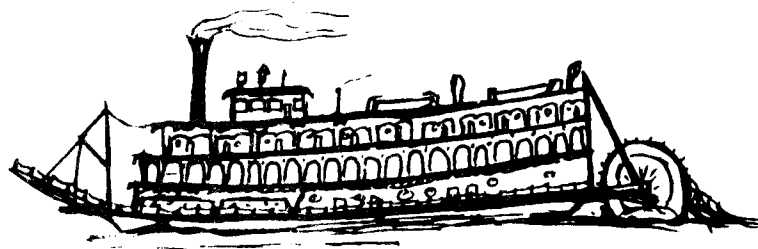


OLD STERNWHEELER'S

Masters Monthly



Volume III, Number 6

UNMATCHED PROPAGANDA

June 10, 1978

Hello again, sea nymphs. Welcome back to another installment of "Lust Among the Lane Lines." Summer is here, I can tell, because it was 39° at practice this morning at the outdoor pool. We have a new NATIONAL RECORD to report, a summer meet schedule, two new teams to introduce, and lots of other useless information. So send the kids off to bed, and grab a cold one: here we go again.

This month's top story is the account of six Minnesotans at the Short Course Nationals in San Antonio, Texas last May. Robin Kleffman, Marsha Soucheray, Mark Litman, Ray Hakomaki, Gary Bastie and Wes Bastie carried the colors of the Northern Shores Aquatic Club to 29th place out of 107 teams. Among the great performances (almost all personal records) was a new National Record of 56.8 in the 100 Free. Ray is one of only two known persons able to "swim their age" in the 100 Free. That's like shooting your age in golf, or shooting your wife in the kitchen.

Robin took one second and had phenomenal time drops. Marsha took three fourths in her very competitive age group. Mark, Gary and Wes all had nice time drops, and placed in their specialties. Unofficial and Incomplete Summary:

<u>Ray Hakomaki (57)</u>			<u>Marsha Soucheray (37)</u>			<u>Robin Kleffman (30)</u>			<u>200 Free Relay (6th)</u>		
50 Free	25.2	1st	50 Fly	30.63	4th	100 Breast	1:05.7	2nd	Wes	23.47	
100 Free	56.8	1st	100 Fly	1:10.00	4th	200 Breast	2:28.57	3rd	Gary	23.97	
50 Fly	30.1	1st	100 Free	1:06.3	8th	100 Fly	56.38	6th	Robin	22.46	
100 IM	1:08.0	2nd	100 IM	1:13.99	6th	100 Back	1:08.40		Ray	25.62	
200 Breast	2:54.6	1st	200 IM	2:46.8	7th	50 Fly	25.37	8th			
200 IM	2:36.4	1st	50 Free	27.54	4th	100 IM	1:00.98				

<u>Mark Litman (33)</u>			<u>Gary Bastie (28)</u>			<u>Wes Bastie (25)</u>		
100 Back	1:03.01	(6th)	1050 Free	18:52.5		50 Free	24.21	
200 Back	2:20.0	(6th)	50 Free	23.1				
100 IM	1:03.68		100 IM	1:01.22				

Now, let's have a thunderous round of indifference for these fine athletes.

Two new teams in the metro area have surfaced, and we are proud to announce them here for the first time anywhere in the world. Two Swim clubs, formerly concerned only with kids, have found the truth, seen the light, and generally added to the confusion with Masters. The Mounds View Swim Club, under the direction of Steve Duncan, are practicing at Irondale High School in New Brighton. Call Steve at 784-5532 for days and times of practice. Another (yes, folks, yet another team) Masters team is forming through the South East Metro Sharks Swim Club (SEMS) under the curly-haired direction of Duane Sorenson. This bunch will probably practice at Woodbury High School, but you better call Duane at 459-1235 for details.

We welcome these additions to the list of teams operating in Minnesota. As we have said so many times before, the team idea makes it so much easier to work out, and adds so much to the basic idea of "Swimming for Fitness". We hope to print up a little handbook for Masters Teams, to help educate swimmers in the "nuts and bolts" of Masters Swimming in Minnesota.

