



SWIM-MASTER

VOL XII - No 4

USA NATIONAL PUBLICATION FOR MASTERS SWIMMING

MAY 1983

MASTERS SWIMMING FOR HEALTH AND VIGOR!!

by Joseph Schultz, Director Westmont Park District, Chicago Masters Swim Coach

Park Districts and/or agencies across the country are rapidly discovering a new recreational activity which can be offered to that difficult-to-program age group: men and women 25 years of age and older. Although many people may visualize a competitive swimmer as a sleek and muscular teenager, more and more people are beginning to see the sport of competitive swimming as a healthful and enjoyable activity for persons past the tender years of adolescence. The term "Masters Swimming" is the name endorsed by the AAU in 1971 for the age-group swimming program for adults. Park districts with swimming facilities would do well to consider including a Masters swimming team in their aquatic programs for many very good reasons.

First, the program has proven to be very enjoyable for the participants; a factor which is obviously a prerequisite for the success of any activity or sport. Because the Masters are usually combined into a team (which may be quite small) there quickly develops a camaraderie which many swimmers relish as much as the swimming itself. Also, teams compete among themselves at practice sessions and against other teams at regularly scheduled Masters swimming meets; which add greatly to the enthusiasm of the participants. Trophies, medals and ribbons enhance the personal satisfaction derived from individual hard work and team effort.

In addition to the pleasurable aspects of competitive swimming, the health benefits of a regulated swimming program have been proven and are indisputable. Obviously, swimming is vigorous physical exercise, but it is more than just that. Swimming is the ideal form of exercise because it involves all of the muscles of the body. Swimmers are not subject to the injuries and numerous ailments which plague participants in other sports, such as running, tennis, gymnastics, or football. More importantly, swimming has been proven to be a serious deterrent to that great killer of the middle-aged, coronary disease! Also, evidence has been documented which demonstrates that competitive swimming, among adults, actually delays the aging process. All

of the criterion which doctors use to measure the physiological age of the body demonstrated that the typical 49 year old Masters swimmer was significantly younger health-wise than the typical non-swimmer of the same age. So, besides keeping the body trim and firm, this activity can actually lengthen your life.

Setting up a Masters swim program can really be as simple or as involved as you care to make it. The number of swimmers need not be large, and if no regular coach is available, perhaps a knowledgeable member of the group could serve as a combination coach/swimmer. If your group is very large then of course, you would want to make the entire pool available to them regularly. For a small team (about fifteen or less) however, simply roping off two lanes of the pool for Masters swimmers will probably suffice. Work out times should be left up to the swimmers as much as possible. Usually they opt for early morning or noon work-out times, or some other arrangement which doesn't interfere with normal working hours. Masters competition is open to anyone possessing a USMS Registration card, which are available from the USMS Registration Chairman of your district.

The enthusiasm of starting a training program must be buffered with caution however. Progress in both distance and speed should always be achieved gradually. The swimmer starts at his own endurance level and should never press himself to exhaustion. For most people, however, progress occurs at a pleasingly rapid rate. Swimmers should be encouraged to secure a physician's consent before embarking upon the competitive swimming course, just as should be done by anyone considering starting any strenuous physical exercise.

The Masters swim team can be a great asset for any aquatic program. Adults are actively involved in swimming, instead of being spectators or merely parents of young swimmers. This can be a boon to the park district in many ways. Support for bond issues, citizens action groups, plus increased revenues from swimming meets, are just a few of the ways that come to mind. Physical exercise is vital to good health, and Masters Swimming insures that exercise doesn't stop after high school or college.

###

For some, swimming is a second love

■ Results, 2-C

By RICK STROUD

St. Petersburg Times Correspondent

swimming

Lisa Woodman will leave the Southern Region masters swimming meet with more than a handful of medals, but a national title still seems out of reach. Like so many others who discover the pool sometime after their youth, Woodman spent most of her life playing another sport.

In the water the confidence sinks, but natural ability keeps putting her back on the winning platform.

"I've never had a background as a swimmer," Woodman said after finishing the women's 200-yard freestyle for the Gold Coast masters team. "I don't think I could ever win a national title. Those go to the people who have been swimming all their lives."

Woodman is not one of them. In her hometown of Hampshire, England, she helped her

Queen Anne's tennis team to a Junior Wimbledon title. After graduating from college she wanted to see the world and was hired as a deckhand on a small sailboat which made trans-Atlantic trips. Several years later Woodman was living on a boat in the Caribbean when she met her husband Ron, a travel writer for *Playboy* magazine.

The marriage brought her to Miami, where Woodman owned a tennis school. But seven years ago she grew tired of watching her children swim and decided to join them. Three years later, she finished second at the nationals in the 1,650-yard freestyle.

And even at age 40, Woodman is looking for more challenges.

"Even though I don't do it particularly well,

I love the fly stroke," Woodman said, despite having won six titles Friday and Saturday in freestyle events. "It's particularly hard to learn it this late, it's one of those things you need to learn when you're young. You've got to have a gut check every time you do it."

When it comes to endurance, Woodman has all the credentials. Marathon running is another hobby and friends will tell you she is capable of breaking the 10-kilometer record for her age group. Later this year, Woodman will put her youthful body through a triathlon test at the Iron Man competition in Fort Lauderdale.

