



RANSOM ARTHUR AWARD

The Ransom J. Arthur Award is presented annually to the person who, in the opinion of the Award Committee, has made the most significant contribution on the national level within the past year to the promotion of the goals and objectives of the USMS Program. This includes special projects undertaken, administrative and committee duties performed and other actions that benefit and enhance the program as a whole.

The 1988 Award was presented to Edie and Dan Gruender by Tom Boak, USMS President, at the Banquet during the USMS SC National Championships at Mission Bay, FL. (pictured above - Tom, Edie, Dan)

The Gruenders have been active in the Masters Program since 1971 when Edith Gruender swam in the Second Annual U.S. Masters Swimming Championships sponsored by the Amarillo Aquatic Club. Her club at that time was called the Arizona Aqua Wrens and she won the 200 and 400 freestyle events. Today both Dan and Edie compete for Arizona Masters and Edie is still the organizational force behind their group. She has been the Chairman for Arizona for these many years.

The Gruenders live in Phoenix, AZ and train in their backyard pool. They also hold meets in their backyard pool which is a three lane 25 yard pool. They have four children and at least one grandchild.

Both Edie and Dan serve on National Committees. Edie is the Chairperson for the Zone Committee and a member of the USMS Executive Committee. She also serves on the Registration Committee. Dan is the Chairman of the Ransom Arthur Award Committee and also serves on the Insurance and Legislation committees. CONGRATULATIONS - DAN & EDIE!



INTERNATIONAL SWIMMING HALL OF FAME

And just who is that pretending to have the GREAT stroke? Why it's none other than our National Championship Chairman, Mel Goldstein! Mel was visiting the Hall of Fame this spring and was quite impressed with the grounds and the memorabilia in the museum. They have a nice Masters display which is always in need of an update. Our Ransom J. Arthur Award trophy is on display with the names of all the winners since 1973. If you are ever in Fort Lauderdale, please go visit the ISHOF.

Mel reports that the LC Nationals to be held in Grand Forks, ND is going to be a nice meet. I am sure the location will be a new one to most of us. Perhaps it will be a smaller meet than in the past.

The meet information is available for the Pan Pacific Masters Aquatic Games to be held in Indianapolis, IN Oct. 6-15, 1989. The USMS Newsletter that was mailed to all Masters swimmers had the deadline date wrong for both the LC Nationals and the Pan Pacifics. The correct deadline dates are July 7th for the Pan Pacifics (according to the brochure) and July 21st for the LC Nationals (according to the entry blank).

While the International Swimming Hall of Fame complex undergoes \$11 million in renovations, the museum's front office has hired a new executive director with a knack for fund raising. Dr. Samuel James Freas, 43, of Mt. Vernon, Ohio, will succeed Don Debolt, who resigned after nearly three years to enter private business. Freas has served as athletic director at Kenyon College, president of the College Swimming Coaches Association and on the NCAA rules committee.

Renovations at the Hall of Fame complex will include a new museum, 50-meter pool, landscape redesign, improved locker-room facilities, etc. "Not only does he have his well-earned credentials in the fund-raising field, but he is recognized as one of the finest coaches in the country, if not in the world," Debolt said. "Every team he's been associated with has turned to gold and been a winner." Freas said his first priority is meeting people in the Fort Lauderdale community.

1988 ALL AMERICANS

UNITED STATES MASTERS SWIMMING

<p>WOMEN 19-24 Pamela Birsinger Dawn Braciak Sheri Brownstein Donna Buckendall Heather Buckendall Blanca Castillo Susie J. Duncan Beth Gardner Gina Gatti Taryn Gaulien Christina Hartzell Stacy Jones Amy J. Leib Pamela Lindroos Kathy Lynch Jeanette Nabell Kristina Neill Robin Raushenbush Liz A. Scheetz Amy Solverson Nancy Stauffer Julie Steffes Lisa Tallman Maureen Waters Lynn Wittstock</p> <p>WOMEN 25-29 Annette Ackerson-Wald Monica Brown Tish Bucher Diana Daymond Bonnie Durdy-Evans June Ford Alice Godfred Gina Gatti Mary Holmes Patricia Huey Judith Lallier Vicki Marsh Jeannette Nabell Beth O'Connor Amy G. Pless Amy L. Pope Robin Zubeck</p> <p>WOMEN 30-34 Lisa Bennett Tammy Bennett Katherine Branch Bethanne Breisacher Bonnie Durdy-Evans Karen Farnsworth Lauren Hasselquist Beth C. Mauer Karen Melick Huddie Murray Sandy Neilson-Bell Catherine Neville Rosemarie Seaman</p> <p>WOMEN 35-39 Bonnie Adair Gayle Benty Susie Chandler Barbara Dunbar Gail Greenwood Barbara L. Gundred Susan Halfacre Jackie Hirsty Catherine Kohn Martha Martin Cecelia McCloskey Jan Pesavento Cindy Shilling Mary Ann Stevens Laura Val</p>	<p>Deborah Walker WOMEN 40-44 Carolyn Ferris Boak Lynn Brownstein Carol Chidester Janet Giddling Charlotte Iannacone Lucy Johnson Martha Martin Sally Ann Peterson Ginger Pierson Mary Pohlmann Sandi Rousseau Susan Schaffer Dale Strickland Diana Todd</p> <p>WOMEN 45-49 Betty Bennett Roberta Boberski Marcy Bullock Mary Cheng Barbara Frid Lucille Griffin Barbara Hoeillen Jane Katz Jeanne Koger Jane Lambke Joann Leilich Ardeth Mueller Nancy Ridout</p> <p>WOMEN 50-54 Susan Bradley-Cox Nancy Brown Jayne Bruner Helen Buss Lucille Griffin Betsy Jordan Ronie Kamphausen Angela Konig Jeanne Little Anne McGuire Dot J. Werry Barbara Zaremski</p> <p>WOMEN 55-59 Nancy MacBeth Dena Mann Roxanne Motter Malchia Olshan Ann Pisciotta Diana Reed Gail Roper Lavelle Stoinoff Carol Taylor</p> <p>WOMEN 60-64 Anne B. Adams Beth Blickfeldt Alicia Coleman Regan Kenner June Krauser Elfriede Rogers Betty Russ Doris Steadman Clara Walker</p> <p>WOMEN 65-69 Betty Christian Charlotte Costello Dorothy Donnelly Jeannette Eppley Muriel C. Flynn Jae Howell Jane McCollister Jeanne Merryman Nancy Phillips Rita Simonton</p>	<p>Sandy Stinson Mary Lee Watson Patsy Weiss</p> <p>WOMEN 70-74 Louise Donovan Audrey Etienne Yvonne Frischertz Janet Mulligan Kay M. Schimpf Rita Simonton Viola Thompson Marjory Toland Gertrud Zint</p> <p>WOMEN 75-79 Julia Dolce Marie Kelleher Elsa Mattila Maxine Merlino Marion Mueller</p> <p>WOMEN 80-84 Catherine Barnum June Gillispie Katherine Pelton Sally Scott Evie Somers Aileen Soule Ruth Switzer</p> <p>WOMEN 85-89 Anna Bauscher Ella Peckham</p> <p>WOMEN 90+ Pearl Miller</p> <p>MEN 19-24 James Boegman James Bynum Paul J. Cutler Brian R. Davis Pierre Delisle Keith Duncan Robert T. Hall Patrick J. Kelly Eric Klamerus Matthew J. Lum Ken E. Maczuga Peter McClafferty Brent McKim Dan Mendenhall Shaun Mullen Marshall Pepe Darren Pheian Anders Rasmussen Tom Smith Chris Stevenson James Surowiec Pat J. Thomas Steve Underbrink</p> <p>MEN 25-29 Danny Banks Rick M. Bober Clay Britt Steve Cade Ted Chappell Thomas A. Early Doug Elenz John Heidenfels Gregory Holland Robert Hudak Grant Jeffries Ross Myers Craig Nadel Mark Noetzel Thomas O'Brien Craig Petersen Robert Placak</p>	<p>Cameron Reid Joseph Reinhardt Gregory Rhodenbaugh Gerry Rodrigues Sam Seiple John C. Smith Douglas Soltis Jeff Stiling Mark Stohrer David Swenson Keith Switzer J.P. Vanderslius John Waldman Frank Wasko Chris Waters Bari Weick Robin Zubeck</p> <p>MEN 30-34 Jim Belardi Mike Bottom John Espensheid Richard Hess Rick Hoffstetter Bruce Howell James Kegley Stuart Marvin James Montgomery Robert Nichols Kerry O'Brien Ted R. Orton Dix Wray Ozier Greg Sanches R. Mark Schuman Ken R. Shilling William Specht Dan Stephenson John Tudor Toby Weissert Thomas Wolf Larry Wood</p> <p>MEN 35-39 Keith Bell Brant Bittner Richard Bober Edward D. Brown Eddie Echols Clay Evans Richard A. Haas Greg Harrison Jeffrey Helms Tom Hickox Fred Hubbell Timothy Huesken David Kenyon Bruce Mallette Doug Martin Michael McCaffery Jim McConica Chet Miltenberger Peter O'Keefe Jeffrey Perout Kevin Polansky Robert Rachner Mark Rubke Buck Smith William Tingley</p> <p>MEN 40-44 Richard Abrahams Ed Bartsch Richard Boyd John J. Calvert Boo Gallas David Gray Paul Henne</p>	<p>James Lamontagne Gary Langendoen John Lindley Steve Macri Andrew McPherson Tom Meade Robert Mosen Norbert Olzmann Bruce Page Paul Pedersen Robert S. Smith Brett Sorge R. Todd Spieker Douglas Stevens Dick W. Thomas Daniel Thompson Peter Wisner Richard Woodrow</p> <p>MEN 45-49 Ed Bartsch Rich Burns Ed Cazalet George Chrest Jim M. Crane Drury Gallagher Tim Garton Jack Geoghegan Phil Goode Martin Hull Jim L. Olson Bert Petersen Robert S. Smith Alan B. Somers</p> <p>MEN 50-54 Jack Beattie Lee Bettis Donald Brown David Costill George Downs William Earley Jeff Farrell Drury Gallagher David Harrison Ed Hinshaw Cyrus Hopkins Burwell Jones Yoshi Oyakawa Robert Proebsting John Smith Bill Stewart Carl Wooley</p> <p>MEN 55-59 Richard Bennett Bob Best Donald Brown Peter Buckley Edward L. Emes Ronald L. Johnson Graham Johnston Burwell Jones Herbert Kern John Kortheuer Charles Lebourgeois J. Michael Muckleroy Joe E. Phillips John Ridland Manuel Sanguily</p> <p>MEN 60-64 Mel Van Heidsingen Bill Williams William Yorzyk</p> <p>MEN 65-69 Lee Arth Duane Draves Roger Franks</p>	<p>F. Ted Haartz Bob Heritier Paul Hutinger Glynn Jones Joseph Kurtzman Charles Moss William Phillips Frank Piemme Luman Sutton Winthrop Wilson Eric Youngquist</p> <p>MEN 65-69 Don Bartlett Birch Davidson John Dilley John Florance George Gandsey Edward D. Hall Andrew Holden George Hubbell Jerry Jarrold Hugh S. Richard John C. Richards Ed Rudloff, Sr. Jurgen Schmidt Ray F. Taft Ted VonBerckfeldt Earl Walter John M. Woods</p> <p>MEN 70-74 Anton Cerer Aldo DaRosa Frank Havlicek William Johnston Paul Krup Harry Rawstrom Edward Shea Jerry Shefert Lynn Surles Albert Vandeweghe</p> <p>MEN 75-79 Woody Bowersock Jesse Coon Dan Dotterweich Don Erion Bill Fite Herb Howe Kelley Lemmon Carl Lindstrand Dave Malborough Harold Perry Reg Richardson Lee Starr John Stinson Carl Thornburg Otto Wulff</p> <p>MEN 80-84 Leonard Chapin Herb Eisenschmidt Patrick Frank Alfred Guth Gus Langner Robert Nelson Abe Olanoff Jim Penfield Charles Wood</p> <p>MEN 85-89 James Burns Joseph Earley Gus Langner Antonio Lopez Paul Spangler</p> <p>MEN 90+ Collister Wheeler</p>
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UNITED STATES MASTERS SWIMMING
1988 LONG DISTANCE ALL AMERICANS