We have added to the list of prizes for the Logo Contest. Thus far we have received only one entry. Design a logo for Masters Swimming in Minnesota and win: One pair of Goggles, ½ Gallon of Kemps Ice Cream (Courtesy of Rollie Duff), One Free Masters Meet for Two, and for single women, the usual desparate proposition from the Stern Oldwheeler.

ENTER NOW!! Remember: apathy is one sign of heavy drug use.

Last month, we published "The History of Swimming" as researched by the Auld Sternwheeler. We had much fun with that, and got much nice response (including being reprinted in the White Bear Press).

A-WUN AND A. 2

One of the nicest letters came from my buddie Brenda Ueland. You remember Brenda, she's the young scamp (86) with the National Record. Well, Brenda writes her congratulations and adds to the History: "A friend told this true story of Byron" (remember Lord Byron, who swam the Hellespont) "The friend recently visited an aristocratic old lady in Venice who lived in one of those palaces. Her forebears were Doges. In about 1820 Lord Byron was a guest there. He would dive out of an upstairs window into the Canal. He had a private gondola and gondolier. When it was raining and Lord Byron swam, the gondolier would go along side holding an umbrella over Lord B."

Brenda also sent along an article which she wrote for the Minnesota Posten about the State Meet where she describes the Butterfly stroke as "a kind of repeated convulsion." Love it!

LITTLE VICTORIES

I'm not sure that this is a victory, but Judy Hedberg of Northern Shores reports that she has to hustle home that one day each month to get to the mailbox and hide the Old Sternwheeler before her kids get home.

The "Discus" of the Decathlon Club recently reported on the fantastic mileage of 63 year-old Masters Swimmer Rollie Duff. When he started in 1973, Rollie covered 100 miles during the year. In '74, it was 169, and jumped to 485½ in '75. He has covered 467½ and 462½ in '76 and '77, and has a goal of 500 Miles in 1978. Go get 'em Rollie! If all those miles were laid end to end, Rollie would be almost to Tierra del Fuego by now.

Remember, water wonders; all little victories must be submitted by you readers. If you've done something which you think might be of interest, or inspiring to others, drop me a line. Send all correspondence to Old Sternwheeler, 5 Oriole Lane, St. Paul, MN 55110. Don't send anything to Jack Gause (the name on the return address), he simply keeps our Bulk Mail permit legal. Remember: apathy is one sign of mental deterioration.

NATIONAL & INTERNATIONAL MEETS:

- July 22 National Long Distance Swimming Championships -- Menomonee, Wisconsin
Edie Gruender, 3329 N. Valencia Ln., Phoenix, AZ 85018
- August 20 - 30 1st Senior Age Division Aquatic Competition, Canada, 1978 (International Masters Championships -- Toronto, Ontario, Canada
559 Jarvis St. Toronto, M4Y 2J1
- August 31, Sept 1-2 National Long Course Championships -- Providence, Rhode Island
Enid Uhrich, 25 Lafayette Rd., Newton, MA 02162

MINNESOTA MEETS:

- July 23 St. Paul Classic Modified Mini (tentative) St. Paul Highland Park Pool, hopefully to be run in conjunction with St. Paul Classic Senior A.A.U. Meet. Details later.

WINTER SCHEDULE:

Harry Brown would like to finalize a Fall-Winter schedule as soon as possible for publicity purposes. If you would like a meet in your home pool, we could use weekend dates, or weekday evenings for mini meets. This just might the lift your club could use. Give Harry a call at 636-3785.

SAMPLE WORKOUTS: These workouts are written for 50m pools, but can be swum anywhere.

500 Swim	200 EZ Swim	800 Warm-up	400 Swim	300 EZ
2 x 200 IM Kick	200 RB	Alternate:	400 Pull	200 EZ Kick
4 x 100 Non-crawl	200 Kick	50 Kick,	4 x 150 on 4:00	800 Time
300 EZ RB 3 or 5	200 Choice	100 Swim;	200 EZ	Trial
5 x 100 Crawl(:60)	10 x 50 on 1:30	8 Each.	10 x 50 (rest :40)	800 EZ Swim
100 EZ	200 EZ	100 EZ	100 EZ	for stroke
	10 x 50 on 2:00			
	200 EZ Cool down			