"The only thing about it is that with swimming and running you can depend on yourself," Woodman said. "But with the bicycle, anything can happen."

"When you're 40, you have to think about conservation. Let's face it, we're doing this for our health and our looks, and it can take away from both. Plus I'm a little vain anyway. I don't want to ruin my legs."



(1) GOLD COAST MASTERS SWIMMERS - Lisa Woodman, Laurie Emerson, Patti Smith; (2) ST. PETERSBURG MASTERS - Eugene Jennings, June Augustine, John Augustine; (3) HAPPY TO TURN 60 - Peg Morrison; (4) SWIMMING FAMILY - Anne Grams, Billy and Bill Grams; (5) ALL THE WAY FROM TRINIDAD - Joey Kaufmann; (6) CENTRAL FLORIDA - Jack Beattie; (7) SOUTH CAROLINA WHIRLWIND - Nick Berenyi; (8) INDIAN RIVER'S FINEST - Peter Jurczyk and the Mrs.; (9) OFFICIAL & SWIMMER - Frank Tilliston; (10) NATIONAL RECORD BREAKER - Bill Dorney (11) FLORIDA ASSOCIATION CHAIRMAN - John Maguire.



First Person

Swimming the Channel

ASHBY T. HARPER '39

THINGS HAD gone well all day, but as it grew dark last August 28 the scene became eerily reminiscent of one that had taken place a year before. On August 9, 1981, I had set out to swim across the English Channel, from Dover, England, to Cape Gris-Nez, France, 21 miles away, with my wife and Pete Barney, the Albuquerque Academy swimming coach, traveling alongside on a 20-foot fishing boat. For six hours my stroke rate held steady ("like a metronome," they told me later) at 60 per minute, I was averaging two miles per hour, and the 61° water had not yet begun to take its toll.

At 1 p.m., just after my sixth hourly feeding of tea and fructose, I vomited violently. Although we did not realize it at the time, that was the beginning of the end. For the last three hours of the swim, unable to hold anything on my stomach, I grew steadily weaker. My stroke rate dropped from 60 to 52, and again to 46. In the last hour—little of which I remember—I began to shiver, was so disoriented that I kept veering off course, and finally became incoherent.

At 7:15 p.m., after I had been in the water for 12 hours and had come within three miles of the French coast, Pete recognized that to let me continue was to risk watching me go under. With the help of the pilot and the Channel Swimming Association's observer, he pulled me into the boat, where I lost consciousness for almost two hours. My wife said that I felt like a corpse.

Now, a year later, I was again three miles from Cape Gris-Nez, in my second attempt to become the oldest man—by seven years—ever to swim the Channel. My determination to try it again had not been warmly endorsed. "I think you're nuts," wrote one Princeton classmate, while another said, "I admire your spirit but question your intelligence."

Again it was growing dark, again I was beginning to feel the cold, and again the flood tides off the French coast had brought my forward progress almost to a halt. I couldn't help wondering if the cold, the tides, and the exhaustion would dash the dream I'd held since December 1980, when I began training for the first attempt. That swim, despite its near-disastrous result, persuaded me that I needed to make only one change in my training program in order to succeed: I had to

Ashby T. Harper '39 has been headmaster of the Albuquerque (N.M.) Academy since 1964. A letterwinner in football, swimming, and baseball at Princeton, he did not again swim competitively until becoming involved in the masters program eight years ago.

condition my body to endure 14 or 15 hours in the chilling water of the Channel, where 61° or 62° is generally the highest summer temperature. I was convinced that if I could do that, if I got good weather on the day of the swim, and if I could avoid seasickness, then I could make it.

I arranged to spend the first three weeks of July in a small town at the northern end of Lake Michigan. I swam six or seven miles a day, and the water temperature did not exceed 63° until the last week. Following two more weeks of training in the Atlantic at Stone Harbor, New Jersey, I flew to England on August 2. The cold-water training paid off: in 1981 my fingers were so numb after each workout in the Channel that I was unable to tie my shoelaces, but in 1982 I swam five or six miles a day with relatively little discomfort.

Another important difference the second time around was Ray Dixon, the young English fisherman I engaged as my pilot. The fee for such services can range from \$1,000 to \$1,500—the swimmer pays the full amount even if he lasts only two hours—and before long my 1981 pilot had convinced me that he was hoping to make an easy \$1,200. Every time we talked, he stressed how wide the Channel was, emphasized that to resist the cold one must have good circulation and plenty of body fat, and invariably concluded by asking how old I was and how much I weighed. In sharp contrast, Dixon was knowledgeable, enthusiastic, and above all confident that I could make it.

"Don't Take Me Out"

My son Dave arrived 10 days before the swim, and I reviewed with him the instructions I had prepared: he was to give me hourly feedings (a cup of Ensure Plus, a chocolate-flavored, high-calorie diet supplement) and to record each hour the condition of the sea, the water temperature, and the miles swum. Written with the 1981 experience very much in mind, the instructions concluded, "I want to go all the way. Don't take me out unless I'm out of my head, or unless I'm not making any progress at all."

We scheduled the attempt for August 26, but a wind of over 20 knots was predicted, and Ray called the night of the 25th to postpone the swim. On the 27th the Channel was again too rough, and Dave and I waited out the weather in the Folkestone Hotel, six miles west of Dover in the Channel. That night at 9, Ray called and told us a 12- to 18-hour period of light winds was forecast for the next day. "We're going, Ashby!" he exclaimed.