WOMEN 20-24	JACKLYN LITMAN	LAVELLE STOINOFF	MARK MORRIS	WAYNE HARTKE	STEVEN SCHOFIELD
SHERI BROWNSTEIN	SHIRLEY LOFTUS	WOMEN 60-64	CAMERON REID	STEVE HOBERG	MEN 60-64
SARAH DURSTEIN	PATRICIA ANN MATTSON	JACKLYN NESVIG	GERRY RODRIQUES	JOHN LINDLEY	CALVIN BARNES
ANN LEWIS	MARY ANN STEVENS	BETTY RUSS	DARRELL RUCKER	MEN 45-49	ANTHO CARCIONE
MARY BETH LOPAT	WOMEN 40-44	CLARA WALKER	ROBIN WALKER	JOHN F BRUMBAUGH	GEORGE MCVEY
FERNETTE RAMNATH	JOAN DIERCKS	WOMEN 65-69	MIKE WOOD	TEGZE HARASZTI	WILLIAM PHILLIPS
WOMEN 25-29	SUE HARRINGTON	BILLIE ANN BURRILL	MEN 30-34	E. KEVIN KELLY	HARLAN DRAKE
DEBORAH BRYANT	JANE KATZ	MARION CHADWICK	MONTY BAUER	MICHAEL LEWIS	MEN 65-69
SARA BURCH	SONNIE TALLEY	WOMEN 70-74	STEVE BREITNER	GEORGE RUNCEMAN	BIRCH DAVIDSON
MARTHA JAHN	KATHERINE WATSON	IVY BROWNE	JAMES KEGLEY	HENRY SOUTHALL	HERMAN FOREST
SUZANNE O'HARA	WOMEN 45-49	ROSE PANZIERE STEWARD	SANDY MACDONALD	HUGH WINN	BURTON FRANKLIN
AMY WAGNER	MARY CHENG	AUDREY H ETIENNE	TREY SMALL	MEN 50-54	DAN MILES
AMY POPE	LUISE EASTON	WOMEN 75-79	W. BRADLEY STETSON	GERALD BUCKBERG	MEN 70-74
WOMEN 30-34	SANDY ETNYRE	CLEMENTINA THOMSON	MEN 35-39	RAY S BURNS	ALDO V DAROSA
ANDREA BROWN	BEVERLY FRANKLIN	WOMEN 80-84	LARRY CHASE	DAVID L COSTILL	ASHBY HARPER
CINDY COLLINS	LOUISE MURRAY	ELIZABETH MAURIC	JIM MCCONICA	JAMES GARVIN	FRANK MURPHY
KAREN FARNSWORTH	NANCY RIDOUT	MEN 20-24	KEVIN POLANSKY	CHARLES LEBOURGEOIS	DEXTE WOODFORD
PAT HINES	WOMEN 50-54	DAVID GARNER	STEVE POSTICH	KENT PRICE	MEN 75-79
PATRICIA MATTSON	CHAR ERNSTEIN	ROBERT SCHMIDT	JOHN SHROM	MEN 55-59	JOE IRVINE
SANDY NEILSON-BELL	DIANE M STOWELL	JONATHAN SMITH	RICK WALTON	RICHARD ELLIS	GARY WEISENTHAL
JEANNA WOGAN	BARBARA ZAREMSKI	MIKE VOLK	MEN 40-44	HERBERT FURASH	MEN 80-84
WOMEN 35-39	WOMEN 55-59	CHUCK WILEY	KEITH BELL	THOMAS KOENIG	GUS LANGER
DENISE EVERETT	BARBARA GLANCY	MEN 25-29	JEFF COOKE	DEAN PIERCE	CHARLES WOOD
BARBARA LINDSLEY	ANNA MARIE MOELLER	JAMES MATYSEK	WILLIAM DAMM	FRANK E REYNOLDS	