Workouts are written for approx. 2000 meters, duration: about 1 hour (on a good day)

A PENNY FOR YOUR THOUGHTS:

The questionnaires which you have been returning are helping us greatly in determining how to make Masters Swimming better and more of what you want in the future. In all, 20 have been received thus far, and here is the general trend and some of the more specific ideas:

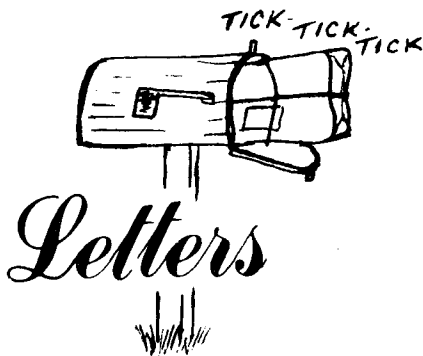
1. Most people felt that the number of meets was about right, that a meet every 3-4 weeks was enough.
2. Only one of the 20 responders felt that entry fees were too high, and objected to the \$5.00 entry fee at the State Meet. Oddly, that person didn't attend the State Meet. (Just a note on entry fees in other states: Wisconsin charges between \$1.50 and \$2.00 per event, Illinois is also in the \$1.50 - \$2.00 range. I know of no A.A.U. association where you can swim for 33¢ an event as you can in our Mini meets.)
3. What should we do with your money? Most people suggested that we spend it on publicity. Other good ideas include awards, reimburse local swimmers for participation in National meets, promote more social events, and "provide a greater selection of cookies."
4. How do we improve? Two things: more statewide publicity, and promote formation of more teams.
5. Competition vs. Participation: Almost everyone thought there should be an equal balance between the two. The rest leaned away from competition and felt that participation and the "Swim for Fitness" idea was good philosophy.
6. Awards: Most everyone liked getting awards, and were very receptive to the idea of practical awards. There were a few people indifferent, but interestingly, no one said "no" to awards.
7. Say something nice about the Old Sternwheeler:
 - "I'm sorry, but I think the Committee can only ask so much."
 - "I'm new in the area."
 - "The copy toner was just right on this week's issue."
 - "I think you're neat-whoever you are... SWAK."
 - "Knowing the Old Sternwheeler is as much fun as one can have with his/her clothes on."
 - "It's the effort that counts."
 - "I enjoyed reading 'All You Wanted to Know About Swimming but Were Smart Enough Not to Ask.'"
 - "A bird in the hand makes it hard to shave."

Any of you apathetic catfish out there who would like to add your ideas to this collection, just dig out the questionnaire from the May 15 mailing and send it along. Hurry, they could raise the cost of a stamp again.

Dear Old Sternwheeler,

If you happen to see Ray Hakomaki, ...tell him I've taken goat gland treatments, have been practicing eight hours a day, and have got my time for the 50 yard dash down to 23.6. He'll never, then, want to see the age of 60. He told me once, two or three years ago, that when he was swimming for the U of M, he was tired of having my name shoved down his throat by Thorpe, the then coach. So if you get the chance, shove my name down his throat one more time.

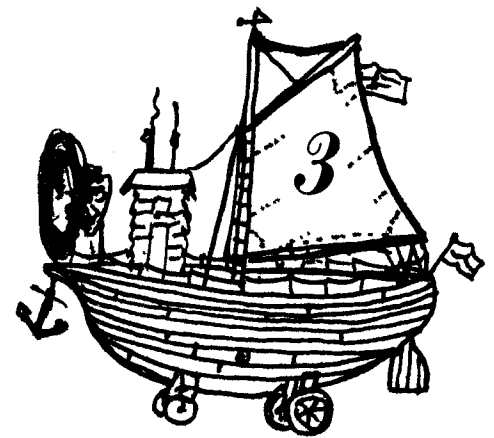
Best Regards,
Rex Hudson
Duluth



Dear Old Sternwheeler,

Went to the National Coaches Clinic last week. Mitch Ivey, Marty Knight, Peter Daland, & Frank Keefe were there. Went to dinner with Peter Daland (Olympic coach) and Frank Keefe, and shared your April Fool's Newsletter with them!--Whereupon Peter ordered another bottle of wine--and he was the first speaker for the evening session!

