us to a different level of competition. Make those goals now and see how close you can come. Keep the excitement going!

USMS long course nationals is coming up soon, and Wisconsin has seven competitors attending the meet in Mission Viejo, CA, August 7 -11. They are Jane Dillon Stewart, Dean Fochios, Larry Mueller, Carl Millholland, Mary Schneider, Jeanne Seidler, and Mindy Seidler. Search for swimmer results at <https://www.usms.org/events/national-championships/pool-national-championships/2019-pool-national-championships/2019-summer-national-championships>.

Remember the Wisconsin Masters Swim Committee Annual Meeting on Saturday, September 28, at the Aurora Summit Hospital. Election of Officers will take place at the meeting. If you have any topics you would like to see discussed, please contact me at [WChair@usms.org](mailto:WChair@usms.org).

Lastly, a group of officers and committee chairs from Wisconsin will be attending the USMS Convention in St. Louis September 11-15. There are a number of proposals being brought forth and voted on. Our group will bring back that information, which will be disseminated to our members. We will also be given information about hotels for short course nationals in San Antonio, TX, April 23–26, 2020. Please save the dates, and strongly consider staying together with the team at the chosen hotel.

**Mary Schneider**  
**Wisconsin Chair**

# Open Water / Long Distance Swimming

## Mary Jo Driscoll



## Time to Jump in a Lake (or River)!

Summer is winding down (say it isn't so!) but there are still plenty of opportunities to swim in open water. Here are the remaining events for the summer:

### USMS Sanctioned events

**Cream City Classic** (Milwaukee River) – Saturday August 10<sup>th</sup> <https://www.creamcityclassic.org>

**Madison Open Water Swim** – Saturday August 17  
<https://www.swimmows.org>

### Non USMS Sanctioned

**Pointe to La Pointe Swim** – August 3  
<https://www.recreationandfitnessresources.org/point-to-la-pointe.html>

For other Midwest Open Water Swims click: <https://marathonswimmers.org/swim-calendars/midwest/>

USMS Sponsored National Championship Open Water Events are also held at various locations throughout the summer. For more information please see the following link:

<https://www.usms.org/events/national-championships/open-water-national-championships/2019-open-water-national-championships>

## Still Time to Complete the E-Postal Event

There is still time to complete the USMS E-Postal event. The event runs through September 15<sup>th</sup>. Information and registration can be found at the following link:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1246&smid=12291&\\_ga=2.95775257.40260194.1558362372-1674396412.1557502906](https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=12291&_ga=2.95775257.40260194.1558362372-1674396412.1557502906)



Devils Lake Age Group Winners: Craig Frederikensen, Carl Millholland and Julie Van Cleave. Craig was the overall winner in the 2.4 Non-Wetsuit Division.

# Swim 4 Freedom, Lake Geneva

Wisconsin Masters swimmer, Steele Whowell, will be hosting the 11<sup>th</sup> annual Swim 4 Freedom open water swim on Lake Geneva, on Aug 4<sup>th</sup>. All proceeds are donated to the Special Operations Warrior Foundation, which provides college scholarships to the children of special ops service members killed in the line of duty, support and counseling for surviving family members, and financial assistance to a severely wounded special ops member to enable family members to visit. For more information click, <https://swim4freedom.org/>. If you are not able to swim, but wish to donate to the cause, there is a link on the page for that. For more information on the Foundation, click this link, <https://specialops.org/>.

## Special Report from Melodee Nugent, Fitness Chair

2009 was the first year of my swim across Lake Geneva. A small group of us met at Big Foot Beach Park and jumped into the water and swam to Fontana on the other side of the lake. At the time, this would be my longest swim at 8.2 miles.

It is now 2019, the 11th year after this first swim. It is now a much bigger event put on by USMS member Steele Whowell and his family. The swim now is part of a fundraiser named, "Swim 4 Freedom". Since its inception, this event has raised over \$300,000 for [Special Operations Warrior Foundation](https://specialoperationswarriorfoundation.org/) (SOWF).

Each year this event has steadily grown with more participation and fundraising results. More swimmers, more sponsors — all getting together for a great cause. Members from the Foundation and young adults who have benefitted from this event now attend this gathering each year to show how this swim has benefited them and its importance.