PRESENTING THE 1988 ALL STAR TEAM

THE FINALS/USMS

AGE GROUP 19-24	CHESTER MILTENBERGER	AGE GROUP 55-59	EDWARD D. HALL	AGE GROUP 80-84	COLLISTER WHEELER
STACY JONES	CENTRAL FLA MASTERS	LAVELLE STOINOFF	MAC MASTERS	KATHERINE PELTON	MULTNOMAH MASTERS
UNIV. OF HOUSTON	MAITLAND, FL	MULTNOMAH MASTERS	MATTHEWS, NC	INDUSTRY HILLS	PORTLAND, OR
HOUSTON, TX	AGE GROUP 40-44	PORTLAND, OR	AGE GROUP 70-74	WHITTIER, CA	
CHRIS STEVENSON	DALE STRICKLAND	BURWELL JONES	GERTRUD ZINT	JIM PENFIELD	
F.A.S.T.	EMPIRE MASTERS	HOLMES LUMBER JAX	HOLMES LUMBER JAX	PACIFIC NORTHWEST	
GAINESVILLE, FL	BALDWIN, NY	SARASOTA, FL	EDGEWATER, FL	LONG BRANCH, WA	
AGE GROUP 25-29	DAVID GRAY	AGE GROUP 60-64	ALDO DA ROSA	AGE GROUP 85-89	
JUNE K. FORD	SAN MATED MASTERS	CLARA L. WALKER	RINCONADA MASTERS	ANNA M. BAUSCHER	
HUMUHUMU	SAN MATED, CA	NEW ENGLAND MASTERS	PALO ALTO, CA	MIDDLE ATL. MASTERS	
HONOLULU, HI	AGE GROUP 45-49	CRANSTON, RI	AGE GROUP 75-79	READING, PA	
JOHN C. SMITH	BETSY T. JORDAN	WILLIAM PHILLIPS	MAXINE MERLIND	GUS LANGNER	
LONGHORN AQUATICS	SAN DIEGO SWIM MASTERS	SAN DIEGO SWIM MASTERS	LONG BEACH MASTERS	CONNECTICUT MASTERS	
AUSTIN, TX	LA JOLLA, CA	LA MESA, CA	LONG BEACH, CA	MILFORD, CT	
AGE GROUP 30-34	ROBERT PROEBSTING	AGE GROUP 65-69	KELLEY B. LEMMON	AGE GROUP 90+	
SUSAN HALFACRE	LOS ALTOS MASTERS	DOROTHY L. DONNELLY	D.C. MASTERS	PEARL MILLER	
HOLMES LUMBER JAX	LOS ALTOS, CA	CONNECTICUT MASTERS	ARLINGTON, VA	HUMUHUMU	
FAIRHAVEN, NJ		RUTLAND, MA		PALM SPRINGS, CA	

Eat to win?

Fine-tuning your diet for exercise and sports

People who exercise or play sports are always looking for something, anything, that will make their exertions easier and improve their game or workout. Will some food, diet, or supplement optimize your performance? Old myths and new-fangled misinformation may distract you from the answers.

True or false:

1. Red meat and other high-protein foods are good pregame foods.
2. Salt tablets are necessary to replace sodium lost in sweat.
3. Athletes need significantly more vitamins and minerals.
4. Commercial "sports drinks" are the best beverages for active people.
5. Eating a candy bar or other sugary foods right before exercising will give you energy.
6. Drinking fluids during exercise will give you cramps.

A generation ago most coaches and athletes assumed that these statements were true. In fact, they are all myths. You'll find out why below.

How muscles use food for fuel

The basic energy source for muscles is a substance made by the body called adenosine triphosphate, commonly called ATP. A muscle expends its entire store of ATP in a few

seconds. Depending on the type and duration of exercise, the muscle's ATP is resupplied either by carbohydrates (in the form of glucose in the blood or glycogen in the muscles or liver) or by fat stored in the body.

Duration and intensity of exercise dictate what type of fuel muscles use to produce energy. For the first minute or two, the muscles' fueling process is "anaerobic" (meaning "without oxygen"), since little oxygen is available. Short, intense activities such as sprinting, weightlifting, and stop-and-go sports are fueled primarily by the anaerobic process. Carbohydrates are the fuel for this form of exertion.

As you continue to exercise, your body shifts more and more to its fat stores to supply energy to the muscles. Since the metabolism of carbohydrates and fat during prolonged exercise requires oxygen, this process is called "aerobic" ("with oxygen"). Activities that are low to moderate in intensity and long in duration—such as prolonged jogging, cycling, brisk walking, and swimming—are fueled primarily by the aerobic process and thus use fat as their most important energy source.

For most people a few hours of sustained activity will deplete the body's stored carbohydrates; they may experience weakness and/or pain—a condition known as "hitting the wall." Endurance training allows muscles to utilize energy more efficiently, so it helps delay exhaustion.

What an active body needs

The dietary needs of athletes and other active individuals are, with a few small adjustments, not very different from those recommended for all healthy people. Active individuals expend more energy than sedentary people so they do need to consume more calories, the exact number depending on age, body size and composition, activity, and level of training. The chart below tells what percentage of daily

calories should come from carbohydrates, protein, and fat.

A diet deficient in essential nutrients can make you feel weak, slow you down, and make you perform below par. But there's no evidence that exceeding the Recommended Dietary Allowances (RDAs) by taking supplements will improve performance under normal circumstances. In some cases large doses of supplements can prove detrimental.

NUTRIENT	IMPORTANCE FOR EXERCISE	RECOMMENDATION	COMMENT
Carbohydrates	The most efficient fuel for the body.	Should supply 55-60% of daily calories for all people, 60-70% for endurance athletes. No more than 15% of total calories should come from simple carbohydrates (sugars), the rest from complex carbohydrates (starches).	Can't be stored in large amounts. By eating more complex carbohydrates, you may increase energy reserves (glycogen) in muscles and liver, thus prolonging time before exhaustion.
Protein	Needed to build, maintain, and repair tissue. Used as an energy source only when carbohydrates and fats aren't available.	Protein needs of sedentary and most active people are about the same. The adult RDA is easily met when 12-15% of calories come from protein. Protein supplements are unnecessary and expensive.	The average American gets more than enough protein. Excess protein won't build muscles—only exercise does. Extra protein is stored as fat.
Fats	The most concentrated and abundant form of energy in the body, fat stores serve as the primary fuel during prolonged aerobic exercise.	For all people, less than 30% of daily calories should come from fat, and less than 10% from saturated fat. Besides being a health risk, a high-fat diet may impair performance. Avoid fatty foods before exercise, since they can take 3-4 hours to digest.	Don't confuse body fat and dietary fat; body fat is the stored form of excess dietary protein, carbohydrates, and fats. Even lean people have more than enough fat stores for energy production.
Vitamins	Needed for the metabolism of carbohydrates, protein, and fats to produce energy.	Active people generally don't require supplementary vitamins. If their increased caloric intake comes from a varied, balanced diet that is high in complex carbohydrates, it should provide all the vitamins they need.	Contrary to popular opinion, vitamins don't build muscles or provide energy. There's no evidence that large doses of any vitamin will improve performance.
Minerals	Needed for the metabolism of carbohydrates, protein, and fats to produce energy. Iron is vital for oxygen transport. Sodium and potassium help maintain the body's water balance.	A varied diet generally provides enough minerals for active people, with the possible exception of iron (for more on iron, see next month's Centerpiece). All women should consume at least 1,000 milligrams of calcium daily, preferably from foods.	Losses of sodium and potassium through perspiration are actually quite small and can usually be replenished by a normal diet. Salt tablets are rarely necessary.

Carbo loading

In their quest for optimal performance, endurance athletes such as marathoners have long sought ways to store, or "load," elevated amounts of carbohydrates (glycogen) in the muscles and liver in order to postpone the time to exhaustion. The classic "carbohydrate loading" regimen took a week and called for depleting the body's stores of glycogen through exercise and a low-carbohydrate diet, followed by rest and a very high carbohydrate intake. Most sports nutritionists now advise against this dietary manipulation because it is hard to follow and unnecessary. Since 1980 sports physiologists have devised a simpler version of carbohydrate loading: during the two to three days before an endurance event, simply increase your intake of complex carbohydrates and slightly decrease your level of exercise.

However, studies have shown that, at best, any form of carbohydrate loading is of limited value, even in long-distance events, since muscles can store only so much glycogen. The improvement in performance, if there is one, is usually small. So the best advice for all recreational exercisers and even most competitive athletes is to stick to the balanced, high-carbohydrate diet they should be eating on a daily basis.

The right drink, the right amount

Fluid replacement is a critical part of exercise, especially for endurance sports such as long-distance running, and in hot weather. Sweating away just 2% of your body weight (three pounds for a 150-pound person, or six pints) without compensating for it can hurt your performance by causing lethargy, nausea, and circulatory problems. And greater losses can lead to cramps, heat exhaustion, or heat stroke as the body's ability to cool itself fails.

Unfortunately, thirst isn't always a good indicator of the body's need for fluids. Because of the strain and excitement of physical activity, it's possible to lose four pints of water before you notice your fluid loss. Also, thirst is quenched long before you have replenished the lost fluid. If fluid replacement after prolonged exercise is left totally up to your thirst, it can take several days to reestablish fluid balance. You must make a deliberate effort to drink enough fluids—and the right ones—when exercising.