Love,
Nancy Stupka
Lombard, Illinois



MINNESOTA ASSOCIATION OPEN AAU MASTERS SWIM MEET
(Short Course)

May 6, 1978
Hosted by Southdale Swim Club
Sanctioned by the MAAU

WOMEN UNDER 25
50 YARDS FREESTYLE
CAREN BECKLEY 30.7
RONDI PALOICKI 41.6
100 YARDS FREESTYLE
CAREN BECKLEY 1:06.5
JANET WALLACE 1:39.1
DEANNA DOTTE 1:14.0
500 YARDS FREESTYLE
BECKY REIN 7:53.4
SUE LAHR 8:58.9
50 YARDS BACKSTROKE
CAREN BECKLEY 35.2
100 YARDS IM
SUE SAHR 1:45.0
200 YARDS IM
DEANNA DOTTE 3:14.3

WOMEN 25-29
100 YARDS FREESTYLE
JAMIE SYLVESTER 1:21.4
JANET HAGEN 1:40.5
500 YARDS FREESTYLE
JAMIE SYLVESTER 8:25.1
50 YARDS BACKSTROKE
JAMIE SYLVESTER 42.3
50 YARDS BREASTSTROKE
JULIE JOHNSTON 39.5
100 YARDS BREASTSTROKE
JANET HAGEN 1:51.1
100 YARDS IM
JULIE JOHNSTON 1:24.7
200 YARDS IM
JULIE JOHNSTON 3:06.5

WOMEN 30-34
200 YARDS FREESTYLE
MARY OUTCALT 2:54.8
ELIZABETH HEUSER 4:03.3
50 YARDS BREASTSTROKE
MARY OUTCALT 43.0
ELIZABETH HEUSER 1:00.9

WOMEN 35-39
50 YARDS FREESTYLE
JOAN VILLELLA 35.5
JUDITH HEDBERG 40.5
MARY HANKE 41.3
100 YARDS FREESTYLE
SUSAN SHERIN 1:05.8
MARSHA SOUCHERAY 1:09.0
500 YARDS FREESTYLE
SUSAN SHERIN 6:58.6
50 YARDS BACKSTROKE
MARY HANKE 43.9
100 YARDS BACKSTROKE
DIANE CODERRE 1:53.8
200 YARDS BACKSTROKE
DIANE CODERRE 4:00.7
50 YARDS BREASTSTROKE
JOAN VILLELLA 43.0
JUDITH HEDBERG 50.1
100 YARDS BREASTSTROKE
JUDITH HEDBERG 1:49.8
50 YARDS BUTTERFLY
JOAN VILLELLA 42.0
200 YARDS IM
MARSHA SOUCHERAY 3:01.1

WOMEN 40-44
50 YARDS FREESTYLE
LOUISE OSTERGREN 38.7
100 YARDS FREESTYLE
MARIANNE SCHULZE 1:20.2
50 YARDS BACKSTROKE
NANCY OLSON 47.9
100 YARDS BACKSTROKE
NANCY OLSON 1:49.5
200 YARDS BACKSTROKE
NANCY OLSEN 4:00.3
100 YARDS BREASTSTROKE
MARIANNE SCHULZE 1:52.5

WOMEN 55-59
50 YARDS FREESTYLE
NIQUIE SPRANGER 41.8
50 YARDS BREASTSTROKE
NIQUIE SPRANGER 54.8

WOMEN 65-69
50 YARDS BACKSTROKE
MARION JOHNSON 1:08.1
50 YARDS BREASTSTROKE
MARION JOHNSON 55.4
100 YARDS BREASTSTROKE
MARION JOHNSON 2:02.7

WOMEN 70-74
100 YARDS FREESTYLE
MAMIE BROWN 2:33.4
50 YARDS BACKSTROKE
MAMIE BROWN 1:17.5
MARJORIE BEYER 1:21.5
100 YARDS BACKSTROKE
MAMIE BROWN 2:54.3

MEN UNDER 25
50 YARDS FREESTYLE
PAUL ANDERSON 24.0
100 YARDS FREESTYLE
PAUL ANDERSON 51.0
MARK SELLS 57.5
200 YARDS FREESTYLE
MARK SELLS 2:14.7
200 YARDS IM
PAUL ANDERSON 2:14.4