At 7:40 the next morning, Ray's dinghy came ashore at Shakespeare Beach to take Dave out to the pilot boat. I gave what I hoped looked like a confident wave to the photographers, waded in, and started swimming toward France.

All went well for nine hours. I felt strong, had no seasickness problems, and was not cold. The swells were manageable, only about a foot and a half high. At around 11 a big passenger ferry came nearby—Ray told Dave they rarely do so—and the people on board cheered as I turned to look. At 2 p.m. Dave told me we were halfway, and I said, "That's what I thought. This is where I started getting sick last year." Referring to one of the half-dozen other swimmers who had set out from Shakespeare Beach that morning, Ray responded, "That German breastroker is just behind us. You don't want a breastroker to beat you, do you?" Dave told me afterward that I was a mile ahead of the German and widening the gap.

My Son by My Side

The sun stayed out all day long, and at 4:30 my confidence soared when I caught my first glimpse of the French coast. In 1981 it had been shrouded in haze and I never saw it. At the 5 p.m. feeding, Dave told me that I was only three miles from Cape Gris-Nez, but the tide was sweeping me up the coast toward Calais. Three hours later I was still almost two miles from the coast, and, as I learned later, Dave and Ray were beginning to wonder if I could hang on long enough to reach shore.

By now it was dark. Ray supplemented every feeding with plenty of encouragement, but I was beginning to feel the cold, and as in 1981, was having trouble staying close to the boat. After they lost sight of me for several minutes, Dave decided to swim the last mile with me. I got a tremendous lift when I saw him jump into the water, and I knew then that with my son beside me I was going to make it.

At 9:35 Dave walked and I stumbled onto the beach just west of Cape Blanc-Nez, about seven and a half miles east of Cape Gris-Nez. We shook hands silently. According to Dave, my only words before the dinghy came to take us back out to the pilot boat were, "Dear Lord!"

We crossed back to Dover that night and talked with people from AP and UPI. I called my wife, and then went to bed at 2:30. We had breakfast as usual at 8:30 in the Folkestone Hotel, except that this time the proprietors and employees greeted us in the dining room with a champagne toast.

The route we had laid out was 20.6 miles long, but the actual distance swum was 28.5 miles, mostly because of the flood tides close to France. The total time in the water was 13 hours and 52 minutes. I will always remember Ray, the Channel, the boat, the tides, and those last hours of darkness, but the greatest memory of all will be that of Dave next to me, stroke for stroke, through the final mile. □

Table with multiple columns listing names and times for various swimming events. Includes sections for MEN 25-29, MEN 30-34, and MEN 35-39. Events listed include 50 Yd. Freestyle, 100 Yd. Freestyle, 200 Yd. Freestyle, 50 Yd. Backstroke, 100 Yd. Backstroke, 200 Yd. Backstroke, 50 Yd. Butterfly, 100 Yd. Butterfly, 200 Yd. Butterfly, 50 Yd. IM, 100 Yd. IM, and 200 Yd. IM.

Results of Third Annual
Triad Masters Swim Meet,
March 4, March 5, 1983,
Greensboro, North Carolina.
Sanction Number 133442
(25 yd. pool) Meet Director:
Jane Nicolai, 919/498-4873

WOMEN 25-29

50 yds Freestyle
Randall Morrow 27 28.24
Kathy Englar 25 29.49
Bets Woodard 28 30.99
Lynn Palmgren 28 31.55
Linda Pfautz 27 33.34
Holly Schofield 26 36.47

100 yds Freestyle
Debbie Robinson 29 1:04.46
Randall Morrow 27 1:03.99
Holly Schofield 26 1:17.10

200 yds Freestyle
Randall Morrow 27 2:19.58
Peggy Butler 28 2:30.63
Becky Waibel 28 2:42.24

500 yds Freestyle
Debbie Robinson 29 5:55.44
Kathy Englar 25 6:53.35

1650 yds Freestyle
Debbie Robinson 29 20:17.73

50 yds Backstroke
Randall Morrow 27 33.69
Margo Nowak 29 44.02
Martha Royster 28 44.24

100 yds Backstroke
Kathy Englar 25 1:19.61

200 yds Backstroke
Jane Nicolai 26 2:36.95
Randall Morrow 27 2:46.04
Kathy Englar 25 2:49.32

50 yds Breaststroke
Bets Woodard 28 37.72
Linda Pfautz 27 42.00
Holly Schofield 26 42.80

100 yds Breaststroke
Lynn Palmgren 28 1:27.21
Debbie Robinson 29 1:29.67
Linda Pfautz 27 1:32.17
Holly Schofield 26 1:33.33
Becky Waibel 28 1:35.39

200 yds Breaststroke
Holly Schofield 26 3:24.87

50 yds Butterfly
Martha Royster 28 38.50

100 yds Butterfly
Peggy Butler 29 1:13.96
Jackie Gillis 28 1:21.26

200 yds Butterfly
Peggy Butler 29 2:59.29
Jackie Gillis 28 3:16.87

100 yds Individual Medley
Jane Nicolai 26 1:10.39
Jackie Gillis 28 1:18.98
Lynn Palmgren 28 1:19.94
Becky Waibel 28 1:25.33
Martha Royster 28 1:30.20
Margo Nowak 29 1:34.22