Plain water. This is the ideal fluid replacement before, during, and after workouts. Cold water (40-50° F) is more quickly absorbed than warmer liquid and, contrary to popular belief, won't cause cramps. For optimal hydration during a strenuous endurance event, especially in hot weather, follow these guidelines:

- Two hours before exercising, drink 16-20 ounces of water (more can cause bloating).
- 15-30 minutes before exercise, drink 8-16 ounces.
- During prolonged, intense activity, drink small quantities of water (3-7 ounces) every 10-20 minutes.
- Weigh yourself before and after strenuous exercise; drink enough water to replace fluid losses (16 ounces for each pound). To replace lost minerals and carbohydrates, drink fruit juice after exercise.

Sugared drinks. High sugar concentration (more than 2.5%) can slow the rate at which fluids leave your stomach

and thus impede absorption. Dilute juices with five to seven parts water, sodas with three parts water. Defizz soda to prevent possible gas pains or cramps. Don't drink sugared drinks during the hour before exercise, since they may cause a decline in blood sugar by the time you start exercising. But lightly sugared beverages drunk during a strenuous endurance event may help your body conserve its carbohydrate stores and maintain normal blood glucose levels.

"Sports drinks," such as Gatorade and ERG. These are expensive and unnecessary. They are sometimes called "electrolyte replacement" drinks since they contain sodium and potassium, which help balance the acidity/alkalinity of fluids in the body's cells. (Most sports drinks actually contain far less potassium than a glass of orange juice.) Electrolytes are lost in sweating, but there is rarely any need to replace electrolytes by consuming special "sports drinks" or mineral supplements. These minerals are lost in small quantities that can be easily replaced by a normal diet. The sugar content of most of these drinks is excessive and may impair performance (see above); dilute them with one to three parts water.

Glucose polymer drinks, such as Exceed or Max. These new sports drinks contain complex carbohydrates known as glucose polymers, which don't slow the course of fluids through the stomach. Thus they are better than sugared drinks for replenishing carbohydrates during endurance events lasting over an hour and a half. However, eating a few crackers and drinking water will have similar benefits.

Caffeine drinks. These are diuretics, so they may increase urinary output and thus dehydration. They can also cause the jitters.

Alcohol. This is also a diuretic, so drinking beer, wine, or hard liquor before or during exercise can promote dehydration. These beverages are poor sources of energy and have a depressing effect on the heart and nervous system. They also hamper coordination and impair performance.

The pregame meal

There is no magic pregame meal. Your body's fuel comes from foods eaten hours, even days, earlier, not from what you consume immediately before exercising. Although individual preferences and food tolerance are important, there is some consensus about what you should eat before a workout. To allow time for digestion and prevent stomach discomfort, eat your final meal three to four hours before exercising. Don't eat anything—especially sugary foods or drinks—during the last hour. Choose foods that "set well" with you, and eat moderate portions. As a general rule, your pregame meal should be high in complex carbohydrates, low in fat and protein, but not bulky. This will be easy to digest, will maintain blood sugar, and won't promote stomach distress.

During endurance events (such as long-distance running, cycling, and cross-country skiing) you may have to eat something to provide additional calories, decrease hunger, and maintain blood sugar. Small amounts of sliced oranges or apples, bread, rice cakes, pasta, or rice are good foods to keep you going.

Pair of aquatic pioneers just keeps on swimming

By JIM MAGILL

Two pioneers of the senior swimming movement in the United States, who together have won perhaps more than 1,000 swimming events over the years, say they plan to swim in the Houston Senior Olympics Tuesday, April 4 at the University of Houston.

Hamilton "Ham" and Mildred Anderson, who have been active swimmers for more than 60 years, helped found the Masters Swimming program. In addition, Mildred Anderson was a founder of one of the first synchronized swimming teams and helped popularize the sport, which recently was added to the list of Olympic events.

"We first became interested in swimming in high school," said Mildred Anderson, who gives her age as "70+." She said she swam competitively in high school in Omaha, Neb. — where both she and her husband grew up — and taught swimming in her junior and senior years.

Ham Anderson, 74, also swam and served as captain of his high school swimming team. Ham said the couple was married in 1934, just a few months after he graduated from high school.

The couple had a daughter, Dee, in 1937. Son, Larry, was born on Christmas Day the following year.

Ham attended the University of Nebraska at Omaha, and studied engineering, getting his degree, "the hard way" by attending night classes and correspondence courses, while working to support his new family.

Ham started his own construction business in 1937 and moved with his young family to Houston in the mid-1940s, during World War II.

"I had a classified job in the war effort. I was too old to serve" he said.

Ham said he moved because he was tired of living in Omaha, in the shadow of his father, who also owned a successful construction business in that town.

"I wasn't Ham Anderson. I was Henry Anderson's son," he recalled. He chose to relocate to Houston, because he thought the city would hold a great deal of opportunity for growth for his business.

"I moved here because Houston was a shipping center and the oil capitol," he said. In 1947 he founded

Crystal Pools, which is the oldest family-owned swimming-pool company in the city, Ham is proud to note.

After high school, the Andersons remained active swimmers. Although it seems difficult to believe today, when the family moved here in the early 1940s there were not many swimming pools in the Houston area, Mildred recalled.

"We drove miles trying to find places to swim," she remembers. They finally found a pool and a swimming team at the old Gulfcrest Country Club on Old Spanish Trail.

In 1949 the old Shamrock Hotel was built with its giant-sized outdoor swimming pool. The following year, the Andersons began swimming there.

During that time, the Shamrock quickly became the center of the swimming world in Houston.

"Bob Skelton, the pool manager, was national champion in the breast stroke. The only thing that beat him were the butterflyers," Mildred remembers. Skelton swam competitively in the 1920s against swimming legends, Johnny Weissmuller and Buster Crabbe, both of whom went on to play Tarzan in the movies.

"He was the youngest man on the Olympic team," Mildred said of Skelton.

It was also during this period that Mildred and two other women began working to develop the new sport of synchronized swimming. Mildred helped form a junior synchronized swimming team for girls, ages 12-18.

"I developed some pretty top-notch synchronized swimmers. They went to nationals and did quite well," she said. Ham said his wife invented many of the routines considered standard in the sport today.

The Andersons introduced their children to swimming at an early age. In 1954, their daughter, Dee, was junior national champion in the 880-yard event and junior Olympic champion in the 440-yard and several other events.

Son, Larry, joined the Army and served in the prestigious President's Honor Guard. He was captain of the guard's swimming team in 1955 and 1956.

In 1950, Ham and Mildred became involved in organizing the Master program for swimmers, 25 years old and older. During this time, they met and became friends with Crabbe, who was also active in the creation of the Masters program.

Both Ham and Mildred have competed in numerous Masters events, in which swimmers are classified by age in five-year increments. They have swum in every one of the 37 national championships ever held, and are believed to be the only couple ever to have done so.

The couple has competed and won in so many events, that "each of us have more than 200" trophies and plaques, Mildred said. They have won so many medals, ribbons and trophies that one room of their Bellaire home has been converted to a trophy room.

The Andersons have seen the Masters program grow from its small beginnings to a program with about 40,000 participants in this country alone. Last year, the World Championships in Brisbane, Australia attracted 4,000 athletes from 27 countries.

Mildred said the competitive aspect of the sport has proved to be very beneficial in motivating her to do her best.

"If I didn't compete — and didn't compete to win — I would not work out enough to do my body any good," she said.

Mildred, who has been named an All American in the Masters program, said she looks forward to national competitions.

"I don't have much trouble winning locally," she said. Mildred, who has suffered from a number of health problems in recent years, said swimming has been the best therapy for her and has kept her young.

"Swimming is one of the best exercises. You can exercise in the water without resistance," she said.

In 1982, she swam in national competition with a broken arm in a water-proof cast. In 1983, after she was diagnosed as having cancer, Mildred swam while undergoing chemotherapy treatments. In 1984, she received an artificial hip joint in her left leg. Last year, she had her right hip replaced and swam in the World Championship.

The Andersons now say they would like to become more involved in the Senior Olympics movement on a local and national level. Senior Olympics events are open to swimmers age 55 and older, with athletes classified by age in five-year groups.

Mildred laughs that the age restriction is "the only reason why I had to start telling my age." She said people doubt her when she reveals how old she is and believe her

to be much younger.

"I have to carry my birth certificate," she said jokingly. She said her husband is looking forward to his 75th birthday, so he can compete in the 75-80 year age division.

Mildred said she still teaches swimming to children, although she has cut back considerably on the number of students she instructs a year. She also retains her certification to teach Red Cross life saving.

"I think that's important for everyone to learn," she said.

Ham said he hopes to remain active in swimming and in the family business, which now includes three generations, since some of the grandchildren have come to work.