MEN 25-29
50 YARDS FREESTYLE
JIM MALONEY 25.5
RICK DOODY 29.0
DICK OLMSTED 30.2
100 YARDS FREESTYLE
PAUL STEARNS 51.3
JIM MALONEY 58.9
DAVID CAELLOT 1:01.0
RICK DOODY 1:04.5
DICK OLMSTED 1:10.0
200 YARDS FREESTYLE
JIM MALONEY 2:19.6
RICK DOODY 2:40.2
500 YARDS FREESTYLE
JAMES ANDERSEN 5:23.5
DAVID CAELLOT 6:43.4
50 YARDS BREASTSTROKE
DICK OLMSTED 38.0
MIKE MOSTROM 40.4
100 YARDS BREASTSTROKE
MIKE MOSTROM 1:27.5
DICK OLMSTED 1:28.6
200 YARDS IM
JAMES ANDERSEN 2:15.6
PAUL STEARNS 2:18.4
DAVID CAELLOT 2:37.8
400 YARDS IM
JAMES ANDERSEN 4:56.0

MEN 30-34
100 YARDS FREESTYLE
JED DANNENBAUM 1:01.3
MARK LEO 1:03.4
200 YARDS FREESTYLE
JED DANNENBAUM 2:26.3
GREGORY HANSON 2:39.9
500 YARDS FREESTYLE
GREGORY HANSON 7:36.3
200 YARDS BACKSTROKE
MARK LITMAN 2:25.8
50 YARDS BREASTSTROKE
CHUCK HEUSER 40.0
50 YARDS BUTTERFLY
WILLIAM EARLEY 27.2
CHUCK HEUSER 32.2
100 YARDS IM
WILLIAM EARLEY 1:07.5
JED DANNENBAUM 1:12.1

MEN 35-39
50 YARDS FREESTYLE
ROY HEINRICH 33.3
1650 YARDS FREESTYLE
ROGER BOSVELD 22:41.6
50 YARDS BACKSTROKE
ROY HEINRICH 40.0
200 YARDS BACKSTROKE
ROGER BOSVELD 2:45.6
100 YARDS IM
ROY HEINRICH 1:37.6

MEN 40-44
100 YARDS BACKSTROKE
EDWARD KANAK 1:18.4
200 YARDS BACKSTROKE
EDWARD KANAK 3:03.4

MEN 45-49
50 YARDS FREESTYLE
RICHARD MORRILL 34.1
PAT MANION 34.5
100 YARDS FREESTYLE
PAT MANION 1:20.6
500 YARDS FREESTYLE
RICHARD DONNELLY 7:25.4
50 YARDS BACKSTROKE
PAT MANION 39.9
50 YARDS BREASTSTROKE
RICHARD MORRILL 39.4

MEN 55-59
100 YARDS BREASTSTROKE
RAYMOND HAKOMAKI 1:25.4
200 YARDS IM
RAYMOND HAKOMAKI 2:48.5
400 YARDS IM
RAYMOND HAKOMAKI 6:12.5

MEN 65-69
50 YARDS FREESTYLE
JOSEPH FECHTER 42.3

WOMEN UNDER 25
200 YARDS MEDLEY RELAY
LAKE SWIM CLUB 2:52.0
(HANKE, OUTCALT, WALLACE,
HEUSER)

WOMEN 25 & OVER
200 YARDS FREESTYLE RELAY
N.S.A.C. 2:57.3
(BROWN, SYLVESTER, SPRANGER,
JOHNSTON)

WOMEN 35 & OVER
200 YARDS FREESTYLE RELAY
N.S.A.C. 2:11.3
(SOUCHERAY, SHERIN, SCHULZE
OSTERGREN)

MEN UNDER 25
200 YARDS FREESTYLE RELAY
NEW HOPE CRYSTAL 1:53.2
(OLMSTED, HEINRICH, EARLEY,
SELLS)

MEN 25 & OVER
200 YARDS MEDLEY RELAY
LAKE SWIM CLUB 2:20.0
(STEARNS, HEUSER, MOSTROM,
MANION)