200 yds Individual Medley
Jane Nicolai 26 2:33.93
Jackie Gillis 28 2:56.44

400 yds Individual Medley
Jane Nicolai 26 4:23.17
Jackie Gillis 28 6:17.26

WOMEN 30-34

100 yds Freestyle
Sandra Cathey 33 1:16.21

200 yds Freestyle
Leslie Milam 30 2:20.57
Linda Shurtleff 31 2:41.85
Sandra Cathey 33 2:49.97

500 yds Freestyle
Missy Willoughby 30 6:16.34
Linda Shurtleff 31 7:22.35

1650 yds Freestyle
Missy Willoughby 30 21:39.74
Linda Shurtleff 31 24:59.95

200 yds Backstroke
Leslie Milam 30 2:48.66

50 yds Breaststroke
Missy Willoughby 30 36.09

100 yds Breaststroke
Missy Willoughby 30 1:16.59
Sandra Cathey 33 1:30.57
Linda Shurtleff 31 1:35.83

200 yds Breaststroke
Sandra Cathey 33 3:16.84

50 yds Butterfly
Linda Shurtleff 31 42.51

200 yds Butterfly
Linda Shurtleff 31 4:20.81

100 yds Individual Medley
Missy Willoughby 30 1:09.87
Leslie Milam 30 1:16.44
Sandra Cathey 33 1:25.90

200 yds Individual Medley
Missy Willoughby 30 2:33.98
Leslie Milam 30 2:44.43

WOMEN 35-39

50 yds Freestyle
Beverly George 35 33.18

100 yds Freestyle
Beverly George 35 1:16.58

50 yds Breaststroke
Beverly George 35 44.08

WOMEN 40-44

50 yds Freestyle
Judy Decker 40 31.41
Betsy Durrant 41 33.57

100 yds Freestyle
Nancy Lowden 41 1:15.77
Dawn Stroupe 44 3:03.75

200 yds Freestyle
Judy Decker 40 2:33.18
Nancy Lowden 41 2:51.34

500 yds Freestyle
Nancy Lowden 41 7:45.84

50 yds Backstroke
Betsy Durrant 41 39.03

100 yds Backstroke
Betsy Durrant 41 1:26.61

200 yds Backstroke
Betsy Durrant 41 3:06.47

50 yds Breaststroke
Judy Decker 40 37.91
Dawn Stroupe 44 44.93

100 yds Breaststroke
Judy Decker 40 1:25.13
Betsy Durrant 41 1:29.46
Dawn Stroupe 44 1:36.25

200 yds Breaststroke
Dawn Stroupe 44 3:27.71

50 yds Butterfly
Judy Decker 40 36.08

100 yds Individual Medley
Nancy Lowden 41 1:31.14

200 yds Individual Medley
Nancy Lowden 41 3:19.64

50 yds Backstroke
Stephanie Day 52 1:00.45

100 yds Backstroke
Stephanie Day 52 2:14.89

50 yds Breaststroke
Stephanie Day 52 55.57

100 yds Breaststroke
Stephanie Day 52 2:07.27

WOMEN 60-64

200 yds Freestyle
Dorothy Resseque 61 3:02.01

500 yds Freestyle
Dorothy Resseque 61 8:11.33

50 yds Backstroke
Rosa Joy Downs 60 1:03.02

100 yds Backstroke
Rosa Joy Downs 60 2:16.90

50 yds Breaststroke
Rosa Joy Downs 60 56.70

50 yds Butterfly
Rosa Joy Downs 60 1:12.15

100 yds Individual Medley
Rosa Joy Downs 60 2:17.09

WOMEN 65-69

500 yds Freestyle
Nancy Clark 68 9:03.95

200 yds Mixed Freestyle Relay
25 AND OVER
Raleigh Area Masters-A 1:53.75
Richard Forsyth, Linda Shurtleff,
Leslie Milam, Mark Modjeska
Durham Aquatic Masters 1:54.65
Kathy Englar, Becky Waibel,
Alan Waibel, Bryan Volpp
Tarheel Masters-A 1:56.00
Dennis Watson, Bets Woodard
Peggy Butler, Rick Fahey
Tarheel Masters-B 2:02.88
John Kortheuer, Lewis Patrie
Margo Nowak, Jane Nicolai
35 AND OVER
Virginia Area Masters 2:04.54
James Pope, Charles Wilmore
Judy Decker, Betsy Durrant
45 AND OVER
Raleigh Area Masters 2:54.36
Donald Keynders, Robert Fearn
Stephanie Day, Rosa Downs
200 yds Mixed Medley Relay
25 AND OVER
Raleigh Area Masters-A 2:09.82
Linda Shurtleff, Ben Cuker
Mark Modjeska, Leslie Milam
Durham Aquatic Masters 2:10.74
Kathy Englar, Missy Willoughby
Bryan Volpp, David Ray
Raleigh Area Masters-B 2:13.91
Dawn Stroupe, Tom Duke, Kirk
Rydland, Beverly George
200 yd Mixed Medley Relay
35 AND OVER
Virginia Area Masters 2:19.85
James Pope, Charles Wilmore,
Judy Decker, Betsy Durrant
45 AND OVER
Raleigh Area Masters 2:37.45
Rosa Downs, Stephanie Day,
Fred Haynie, Robert Fearn
MEN 25-29