"I will never retire," he said. He noted that he and Mildred have been able to accomplish a great deal with their lives, because they have continued to remain active over a number of years.

Sometimes even he is impressed when he considers his and his wife's accomplishments.

"You either think it's unreal or you're bragging," he said.



MASTERS WORLD SWIMMING RECORDS

WOMEN

LONG COURSE

AT MAY 1st '89

AGE	STROKE	FREESTYLE						BACKSTROKE		
		DIST.	50M.	100M.	200M.	400M.	800M.	1500M.	50M.	100M.
25	TIME	26:77 (84)	58:97 (87)	2:09:66 (88)	4:31:02 (88)	9:18:74 (88)	17:38:78 (88)	31:21 (86)	1:06:46 (89)	2:20:72 (89)
29	NAME	S. NEILSON	R. SEAMAN	M. HOLMES	M. HOLMES	M. HOLMES	A. POPE	C. GIBSON	M. RODAHL	M. RODAHL
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	CANADA	N.Z.	N.Z.
30	TIME	26:37 (88)	58:09 (88)	2:10:06 (84)	4:33:08 (84)	9:51:94 (87)	18:04:42 (86)	32:11 (88)	1:09:08 (88)	2:29:27 (88)
34	NAME	S. NEILSON-BELL	S. NEILSON-BELL	S. NEILSON	S. PAMELIA	S. NEILSON	S. PAMELIA	B. MAUER	B. MAUER	B. MAUER
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
35	TIME	27:91 (88)	1:00:35 (88)	2:09:33 (88)	4:33:08 (88)	9:24:54 (88)	18:12:11 (87)	32:64 (87)	1:11:41 (88)	2:35:77 (88)
39	NAME	J. HIRSTY	S. HALFACRE	S. HALFACRE	S. HALFACRE	S. HALFACRE	S. PAMELIA	L. VAL	P. GILMORE	P. GILMORE
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	CANADA	CANADA
40	TIME	28:64 (88)	1:03:40 (88)	2:21:77 (88)	5:00:18 (85)	10:28:26 (87)	20:17:80 (85)	34:68 (88)	1:15:24 (86)	2:47:57 (85)
44	NAME	M. MARTIN	M. MARTIN	M. MARTIN	A. MUELLER	C. IANNAONE	A. MUELLER	M. MARTIN	S. TAKEUJI	C. CHIDESTER
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	JAPAN	U.S.A.
45	TIME	29:09 (87)	1:05:44 (87)	2:24:24 (87)	5:08:67 (87)	10:48:41 (87)	21:08:30 (87)	34:51 (88)	1:21:04 (82)	2:54:05 (88)
49	NAME	A. MUELLER	A. MUELLER	A. MUELLER	A. MUELLER	A. MUELLER	A. MUELLER	S. TAKEUJI	B. JORDAN	S. TAKEUJI
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	JAPAN	U.S.A.	U.S.A.
50	TIME	31:10 (86)	1:09:16 (88)	2:37:33 (88)	5:27:18 (86)	11:40:50 (87)	23:00:76 (87)	37:90 (88)	1:23:40 (88)	3:01:07 (87)
54	NAME	J. BRUNER	Y. OSAKI	Y. OSAKI	L. STONOFF	L. STONOFF	L. STONOFF	B. JORDAN	B. JORDAN	B. JORDAN
	COUNTRY	U.S.A.	JAPAN	JAPAN	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
55	TIME	32:60 (85)	1:13:80 (85)	2:42:04 (88)	5:36:00 (88)	11:30:27 (88)	22:18:21 (88)	39:17 (83)	1:27:61 (89)	3:11:43 (82)
59	NAME	G. ROPER	G. ROPER	L. STONOFF	L. STONOFF	L. STONOFF	L. STONOFF	C. WALKER	C. WALKER	C. WALKER
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
60	TIME	35:01 (86)	1:18:28 (89)	2:50:03 (88)	6:02:28 (88)	12:19:35 (88)	23:55:57 (87)	40:58 (86)	1:31:06 (86)	3:16:28 (86)
64	NAME	O. JOHNSON	M. CUNNINGHAM	C. WALKER	C. WALKER	C. WALKER	C. WALKER	D. STEADMAN	C. WALKER	C. WALKER
	COUNTRY	N.Z.	AUST.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
65	TIME	35:56 (87)	1:22:50 (87)	3:10:18 (88)	7:06:55 (87)	14:05:13 (86)	27:20:13 (87)	44:40 (84)	1:39:33 (86)	3:37:55 (86)
69	NAME	O. JOHNSON	D. DONNELLY	D. DONNELLY	M. LEB WATSON	D. RESSOUIE	B. BURRILL	P. DOWN	B. ANDERSON	B. ANDERSON
	COUNTRY	N.Z.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	AUST.	AUST.	AUST.
70	TIME	39:03 (87)	1:30:37 (87)	3:24:61 (87)	7:19:34 (87)	15:04:91 (88)	28:46:45 (88)	45:21 (87)	1:39:85 (87)	3:47:57 (87)
74	NAME	J. GILBERT	B. ANDERSON	B. ANDERSON	B. ANDERSON	R. SIMONTON	R. SIMONTON	B. ANDERSON	B. ANDERSON	B. ANDERSON
	COUNTRY	U.S.A.	AUST.	AUST.	AUST.	U.S.A.	U.S.A.	AUST.	AUST.	AUST.
75	TIME	41:88 (86)	1:39:28 (86)	3:52:20 (84)	8:09:29 (84)	17:58:04 (88)	33:01:50 (87)	51:07 (86)	1:56:89 (85)	4:14:64 (85)
79	NAME	U. WADA	U. WADA	V. CHERRIMAN	V. CHERRIMAN	M. MERUHO	M. MERUHO	M. WRIGHT	M. WRIGHT	M. WRIGHT
	COUNTRY	JAPAN	JAPAN	ENGLAND	ENGLAND	U.S.A.	U.S.A.	AUST.	AUST.	AUST.
80	TIME	46:62 (89)	1:49:27 (89)	4:16:48 (88)	9:44:26 (88)	20:14:29 (88)	42:56:35 (82)	53:73 (89)	2:01:87 (89)	4:30:46 (89)
84	NAME	M. WRIGHT	M. WRIGHT	V. CHERRIMAN	V. CHERRIMAN	V. CHERRIMAN	F. WATKINS	M. WRIGHT	M. WRIGHT	M. WRIGHT
	COUNTRY	AUST.	AUST.	ENGLAND	ENGLAND	ENGLAND	U.S.A.	AUST.	AUST.	AUST.
85	TIME	1:06:42 (84)	2:48:56 (84)	5:51:54 (88)	13:22:48 (84)	24:23:38 (88)	57:03:68 (86)	1:14:83 (84)	2:49:73 (84)	5:51:69 (84)
89	NAME	E. PECKHAM	E. PECKHAM	A. BAUSCHER	E. PECKHAM	A. BAUSCHER	M. KELLER	E. PECKHAM	E. PECKHAM	E. PECKHAM
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
90	TIME	2:02:38 (88)	4:08:22 (88)					2:01:70 (88)	3:59:89 (88)	
94	NAME	P. MILLER	P. MILLER					V. FERNANCE	V. FERNANCE	
	COUNTRY	U.S.A.	U.S.A.					AUST.	AUST.	