With this in mind, I have thought about doing a double crossing of Lake Geneva for about three years. I have done other marathon swims (any swim over 6.2 miles) in different states and different distances. However, I had to have my hip replaced due to hip dysplasia in May 2017. I recovered from this surgery and continued to swim. Then last November, I had to have a second surgery on the same hip and recover from that as well. I am very thankful that swimming has been my chosen sport because the water will always be there for me. I decided this "was the year" to do the double crossing of Lake Geneva. We have many lakes in Wisconsin and I thought I should take advantage of this beautiful lake so close to home.

I have swum Swim 4 Freedom every year and I am hopeful with the double crossing, I can continue to support this very inspiring cause with a challenging swim. I am proud and humbled to participate in this event since its inception.



## Chicago Marathon Swim Relay

Melodee Nugent, Correspondent

I was invited to participate in a Chicago Marathon Swim Relay that started on July 18th, and I always jump at the chance for any relay swim because they are so much fun. This was my fourth relay swim. I always cherish the friendships I make on these events.

The event was organized with three relay teams: all women, all men and a mixed relay (3 women and 3 men). I was on the mixed relay with all Illinois swimmers: Nick Solomon, Evan Kane, Andrew Walberer, Hannah Meyer, Qing Li and me. We started at 6:00pm in northern Chicago and swam 26 miles to southern Chicago (Calumet Beach). We followed official “channel rules” of open water swimming, which means only swimsuit, cap and goggles (no wetsuits). Each swimmer swam for a one-hour shift. I was the second swimmer for our relay, which means my shifts were 7:00-8:00pm, 1:00-2:00am and 7:00-8:00am. We had a window of three possible days for the relay, but the first day in this window looked the best.

My first leg of the relay was rough with 2-3 foot swells and a water temperature of low 60 degrees. It took me a couple minutes to get acclimated to the water and waves. My second leg in the dark was so peaceful with smoother waters, I really do like swimming in the dark. Finally, my third leg went well as we headed to the finish, with a time of 15 hours and 25 minutes. We experienced variable winds and water temperatures and lots of different waves. Our relay team rocked—the only team to finish the entire course!

Here is a wrap-up from event organizer Marcia Cleveland, whom I have known for many years through swimming: “Open water swimming is always an adventure—and often—very hard. The pleasure of a swim is the memory of the experience and valuing what you did. I guarantee you, when you look out on Lake Michigan from Chicago, you will never view it in

the same way again. It may take you days, weeks, or months to come to this understanding but it will dawn on you at some point. In open water, I never enter an event with the notion that finishing is the only thing that matters. I know many highly-experienced open water swimmers encounter factors out of their control during a swim that causes them to not “finish” for many reasons. But the ones that continue always cherish what they actually did—goal or no goal— and remember the experience itself forever. You all finished even if it wasn’t the original spot we planned.”



Melodee and Relay Team on the Big Lake off the Chicago Shoreline

### Have You Done Something Interesting?

Have you had an interesting swimming experience this summer. Travel? New events like a Chicago Marathon Swim Relay? Maybe something later this year, such as your first experience in Big Shoulders?

### Let's us know about it!

Drop an email to the Wisconsin LMSC Newsletter editor at: [WIEditor@usms.org](mailto:WIEditor@usms.org)

# 2019 Wisconsin Long Course Championship

35 men and 26 women from Wisconsin, Illinois and Minnesota gathered at the Walter Schroeder Aquatic Center in Brown Deer for the State Long Course Championships on June 15th. While the weather outside wasn't exactly summery, the action indoors was hot!

Shout-out to **Rachel Traylor**, who broke both the 400 and 800 Freestyle LCM records in the Women's 30-34 age group. The 400 Free record has been on the books since 1999 and the 800 Free record since 2000.

Congratulations to **Tom Whowell** set new records in the M45-49 50 and 100 backstrokes.