50 yd Freestyle
Thomas Hewitt 27 24.39
Kirk Rydland 26 24.43
Rick Fahay 28 29.57
David Ray 27 32.54

100 yd Freestyle
Mark Modjeska 29 54.11
Allen Lee 26 54.62
Alan Waibel 28 1:04.82

200 yd Freestyle
Mark Modjeska 29 1:58.89
Kirk Rydland 26 2:00.48
Allan Lee 26 2:01.47
Tom Palmgren 29 2:01.99
Alan Waibel 28 2:16.52

500 yd Freestyle
Mark Modjeska 29 5:17.08
Tom Palmgren 29 5:29.66
Charles Mulkey 28 6:17.35

1650 yd Freestyle
Tom Berry 29 18:40.72
Paul Bernadino 27 19:03.96
Charles Mulkey 28 21:01.85
Steve Henson 28 23:01.05
Rick Fahay 28 27:25.65
Glenn Creamer 28 28:47.60

50 yd Backstroke
Jack Clower 25 27.57
Thomas Hewitt 27 28.50
Bryan Volpp 25 28.54
David Ray 27 38.71

200 yd Backstroke
Bryan Volpp 25 2:18.60

50 Breaststroke
Thomas Hewitt 27 31.29
Hal Barrier 26 31.83
Allen Lee 26 33.07
Ben Cuker 29 33.14
Rick Fahay 28 37.36
David Ray 27 46.31

100 Breaststroke
Thomas Hewitt 27 1:09.95
Hal Barrier 26 1:12.39

Allen Lee 26 1:12.56
Ben Cuker 29 1:19.10

200 yd Breaststroke
Bryan Volpp 25 2:28.93
Allen Lee 26 2:35.75
Ben Cuker 29 2:43.58

50 yd Butterfly
Kirk Rydland 26 25.52
Ben Cuker 29 31.00

100 yd Butterfly
Jack Clower 25 55.83
Kirk Rydland 26 57.19
Tom Palmgren 29 59.00
Mark Modjeska 29 59.05

200 yd Butterfly
Mark Modjeska 29 2:08.86

100 yd Individual Medley
Thomas Hewitt 27 1:00.98
Hal Barrier 26 1:06.60

200 yd Individual Medley
Bryan Volpp 25 2:11.79
Tom Palmgren 29 2:16.80
400 yd Individual Medley
Bryan Volpp 25 4:52.34
Ben Cuker 29 5:53.83

MEN 30-34

50 yd Freestyle
Jim Rettberg 31 24.89
Richard Forsyth 33 25.15

100 yd Freestyle
Tom Duke 30 52.84
Richard Forsyth 33 54.80
Jim Rettberg 31 56.70

200 yd Freestyle
Richard Forsyth 33 2:03.30
Dennis Watson 33 2:18.99

500 yd Freestyle
Dennis Watson 33 6:15.86

1650 yd Freestyle
Richard Forsyth 33 21:27.42
Dennis Watson 33 22:52.67
Mark Kuhn 32 24:59.71

50 yd Breaststroke
Tom Duke 30 30.85
Jim Rettberg 31 32.59
Richard Forsyth 33 32.82
Dennis Watson 33 33.69

100 yd Breaststroke
Tom Duke 30 1:07.55
Dennis Watson 33 1:13.82
Jim Rettberg 31 1:15.44

200 yd Breaststroke
Tom Duke 30 2:36.34
Dennis Watson 33 2:43.53

50 yd Butterfly
Jim Rettberg 31 28.94

100 Individual Medley
Tom Duke 30 1:00.96
Richard Forsyth 33 1:05.55

MEN 35-39

50 yd Freestyle
Bernard White 39 26.97
Robert Richardson 35 27.75

100 yd Freestyle
Robert Richardson 35 1:00.97

200 yd Freestyle
Robert Richardson 35 2:22.37
Bernard White 39 2:30.04

500 yd Freestyle
Robert Richardson 35 6:35.88

50 yd Breaststroke
Robert Richardson 35 38.78
Stuart Phillip 36 39.88

100 yd Breaststroke
Stuart Phillip 36 1:27.41

200 yd Breaststroke
Stuart Phillip 36 3:13.55

100 yd Butterfly
Bernard White 39 1:09.16

100 yd Individual Medley
Bernard White 39 1:11.24

MEN 40-44

50 yd Freestyle
James Pope 40 27.58
Jon Martindale 41 28.58

100 yd Freestyle
James Pope 40 1:02.16

200 yd Freestyle
James Pope 40 2:32.48

500 yd Freestyle
James Pope 40 6:53.85

1650 yd Freestyle
James Pope 40 23:08.73
Jon Martindale 41 25:50.11

50 yd Backstroke
Tony Federici 41 30.71
Jon Martindale 41 32.45

100 yd Backstroke
Jon Martindale 41 1:14.29

200 yd Backstroke
Jon Martindale 41 2:47.51

50 yd Breaststroke
Tony Federici 41 36.81

50 yd Butterfly
Tony Federici 41 27.64

100 yd Butterfly
Tony Federici 41 1:10.31
Jon Martindale 41 1:12.95
James Pope 40 1:15.00