AGE	STROKE	BREASTSTROKE			BUTTERFLY			INDIVIDUAL MEDLEY	
		DIST.	50M.	100M.	200M.	50M.	100M.	200M.	200M.
25	TIME	34:36 (87)	1:18:31 (87)	2:50:04 (87)	28:79 (87)	1:03:21 (87)	2:22:42 (87)	2:22:89 (89)	5:12:46 (87)
29	NAME	R. SEAMAN	R. SEAMAN	N. MITCHELL	R. SEAMAN	R. SEAMAN	J. FORD	M. RODAHL	K. PIPES
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	N.Z.	U.S.A.
30	TIME	34:56 (88)	1:14:52 (88)	2:53:08 (87)	29:91 (88)	1:06:74 (88)	2:28:24 (88)	2:29:22 (88)	5:23:84 (88)
34	NAME	M. HOHMANN	M. HOHMANN	K. MELICK	S. NEILSON-BELL	R. SEAMAN	B. MAUER	S. NEILSON-BELL	B. MAUER
	COUNTRY	ENGLAND	ENGLAND	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
35	TIME	37:04 (87)	1:21:65 (89)	2:55:60 (89)	29:27 (88)	1:09:39 (88)	2:27:24 (88)	2:37:26 (88)	5:38:42 (88)
39	NAME	G. PIERSON	K. GIBSON	K. GIBSON	S. HALFACRE	S. HALFACRE	L. VAL	P. GILMORE	L. WATSON
	COUNTRY	U.S.A.	AUST.	AUST.	U.S.A.	U.S.A.	U.S.A.	CANADA	AUST.
40	TIME	37:59 (88)	1:24:95 (86)	3:07:35 (86)	30:54 (88)	1:10:22 (88)	2:41:67 (85)	2:46:81 (85)	5:53:62 (85)
44	NAME	J. MACLEOD	G. PIERSON	G. PIERSON	M. MARTIN	M. MARTIN	A. MUELLER	A. MUELLER	A. MUELLER
	COUNTRY	AUST.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
45	TIME	39:63 (88)	1:28:07 (85)	3:10:49 (88)	30:74 (87)	1:12:67 (87)	2:44:10 (87)	2:46:91 (87)	5:54:98 (87)
49	NAME	M. SEFTLEBEN	J. LEILICH	D. FORD	A. MUELLER	A. MUELLER	A. MUELLER	A. MUELLER	A. MUELLER
	COUNTRY	FRG	U.S.A.	ENGLAND	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
50	TIME	39:00 (86)	1:30:00 (88)	3:14:70 (86)	34:67 (86)	1:24:40 (84)	3:14:27 (87)	3:05:13 (85)	6:35:20 (82)
54	NAME	E. MATSUMOTO	J. BRUNER	F. CONNOLLY	J. BRUNER	J. BRUNER	J. SEIDL	J. BRUNER	G. ROPER
	COUNTRY	JAPAN	U.S.A.	SCOTLAND	U.S.A.	U.S.A.	FRG	U.S.A.	U.S.A.
55	TIME	42:94 (86)	1:34:06 (87)	3:19:65 (88)	35:29 (85)	1:27:49 (85)	3:19:84 (85)	3:07:65 (85)	6:42:05 (85)
59	NAME	E. BOEHM	F. CONNOLLY	F. CONNOLLY	G. ROPER	G. ROPER	G. ROPER	G. ROPER	G. ROPER
	COUNTRY	FRG	SCOTLAND	SCOTLAND	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
60	TIME	42:49 (88)	1:38:72 (88)	3:14:72 (88)	38:64 (88)	1:34:58 (88)	3:34:66 (86)	3:17:40 (86)	6:59:45 (86)
64	NAME	E. BOEHM	E. BOEHM	M. EVANS	A. ADAMS	A. ADAMS	J. KRAUSER	C. WALKER	C. WALKER
	COUNTRY	FRG	FRG	SCOTLAND	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
65	TIME	48:13 (88)	1:50:29 (89)	4:03:82 (86)	44:67 (87)	1:48:37 (87)	3:58:77 (86)	3:47:69 (88)	8:10:05 (87)
69	NAME	C. COSTELLO	G. ZINT	C. GANDOLFO	J. EPPLEY	J. EPPLEY	J. EPPLEY	D. DONNELLY	E. RAUNEE
	COUNTRY	U.S.A.	U.S.A.	BRAZIL	U.S.A.	U.S.A.	U.S.A.	U.S.A.	FRG
70	TIME	52:17 (88)	1:56:24 (88)	4:18:13 (88)	50:72 (88)	2:02:61 (85)	4:37:05 (82)	4:10:04 (88)	8:39:36 (88)
74	NAME	G. ZINT	G. ZINT	G. ZINT	G. ZINT	H. LENKZIGLER	M. MERUHO	R. SIMONTON	R. SIMONTON
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	BRAZIL	U.S.A.	U.S.A.	U.S.A.
75	TIME	58:08 (86)	2:07:88 (86)	4:36:72 (86)	1:02:81 (87)	2:20:80 (88)	4:54:79 (88)	4:25:80 (87)	9:11:23 (87)
79	NAME	M. BUTZBACH	M. BUTZBACH	M. BUTZBACH	M. MERUHO	M. MERUHO	M. MERUHO	M. MERUHO	M. MERUHO
	COUNTRY	FRG	FRG	FRG	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
80	TIME	1:04:78 (89)	2:58:55 (85)	6:11:63 (85)	1:13:71 (88)	2:57:05 (85)	6:41:20 (87)	6:02:29 (87)	12:25:51 (85)
84	NAME	M. WRIGHT	K. PELTON	K. PELTON	V. CHERRIMAN	K. PELTON	K. PELTON	K. PELTON	K. PELTON
	COUNTRY	AUST.	U.S.A.	U.S.A.	ENGLAND	U.S.A.	U.S.A.	U.S.A.	U.S.A.
85	TIME	1:28:69 (87)	3:32:03 (84)	7:45:92 (84)	1:27:77 (85)	3:22:83 (84)	7:40:47 (84)	7:08:59 (84)	14:16:56 (84)
89	NAME	D. VENNING	E. PECKHAM	E. PECKHAM	E. PECKHAM	E. PECKHAM	E. PECKHAM	E. PECKHAM	E. PECKHAM
	COUNTRY	N.Z.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
90	TIME								
94	NAME								
	COUNTRY								

ONLY ONE RELAY UPDATE FROM THE NOV. 1st '88 LISTING (May 1989 issue)
 -120 MIXED MEDLEY 1:56:58 HOLMES U.S.A. 1988

MASTERS WORLD SWIMMING RECORDS

MEN

LONG COURSE

AT MAY 1st '89

AGE	STROKE	FREESTYLE						BACKSTROKE		
		DIST.	50M.	100M.	200M.	400M.	800M.	1500M.	50M.	100M.
25	TIME	22:59(83)	51:25(81)	1:53:78(81)	4:06:99(80)	8:41:43(80)	16:28:69(87)	27:39(86)	59:00(86)	2:12:99(84)
29	NAME	K. DEFORREST	J. MONTGOMERY	J. MONTGOMERY	M. MATTIOLI	M. MATTIOLI	C. REID	R. ARANTES	R. ARANTES	T. C. WOLF
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	BRAZIL	BRAZIL	U.S.A.	BRAZIL	BRAZIL	U.S.A.
30	TIME	24:27(88)	52:32(86)	1:55:48(84)	4:08:70(86)	8:46:99(86)	17:06:73(88)	27:32(88)	1:00:40(85)	2:11:77(87)
34	NAME	S. MARVIN	J. MONTGOMERY	J. MONTGOMERY	J. MONTGOMERY	J. MONTGOMERY	R. NICHOLS	D. OMIER	T. C. WOLF	T. C. WOLF
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
35	TIME	24:81(89)	55:38(83)	2:00:45(83)	4:18:35(87)	9:09:59(88)	17:28:84(85)	28:04(78)	1:02:53(89)	2:17:31(85)
39	NAME	T. HICKOX	F. SCHLICHER	F. SCHLICHER	J. McCONICA	B. BITTNER	K. POLANSKY	T. MANN	P. O'KEEFE	P. O'KEEFE
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
40	TIME	25:25(83)	56:36(83)	2:05:76(87)	4:39:62(86)	9:27:20(88)	18:23:82(82)	29:94(83)	1:07:40(85)	2:25:33(88)
44	NAME	T. GARTON	T. GARTON	D. AUDLEY	D. GRAY	D. GRAY	P. THOMPSON	P. WHITTEN	C. GANTNER	R. TAD SPIEGEL
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
45	TIME	26:12(83)	57:26(88)	2:08:93(88)	4:36:91(88)	9:50:24(88)	18:34:73(83)	30:67(88)	1:07:77(88)	2:28:25(88)
49	NAME	J. FARRELL	T. GARTON	T. GARTON	T. GARTON	E. CAZALET	E. HINSHAW	R. BURNS	E. BARTSCH	E. BARTSCH
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
50	TIME	26:16(83)	59:25(83)	2:14:39(88)	4:51:06(88)	10:04:71(88)	19:28:41(85)	30:93(88)	1:10:14(88)	2:35:44(88)
54	NAME	D. HILL	D. HILL	E. HINSHAW	E. HINSHAW	E. HINSHAW	B. JONES	J. SMITH	J. SMITH	B. JONES
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
55	TIME	27:42(88)	1:03:40(85)	2:22:24(88)	4:58:41(88)	10:27:08(88)	19:50:07(88)	33:29(85)	1:14:14(88)	2:42:37(88)
59	NAME	M. MUCKLERDY	I. DAFONSECA	B. JONES	B. JONES	B. JONES	B. JONES	I. DAFONSECA	D. BROWN	D. BROWN
	COUNTRY	U.S.A.	BRAZIL	U.S.A.	U.S.A.	U.S.A.	U.S.A.	BRAZIL	U.S.A.	U.S.A.
60	TIME	28:50(86)	1:03:24(86)	2:26:24(86)	5:17:64(88)	11:13:16(88)	21:17:23(88)	35:02(86)	1:18:06(86)	2:52:67(87)
64	NAME	P. POWLISON	P. POWLISON	P. POWLISON	W. PHILLIPS	W. WILSON	W. PHILLIPS	P. MUTINGER	P. MUTINGER	R. FRANKS
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
65	TIME	29:17(87)	1:08:15(83)	2:32:20(87)	5:28:79(83)	11:36:97(87)	23:04:59(83)	36:62(87)	1:23:99(86)	2:59:42(87)
69	NAME	P. POWLISON	J. WELCH	P. POWLISON	J. WELCH	J. HALE	J. WELCH	P. POWLISON	R. TAFT	J. HALE
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	ENGLAND	U.S.A.	U.S.A.	U.S.A.	ENGLAND
70	TIME	29:35(84)	1:11:61(83)	2:44:86(83)	6:08:19(83)	12:45:20(84)	24:58:38(88)	39:36(87)	1:28:30(88)	3:18:03(88)
74	NAME	K. LEMMON	K. LEMMON	K. LEMMON	K. LEMMON	N. ARTUS	A. DAROSA	A. VANDEWEGHE	A. VANDEWEGHE	E. SHEA
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	CANADA	U.S.A.	U.S.A.	U.S.A.	U.S.A.
75	TIME	32:50(83)	1:14:86(87)	2:53:73(87)	6:27:76(81)	13:35:26(87)	25:41:53(87)	40:47(82)	1:32:22(82)	3:33:08(87)
79	NAME	L. COLLETT	K. LEMMON	K. LEMMON	A. RULE	H. HOWE	H. HOWE	A. HARGRAVE	A. HARGRAVE	H. SCHWARZ
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	FRG
80	TIME	38:47(88)	1:29:22(89)	3:31:79(83)	7:23:09(83)	15:53:13(85)	28:54:25(83)	45:62(87)	1:50:05(87)	4:04:72(87)
84	NAME	F. GRIFFITHS	F. GRIFFITHS	G. LANGNER	G. LANGNER	G. LANGNER	G. LANGNER	A. HARGRAVE	A. HARGRAVE	H. EISENSCHMIDT
	COUNTRY	AUST.	AUST.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
85	TIME	44:87(88)	1:43:03(88)	3:48:21(88)	8:14:50(88)	17:11:21(88)	33:08:54(88)	1:01:44(86)	2:27:15(86)	5:15:15(86)
89	NAME	G. LANGNER	G. LANGNER	G. LANGNER	G. LANGNER	G. LANGNER	G. LANGNER	T. CURETON	T. CURETON	T. CURETON
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
90	TIME	59:88(84)	2:14:06(84)					2:16:20(82)	5:04:51(82)	
94	NAME	C. WHEELER	C. WHEELER					L. MAGENER	L. MAGENER	
	COUNTRY	U.S.A.	U.S.A.					U.S.A.	U.S.A.	