And two Wisconsin state relay records were also set at the championship meet. Congrats to **Larry Mueller, Carl Millholland, Dave Watts and Greg Hollub**, setting a new Men's 400 Freestyle relay record by 0:43 seconds, and **Scott Conley, Mindy Seidler, Bobby Wu, and Julie Van Cleave** who established a new Mixed 160-199 800 freestyle record that will be hard to beat.



World Record Breaststroke Swimmer, Peder Dahlberg

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The big news of the meet were two World Record swims by Illinois' **Peder Dahlberg**, setting records in the Men's 70-74 50 and 100 breaststrokes.

Peder last earned the world masters records in these events in 1991 & 1992 in the M40-44 age group. Fast forward 28 years and Peder is the new record holder in the M70-74 age group. Later in the year, Peder set the World Record in 200 LCM breaststroke. According to the USMS archives, he was the coach for the Spanish Olympic team in 1976.

Fans of the Conley/Millholland rivalry may note that Conley crushed the other guy in the 800 Free by :37 seconds.



Mixed 160-199 800 LC Meter Freestyle Relay Record setters  
Mindy Seidler, Julie Van Cleave, Bobby Wu and Scott Conley

# National Senior Olympics, Albuquerque, NM

Mary Schneider, Correspondent

In June, 5 Wisconsin Masters swimmers participated in the National Senior Olympics in Albuquerque, NM.

This year, almost 14,000 athletes competed in 20 different sports for the Senior Olympics. The swim competition was especially tough, with athletes coming from all over the US. The altitude of 5,200 feet was an added factor, affecting some swimmers more than others. The city of Albuquerque put out the welcome mat for all the athletes, and residents were especially cordial. The swimming took place in two sessions, with the 70 and over age groups swimming in the morning, and the 50 to 69 age groups swimming in the afternoon. The meet ran well, and it was interesting to talk to swimmers from different locations. Timers cheered for “their” swimmer, which helped to keep going when you were short of breath! One timer even timed on her birthday, and said all us swimmers were so inspiring to her, she felt compelled to help out.



Francisco Lopez, churning up the pool at the Senior Olympics

The swimmers who attended were Bill Payne, Carol Reinke, Jane Dillon Stewart, Francisco Lopez, and Mary Schneider. Of the group, **Bill Payne** came home with the most gold. He took first place in the 200 Free, 100 IM, and 500 Free, with second places in the 50 Free and 100 Free.

**Carol Reinke** took gold in the 100 Breast, took 2nd in the 200 Breast, and placed in her other events, the 200 Free (5th), 100 Back (4th), 50 Back (4th), and 500 Free (6th). Jane placed 2nd in the 50 Back, 3rd in the 100 Back, and placed in her other events, 100 IM (5th), 50 Fly (4th).

Francisco did not place, but swam the 200 Free, 100 Free, and 500 Free. Mary did not place either, but swam the 200 Free, 50 Breast, 100 Breast, 200 IM, 50 Fly, and 500 Free. However, she also competed in the sprint Triathlon held at Cochiti Lake, near Santa Fe, and placed 8th after completing a very tough course.

The National Senior Olympics are held every other year, and the next one will take place in Ft. Lauderdale, Florida.



Jane Dillon Stewart and Carol Reinke in Albuquerque

## Tom Whowell Continues Assault on Wisconsin Records

Following the Wisconsin State LCM Championships, the Munster (Indiana) Masters club held a LCM meet, and **Tom Whowell** was there to represent the Badger State. Breaking his own 50 LMC backstroke record, Tom swam 0:30.18. In the 200 LCM Backstroke (45-49) Tom swam at 2:29.47, setting a new state record and winning his age group. Congrats, Tom!

EVENT 4 Mixed 200 Meter Back  
1 Heat | 5 swimmers  
8:45 AM Completed

Finals - Results (Unofficial)

Men 45-49

PLACE 1 Tom Whowell | 2:29.47  
WMAC-20 | 49 | TIME  
Dropped: - 7.22

EVENT 11 Mixed 50 Meter Back  
3 heats | 17 swimmers  
9:47 AM Completed

Finals - Results (Unofficial)

Men 45-49

PLACE 1 Tom Whowell | 30.18  
WMAC-20 | 49 | TIME  
Dropped: - 0.59

Next Newsletter Deadline will be September 19th

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