MEN 45-49

100 yd Freestyle
William Robertson 46 59.99
William Linton 47 1:18.16
Michael Stroupe 45 1:22.72

200 yd Freestyle
William Robertson 46 2:15.77
William Linton 47 2:42.71

500 yd Freestyle
William Robertson 46 6:19.98
Charles Wilmore 48 6:56.53

1650 yd Freestyle
William Robertson 46 24:30.02
Charles Wilmore 48 24:54.93
William Linton 47 25:12.89

50 yd Backstroke
Bruce Bailor 46 1:02.51

200 yd Backstroke
Michael Stroupe 45 4:14.83

50 yd Breaststroke
Charles Wilmore 48 37.15
Bruce Bailor 46 49.39

100 yd Breaststroke
Charles Wilmore 48 1:24.30
Bruce Bailor 46 1:49.40

200 yd Breaststroke
Charles Wilmore 48 3:06.59

50 yd Butterfly
Michael Stroupe 45 45.49

200 yd Butterfly
Michael Stroupe 45 4:22.10

200 yd Individual Medley
William Robertson 46 2:44.92
Michael Stroupe 45 3:45.09

MEN 50-54

50 yd Freestyle
Robert Fearn 54 32.11

100 yd Freestyle
Lewis Patrie 54 1:08.43
Robert Fearn 54 1:11.74

200 yd Freestyle
John Kortheuer 52 2:19.93

500 yd Freestyle
Kenneth Dawson 52 7:14.75
Fred Haynie 51 7:52.40

1650 yd Freestyle
Lewis Patrie 54 24:29.51

50 yd Backstroke
John Kortheuer 52 33.28
Kenneth Dawson 52 38.82

100 yd Backstroke
Fred Haynie 51 1:22.12
Kenneth Dawson 52 1:22.42
Lewis Patrie 54 1:30.01

200 yd Backstroke
Kenneth Dawson 52 2:59.87

50 yd Breaststroke
Robert Fearn 54 38.34
Hennin, Koch 50 42.43

100 yd Breaststroke
John Kortheuer 52 1:11.11
Robert Fearn 54 1:24.35
Hennin, Koch 50 1:45.14

200 yd Breaststroke
John Kortheuer 52 2:43.07
Robert Fearn 54 3:10.34
Hennin, Koch 50 4:07.51

50 yd Butterfly
Lewis Patrie 54 33.50

100 yd Butterfly
Fred Haynie 51 1:44.01

200 yd Butterfly
Lewis Patrie 54 3:16.51

100 Individual Medley
Kenneth Dawson 52 1:22.22

200 Individual Medley
Lewis Patrie 54 6:38.16
Fred Haynie 51 6:46.11

MEN 55-59

50 yd Freestyle
Donald Keynders 58 38.71

100 yd Freestyle
Ralph Soller 55 1:23.35
Donald Keynders 58 1:24.20

200 yd Freestyle
Ralph Soller 55 3:12.31
Donald Keynders 58 3:13.05

50 yd Breaststroke
Donald Keynders 58 1:00.34

100 yd Breaststroke
Donald Keynders 58 2:10.78

50 yd Butterfly
Ralph Soller 55 52.24

100 yd Individual Medley
Ralph Soller 55 1:50.94

200 yd Individual Medley
Ralph Soller 55 4:07.98

MEN 65-69

1650 yd Freestyle
Robert Steel 65 27:37.75

50 yd Backstroke
Robert Steel 65 49.75

50 yd Breaststroke
Robert Steel 65 49.30

100 yd Individual Medley
Robert Steel 65 1:42.40

200 yd Individual Medley
Robert Steel 65 3:38.72

400 yd Individual Medley
Robert Steel 65 7:49.88

MEN 70-74

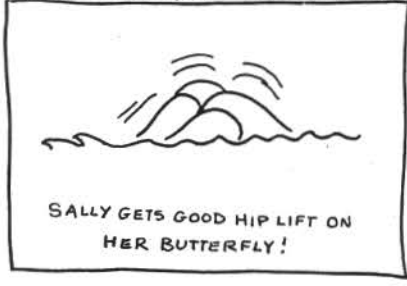
50 yd Freestyle
George McSpadden 71 51.89

100 yd Freestyle
George McSpadden 71 1:58.60

200 yd Freestyle
George McSpadden 71 4:26.35

500 yd Freestyle
George McSpadden 71 10:36.15

THE MASTER SWIMMER - by Jeanne Merryman



"MASTERS MEDIA MANIPULATION"

by Dr. Ken Krueger

All media-newspapers, magazines, radio, T.V. - are always looking for human interest stories (individual or group), calendar of events, etc. This is especially true of the smaller local versions. Often local newspapers print press releases verbatim. Larger newspapers often re-write a press release or send a reporter for an interview.

Radio talk shows are a great place to expound the benefits of swimming. Most radio stations will but on a calendar of events - WHEN, WHERE, WHO, etc. But they must be notified first. If you have a very interesting story or group, TV would be interested. Let them know. You've nothing to lose by trying.

Example: Mt. San Antonio College has a "Nutrition and Exercise (swim)" class taught by yours truly. Many of my students are tri-athletes or Masters Swimmers (mostly Trojan Swim Club members). All of them are fitness advocates. Our youngest is 13, our oldest, 83. I've worked with cardiac patients, injured world class track athletes, orthopedic/chiropractic cases, obese adults, beautiful people...the gamut. Obviously the variety is interesting.