AGE	STROKE	BREASTSTROKE			BUTTERFLY			INDIVIDUAL MEDLEY	
		DIST.	50M.	100M.	200M.	50M.	100M.	200M.	200M.
25	TIME	29:88(86)	1:06:61(86)	2:26:73(87)	25:16(81)	56:34(84)	2:05:25(84)	2:09:21(87)	4:34:08(87)
29	NAME	R. HOFSTETTER	R. HOFSTETTER	T. LIGL	K. DEFORREST	M. BOTTOM	M. LUKASEK	C. REID	C. REID
	COUNTRY	U.S.A.	U.S.A.	FRG	U.S.A.	U.S.A.	CZECH.	U.S.A.	U.S.A.
30	TIME	29:74(87)	1:06:87(87)	2:26:61(87)	25:31(88)	56:64(88)	2:07:71(87)	2:12:37(88)	4:43:23(88)
34	NAME	R. HOFSTETTER	B. HOWELL	B. HOWELL	M. BOTTOM	M. BOTTOM	J. BELARDI	M. SCHUMAN	P. KOLLRAS
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	CZECH.
35	TIME	31:52(87)	1:10:20(87)	2:35:66(87)	26:35(87)	58:59(83)	2:12:91(83)	2:20:37(87)	4:59:66(83)
39	NAME	C. HILTENBERGER	C. HILTENBERGER	G. HARRISON	P. MÜNGER	F. SCHLICHER	F. SCHLICHER	J. McCONICA	F. SCHLICHER
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
40	TIME	32:39(83)	1:11:58(83)	2:38:02(87)	27:56(83)	1:02:05(80)	2:23:05(88)	2:23:20(85)	5:08:30(85)
44	NAME	V. LUKEN	V. LUKEN	P. WISNER	K. LUDWIG	L. LARSON	B. GALLAS	T. GARTON	T. GARTON
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
45	TIME	33:10(86)	1:14:95(88)	2:47:28(88)	27:78(86)	1:04:31(88)	2:32:11(87)	2:25:46(88)	5:17:26(88)
49	NAME	Y. OOSAKI	M. HULL	M. HULL	R. TAKAMINE	T. GARTON	J. GEOGHEGAN	T. GARTON	T. GARTON
	COUNTRY	JAPAN	U.S.A.	U.S.A.	JAPAN	U.S.A.	U.S.A.	U.S.A.	U.S.A.
50	TIME	33:38(86)	1:15:60(83)	2:53:76(83)	28:20(87)	1:07:13(83)	2:33:79(83)	2:35:51(85)	5:41:04(85)
54	NAME	H. KOTEGAWA	M. SANGUILY	M. SANGUILY	R. PROBSTING	W. YORZYK	W. YORZYK	B. JONES	B. JONES
	COUNTRY	JAPAN	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
55	TIME	34:20(88)	1:17:87(88)	2:58:83(88)	30:24(86)	1:12:19(88)	2:56:19(88)	2:44:00(87)	5:53:77(87)
59	NAME	J. KORTHEUER	J. KORTHEUER	M. SANGUILY	J. KORTHEUER	W. YORZYK	M. WERNER	G. JOHNSTON	G. JOHNSTON
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	FRG	U.S.A.	U.S.A.
60	TIME	37:61(87)	1:27:50(86)	3:14:50(88)	32:19(85)	1:17:39(88)	3:05:41(88)	2:55:70(88)	6:18:89(88)
64	NAME	J. KUETZMAN	P. POWLISON	K. KNOPS	F. PIEMME	W. WILSON	C. MOSS	C. MOSS	C. MOSS
	COUNTRY	U.S.A.	U.S.A.	FRG	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
65	TIME	39:82(86)	1:31:07(85)	3:26:70(88)	33:34(87)	1:29:32(84)	3:34:69(84)	3:02:81(87)	6:50:43(86)
69	NAME	W. MINNICH	W. MINNICH	F. NAJERA	J. HALE	A. HOLDEN	B. DAVIDSON	P. POWLISON	R. TAFT
	COUNTRY	FRG	FRG	MEXICO	ENGLAND	U.S.A.	U.S.A.	U.S.A.	U.S.A.
70	TIME	41:41(82)	1:33:20(84)	3:32:20(88)	37:26(82)	1:35:89(88)	3:38:48(87)	3:20:25(88)	7:08:28(88)
74	NAME	H. MIER	B. ALLEN	A. DA ROSA	H. MIER	D. JEFFREY	D. JEFFREY	A. DA ROSA	A. DA ROSA
	COUNTRY	FRG	U.S.A.	U.S.A.	FRG	AUST.	AUST.	U.S.A.	U.S.A.
75	TIME	44:86(86)	1:39:69(87)	3:50:51(87)	41:25(87)	1:48:44(87)	4:04:13(87)	3:30:50(87)	7:48:38(87)
79	NAME	K. WITTENBERG	K. LEMMON	K. LEMMON	K. LEMMON	K. LEMMON	K. LEMMON	K. LEMMON	K. LEMMON
	COUNTRY	FRG	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
80	TIME	51:41(88)	2:00:89(88)	4:40:35(88)	53:20(88)	2:26:34(88)	5:14:40(88)	4:20:72(89)	9:47:72(88)
84	NAME	K. KOYAMA	K. KOYAMA	F. GRIFFITHS	J. PENFIELD	F. GRIFFITHS	F. GRIFFITHS	F. GRIFFITHS	F. GRIFFITHS
	COUNTRY	JAPAN	JAPAN	AUST.	U.S.A.	AUST.	AUST.	AUST.	AUST.
85	TIME	1:06:00(91)	2:36:30(88)	5:36:05(88)	1:33:56(86)			5:33:20(86)	
89	NAME	T. LANE	G. LANGNER	G. LANGNER	T. CURETON			T. CURETON	
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.			U.S.A.	
90	TIME	2:12:09(82)	5:16:03(82)						
94	NAME	L. MAGENER	L. MAGENER						
	COUNTRY	U.S.A.	U.S.A.						

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OVERCROWDING AT NATIONALS

The views of Nick Berenyi

I am one of the many Masters swimmers agonizing over the necessity of imposing limits on participation in National and International championships. I am familiar with most suggestions made to date. Each one has its pros and cons, and there may be no perfect solution.

While limiting participation in Masters competition is contrary to our hallowed principles, having 14 to 16 hour swim meet days is a traumatic experience for swimmers and officials alike. Some solution must be found.

Let me first state my opinion about some current proposals. Then let me suggest a solution, hopefully to be voted upon at the USMS convention.

IDEAS I DISLIKE:

Across-the-board qualifying times:

This is not only contrary to our character, there is a major problem here. Who can verify our claimed seed times? Many of us Masters are not too truthful about seed times even when our entries do not depend on them. Won't we "extend the truth" even more if our berth in the games would be at stake?

Reduce the number of events one may enter:

That would be very painful indeed. Most of us taper, shave-down and psyche-up for the Nationals or World Games. We take a vacation from our jobs, spend heavily on airfare, hotels and

meals. If we could swim just a few events, then why go at all? Should we miss one or two events (DQ or scratch), a whole year's effort would be lost.

IDEAS I FAVOR:

A five-day format: Run all the 50's, 100's and relays on the first two days. Most of the relay swimmers are sprinters. Those who favor the shorter distances would come for the first two or three days only. Schedule the 200's, the 400 IM and the 500yd/400m free for the third and fourth days, and finish the meet with the 1000yd/800m and the "mile". Such a staggered schedule would ensure an even and reduced participant load.

Have three Nationals, and choose any two: This includes Canada. Many of the US swimmers participate in their short course meters Nationals, and many Canadians frequent the USMS short and long course Nationals. So, why not merge the Canadian Masters Swimming Association with USMS? Have three Nationals in North America: yards, SC meters and LC meters. Restrict participation for everyone to two such supra-nationals. That would cut the number of entrants in each by at least 25%.

Publish/post the results only of those who place: If the places and times only of the top eight swimmers per age-group would be posted/published, then those who have no chance of placing no. 1 to no. 8 in an event would be less likely to enter it. For the very old age-groups, where there are few swimmers, post/publish the results of the top 2/3rds only.

Creating a standby category: If participation must be restricted to five events, then let everyone enter an additional "standby" event. There are always empty lanes. They could be filled with the standby entrants. That won't delay the meet in this computer age. If the airlines can fill their vacancies with standbys, why couldn't the empty lanes be filled?

MY SUGGESTION:

I would like to have the suggestion described below discussed and voted on at the USMS convention in September.

Compromise between qualifying times and free-for-all participation. Accordingly, everyone would be entitled to enter and swim 3 to 4 events. Let's call them one's "basic allotment". Those who made National TOP TEN in an event or placed among the first eight in the previous year's similar Nationals, would be seeded and allowed one extra event per each criterium, up to a maximum of 6 or 7 events.

It should be incorporated in our by-laws that qualifying criteria can be used in National and International competition only. It should be clearly stated that National and World Championships are not for the novice athlete. They should develop their skills in local and zonal meets first. There are several municipal and/or regional meets every weekend across the US and Canada! In the oldest age groups, where there are less than ten swimmers in the TOP TEN and less than eight in the previous year's Nationals, the seeded swimmers should constitute about 2/3rds of those otherwise eligible. This would maintain a balance among the ag-groups, neither penalizing the young generation nor patronizing the old.

SWIM-MASTER



June Krauser, Editor
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SWIM CALENDAR

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JUL-AUG 1989

- JUL 8 LC - LEO LETENDRE, 267 ALANDORE DR., MANCHESTER, MD 63021
8 LD - 2 MI - JIM MILLER, 1471 JOHNSTON-WILLIS DR., RICHMOND, VA 23235
8 LC - ROBERT MITCHELL, PO BOX 204, EL TORRO, CA 92630
8-9 LC - DAVID PARLER, 1649 F JUNIPER ST., CHARLESTON, SC 29407
8-9 STATE GAMES OF OREGON, 700 NE MULTHOMAH, PORTLAND, OR 97232
15 LC - BOB STAAB, 11 HUNTINGTON DR., LITTLE ROCK, AR 72207
15-16 LC - STEVE BARNICOAT, 3582 SUTTON PLACE 1905, WINTER PARK, FL 32792
16 LC - SDI MASTERS SWIM/ALL SPORTS OFFICE, 1135 GARNET-K, SD, CA 92109
22 LC - SUZANNE RAGUE, 263 WEST END AVE., NO 9C, NEW YORK, NY 10023
22-23 LC - C.T. BRANIN NATITORIUM, CANTON, OH - PIETER CATH (216) 248-8270
23 LC - ALICIA COLEMAN, 24 THE POINT, CORONADO, CA 92118
23 LC - BOBBY DONNELLY MEET - PHIL WHITTEN (617) 631-8673
28-30 LC - LISA WATSON, 2104 HOWELL BLVD., DULUTH, GA 30136
29-30 LC - NEM CHAMPIONSHIPS - PHIL WHITTEN (617) 631-8673
29-30 LC - LEO LETENDRE, 627 ALANDORE DR., MANCHESTER, MD 63021
29 LD - 1.4 MI - JOE SCHMITT, OCEAN CITY BEACH PATROL, OCEAN CITY, NJ 08226
30 LC - ROBERT MITCHELL, P.O. BOX 204, EL TORRO, CA 92630
31-AUG 5 LC - MASTERS GAMES - ARHUS, DENMARK
- AUG 5-6 LC - SPMA, STEVE SCHOFIELD, 7914 SADRING, WEST HILLS, CA 91304
12 LD - 1-1/2 MI - RON BANK, 80 PEBBLE BEACH DR., LITTLE ROCK, AR 72212
12-13 LC - ROB COPELAND, 246 BERGER ST., SOMERSET, NJ 08873
12-13 LC - RUTH RAPPOPORT, 4201 CATHEDRAL NW 1203 E, WASHINGTON, DC 20016
17-20 USMS LC CHAMPIONSHIPS - MIKE STROMBERG, A.D., U OF ND, GRAND FORKS, ND 58202
19 MANHATTAN ISLAND SWIMMING ASSN. (MARATHON) 438 W 37 ST., SUITE 5-H, NY, NY 10018
20 LC - SDI SWIM OFFICE, 1135 GARNET-K, SAN DIEGO, CA 92109
- SEP 3 LD - 1-1/2 MI - FRANK FUNSTON, 4417 PRIVATEER RD., BRIGANTINE, NJ 08203
9-10 LC - SUSAN BLATTNER, 52 UNDERHILL RD., HENDERSONVILLE, NC 28739
10 ONE MILE NATIONAL CHAMP - SUZANNE RAGUE, 263 WESTEND AVE. 19-C, NY, NY 10023
16 SC - ORLANDO - JUDY MEYER, 10333 DIEGO DR. S, BOCA RATON, FL 33428
20-24 USMS NATIONAL CONVENTION - PORTLAND, OR
22-23 SCM - CLEARWATER, FL
23-24 SCM - PAT WILSON, 842 ALABAMA ST., FLORENCE, AL 35630
- OCT 7-8 SCM- BRISTOL, TN
7-15 SCM- PAN PACIFIC AQUATIC GAMES, INDIANAPOLIS, IN
8 SC - ALICIA COLEMAN, 24 THE POINT, CA 92118
18-20 SC - WORLD SENIOR GAMES, 1604 WALKER C TR, SALT LAKE CITY, UT 84111
20-22 SCM- BRUCE PAGE, 2156 WATERSIDE DR., CLEARWATER, FL 34624
28-29 SC - ELLEEN SCHAPPEL, 932 W. OUTER DR., OAK RIDGE, TN 37830
29 SCM- SDI SWIM OFFICE, 1135 GARNET-K, SAN DIEGO, CA 92109
- NOV 4 OR 5 SC - SDI SWIM OFFICE, 1135 GARNET-K, SAN DIEGO, CA 92109
11-12 SC - STEVE BARNICOAT, 3582 SUTTON PLACE NO 905, WINTER PARK, FL 32792