I've spread the word through the media about my "Nutrition and Exercise" class, the Trojan Swim Club and Masters Swimming. We are continually in the local newspapers, periodically in the larger ones, various radio stations and have even been on NBC-TV. To accomplish this, I've written a plethora of press releases/articles emphasizing one point (well being), an individual (a student working out with half a heart), or the group (National Champion Trojan Swim Club/the class), or part of the class (the triathletes or pregnant women).

How can an individual use the media? Eg. John Doe from Podunk, CA has never competed before, but enters a Masters meet. He places 8th. Interesting? With some details, possibly. Here is an everyday person who has never competed in anything, learned to swim at 55 because of a heart attack, has polio leg. John attends his first meet after 3 months of training. He meets other Masters swimmers who help him from simple things like where to check in, to helping him with his stroke technique. John goes out to dinner with a few of these "Masters" etc. He finds Masters Swimming is not merely an excuse to train harder, but great for comraderie and exchange of views on training, diet, why Reagan hasn't shut down the Dept. of Energy as promised, Beethovens Ninth, ad infinitum.

All individual Masters/Fitness swimmers can write their own story/press release whether they live in Podunk, CA or New York, NY. Note: the smaller the paper, the longer the story may be! Following: a simple standardized formula: Let others know who great it is to be fit!

PUBLICITY

RADIO - When writing radio spots, try to get your message on the "Local" community news station.

Keep your message at one of three levels:

10 seconds = 20 words

20 seconds = 50 words

30 seconds = 75 words

Write your spot on an 8½ x 11 white bond paper. One message per page. Do not hyphenate at end of line, don't separate sentences with a series of dots, don't abbreviate, and don't staple on the copy. Stations will not donate free advertising for a commercial business. Send copy at least 15 days prior to the first day you want it run.

NEWSPAPER - On all your articles: 1) address envelope to City Editor-Community News, and/or Sports Editor; 2) state "Immediate Release", and 3) have a stop date on article. Keep all your articles to between 3 to 5 paragraphs. Each paragraph can have 3 or 4 sentences. Remember, newspapers use the "Inverted Cone" approach to articles (they chop off from the bottom). Within the first three paragraphs state your story as clearly and with as much interest as possible.

WORLD'S SHORTEST COURSE IN EDUCATIONAL JOURNALISM

1) Type your story on one side of the paper only, using 8½ x 11 paper. 2) Double space. 3) Leave the top third of the first page blank, except for source information. 4) Source information should be at the top left corner of the first page and should include: a) The full name and address of your organization, the Writer's name, a telephone number (night and day if necessary) where the writer can be reached. 5) End each page with a complete paragraph. 6) Make it short. If a second page is necessary, always indicate "MORE" at the bottom of the first page. 7) Use any of the following marks to indicate the end of the story ### -30- XXX *** 8) Leave generous margins all around. 9) Consider the deadlines of the local press when planning and writing your story. Get the story in as far in advance as possible. 10) Send the news to your local reporter, by name. 11) Always use first and last names, and completely identify every person mentioned. 12) Go easy on the adjectives. 13) Use short words, short sentences, short paragraphs. 14) If you don't see your story in print when you expect it, ONE follow-up call to the reporter is acceptable. Find out why it didn't run. You

SWIM-MASTER SUBSCRIPTION FORM

New Renewal

ONE YEAR - NINE ISSUES

USA - \$ 8.00 FOREIGN - \$ 12.00

NAME _____

ADDRESS _____

CITY _____

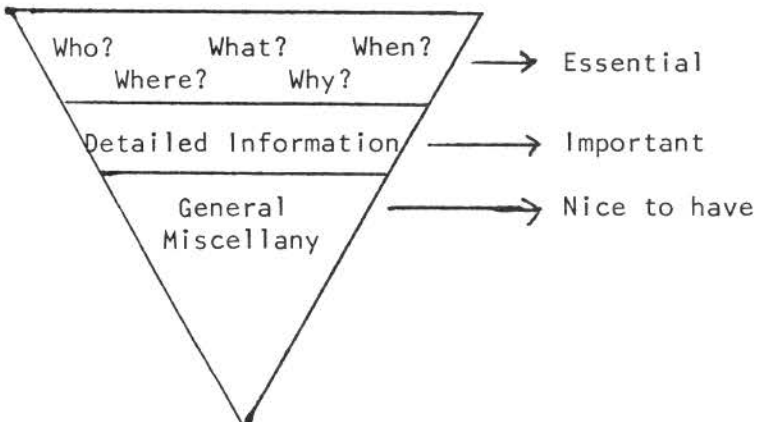
STATE _____ ZIP _____

Mail To: SWIM-MASTER
2308 NE 19 Ave., Ft. Lauderdale, FL 33305

Con'd. from page 10

You may learn something that will help you next time.

When editors cut a story because of space limits, they begin at the bottom of your story. The following is an example of the order your story should follow:



###

Swimming News



75 & OVER RECORD BREAKING RELAY - This picture just arrived from Hawaii. L to R, Hazel Montgomery, Anderson, Pearl Miller and I don't remember! At least they look like their having fun.....



SHOF HOSTS A RECEPTION FOR ART LINKLETTER - Art was in town for less than 24 hours but spent one hour with us at the SHOF. (Above: Wally Spence, Art, June Krauser). It might be noted that Art was a Champion backstroker in the Pacific Assn. a while back. His grandson recently played water polo for UCLA.....

SHORT COURSE NATIONALS - What can I say. Entries have started coming in. Swimmers are complaining about the entry deadline. Instead of sending in the ORIGINAL Entry Blank (and keeping the zerox) I am getting the zerox (two pieces of paper). All of the volunteers want to be BIG CHIEF. Gets harder and harder to find timers, runners, etc. I will be most happy to see the month of June arrive even though I will be a year older. (Many years older after this meet).....
DID YOU KNOW???????

That if you cut your calories by 400/day and swim 30 minutes/day it will take you 20 days to lose 5 pounds??? (Assuming that you weigh 154 pounds when you start)



SWIM-MASTER

BULK RATE
U.S. POSTAGE
PAID
Hollywood, FL
Permit 972

June Krauser, Editor
2308 N.E. 19th Avenue
Ft. Lauderdale, FL 33305

swim today...
swim for the health of it!

LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM CALENDAR

VOL XII - No 4

MAY 1983

APRIL

- 29- May 1 SC - IL Champ - Bruce Haffner, 2626 Lakeview, Chicago, IL 60614
29- May 1 SC - Delores Wentis, 537 Sunnybrook Terr., Port St. Lucie, FL 33452 (Indian River)
29- May 1 SC - Region XII - Oregon Masters, 8383 SE Battin Rd., Portland, OR 97266
30- May 1 Region III - Mary Sigler, 1032 Davidson Rd., Nashville, TN 37205
30- May 1 SC - GIMSA - IU Masters, P.O. Box 1, Bloomington, IN 47401
30- May 1 SC - Texas A&M - Will Worley, 1001 Village Dr., College Station, TX 77840
30- May 1 SC - SPA Champ. - Janet Royer, 11834 S. Colima Rd., Whittier CA 90604

- MAY 6-8 SC - Charles Weidanz, P.O. Box 6, Mountain Lakes, NJ 07046
8 SC - SPA 1650 Champ. - Janet Royer, 11834 S. Colima Rd., Thittier, CA 90604
8 Breadbasket Zone Champ. - E. K. Kelly, 1400 Dean Ave., Des Moines, IA 50316
13-14 YMCA MASTERS NATIONAL SWIMMING & DIVING CHAMPIONSHIPS
Joseph C. Polito, 57 W. Jefferson St., Joliet, IL 60431
14-15 SC - Vickie Good, 2168 Calder Pl., Fairfield, CA 94533
28-31 UNITED STATES MASTERS SWIMMING SHORT COURSE CHAMPIONSHIPS - SHOF POOL
June F. Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305

- JUN 4 LC - Vickie Good, 2168 Calder Pl., Fairfield, CA 94533
18-19 LC - Kerry O'Brien, 125 Player Ct., Walnut Creek, CA 94598
25-26 LC - Dick Campbell, 7614 Peninsular Dr., Sarasota, FL 33581
25-26 LC - Guy Darisse, Schroeder A.C., 9250 N. Green Bay Rd., Brown Deer, WI 53209
24-25 SC - Schmertz Mem. Champ., Ocean County College, (John Stauff), Toms River, NJ
26 LC - Millie & Mary Campbell, 5000 YMCA Dr., Cincinnati, OH 45242

- JUL 2-3 LC - Dianne Brummel, 7123 Horner Apt. C, St. Louis, MO 63117
15-17 LC - Mike Cobarrubias, P.O. Box 3026, San Jose, CA 95156
15-17 LC - Region IV - St. Petersburg, FL
23-24 LC - John Bauman, 9717 Saratoga Dr., Caledonia, WI 53108
30 LC - (San Jose) Chris Carriere, 410 Castro Ct., Campbell, CA 95008
31 LC - Jan C. Huneke, 1158 Asbury Rd., Cincinnati, OH 45230

- AUG 6-7 LC - Region III - John Zeigler, 2468 Ellis Court, Snellville, GA 30278 (Atlanta)
14 LC - (Solano) - Vickie Good, 2168 Calder Pl, Fairfield, CA 94533
25-28 UNITED STATES MASTERS SWIMMING LONG COURSE CHAMPIONSHIPS - INDIANAPOLIS, IN

- OCT 8 SC - (Walnut Creek) - Kerry O'Brien, 125 Player Ct., Walnut Creek, CA 94598

- NOV 6 SC - Sacramento Pentathlon - Norm Myer, P.O. Box 8205, Sacramento, CA 95818
12-13 SC - GCM Fall Swim Meet - June Krauser, 2308 N.E. 19th Ave., Ft. Laud., FL 33305
19-20 SC - Bob Madrigal, 506 Baden #3, South San Francisco, CA 94080

- DEC 3 SC - (Truckee) - Sally Peterson, PO Box 1880, Truckee, CA 95734

CORONADO MASTERS - May 29, Jul 31, Oct 16, Dec 4 - Alicia Coleman, 24 The Point, Coronado, CA
ARKANSAS MASTERS - Jul 9, Aug 13, Oct 8 - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212

#####