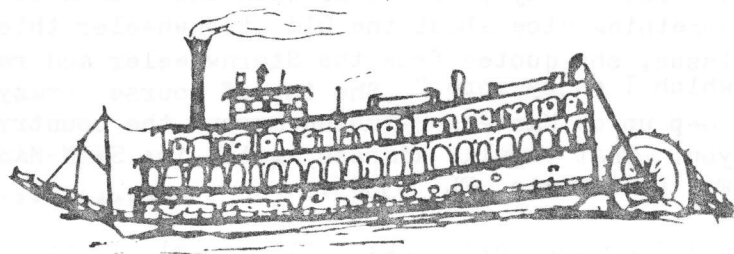


# OLD STERNWHEELER'S

## Masters Monthly



Volume III, Number 8

UNMATCHED PROPAGANDA

August 21, 1978

### SPECIAL 'BACK TO SCHOOL' ISSUE!!

Hello again, sea nymphs! Summer is swiftly steaming off into the sunset, and we're still stuck here together. Right now is the time to get off to a fresh start with the Fall season and get back into the swim (get it?). Those of you who missed the St. Paul Classic on July 22, should kick yourself once, firmly. Despite the weekend-long monsoon, there was on Saturday, about 1:30, a miraculous clearing of the skies, (well, at least the rain stopped) and we had a dandy, if intimate, Masters Meet. Bob Carl and Dave Beardsley hung around after all other officials had fled to dry clothes and warm drinks to run the meet. They were simply super.

The meet upcoming is hosted by Northern Shores, and comes after the kids are in school and schedules have settled down somewhat. We hope you can make it out to Chippewa Jr. High for a nice afternoon of swimming and socializing.

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The Old Sternwheeler would like to extend our best wishes to the nine Minnesotans leaving for the Long Course Nationals in Providence, Rhode Island. Swimming this summer will be Sue Sherin, Marsha Soucheray, Mamie Brown, Lynn Doyle, Jamie Sylvester, Larry Boise, Bill Earley, Robin Kleffman, and the "Senile Finn", Ray Hakomaki. Go Get 'em, kids. We are with you; win or tie.

Roger Bosveld just returned from another Lake Swim, this time a Masters event run in conjunction with the amateur A.A.U. Long Distance Championships. He finished FIRST in the Masters mile, and then (on the same day) swam exhibition against the kids in the amateur event. Roger reports with a smile that 14 of the 16 entrants lapped him on the quarter-mile circuit during the four mile race. I personally think that Roger's performance was fantastic, considering he was fatigued from his own race, swimming against National class amateurs, to fall only 400-500 yards behind over the four mile course.

In July, Roger won the Birchwood Days "Across White Bear Lake" swim, followed by Sue Sherin, Marsha Soucheray (1-2 in their category) and Mary Beth Larson, also a winner.

But the biggest news of all was the results of the National Masters Long Distance Swimming Championships, held in Menomonee Falls, Wisconsin, last July 22. Warren Kaye, of Northern Shores placed second in the Men's 50-54 age group, and Jolly Roger Bosveld took second in the Men's 39 age category. Congratulations, all you seaweed dodgers. That's it: Jolly Roger, the Artful Dodger.

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One of the major social events of the Minnesota Autumn is the annual Minnesota Swim Coach Association Clinic. All of the clinic activities are fascinating, but of special interest this year is the Friday night dinner, October 20. More details (when, where) will follow, but put this date in your book. The featured speaker will be Dr. Robert Serfass, a PhD. in physiology at the University of Minnesota. He is an extremely knowledgeable speaker, and was my physiology professor when I was at the U in '07. If you plan on taking notes, be warned that he talks too fast. He will speak on cardiovascular fitness, lifestyle, and longevity. The Clinic will be held at Hamline University, with the dinner at one of the finer restaurants nearby.

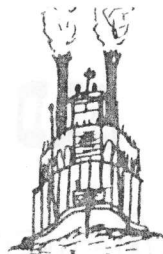
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Here's a fun set to do if you're bored with the same ole grind. (Also see "Sample Workout" this month, for a completely new idea in workouts) Try a set of 4 - 12 x 125, as follows: 50 yds. Moderate speed. Think about stroke, be smooth, relaxed. Then a 25 sprint. It follows easily after the first 50 cruise. Then a 50 very easy. Swim easily down and back and rest for 20 to 60 seconds. \_\_\_ x 125 → 50 Mod, 25 Fast, 50 EZ. Try it, you'll like it.

This idea stolen from the University of Minnesota Women's Team Coaching Staff of Jean Freeman and Dave Luedtke and Terry Ganley. Thanks, kids.

Evidently, June Krauser (the First Lady of Masters Swimming in the U.S.A.), did receive my \$50.00 bill with the note attached which said, "Please say something nice about the Old Sternwheeler this month." In her most recent issue, she quotes from the Sternwheeler and remarks, "There is no newsletter which I enjoy more." She is, of course, crazy. But if you would like to keep up on Masters Swimming around the country, Swim Master is the paper for you. That popular address again, is: SWIM-MASTER 2308 N.E. 19th Ave. Ft. Lauderdale, FL 33305.

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Old Sternwheeler's Law: "If you mis-count your laps, you never have gone too far, you always have more to do."

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LITTLE VICTORIES

- Doug Hedberg of New Hope-Crystal only began swimming about a year ago, but in traditional dedicated Masters fashion, has trained well since his rather humble beginnings. Last month, in a series of time trials held by coach Bill Earley, Doug swam a 100 Free in 1:07!!! That's a lot like learning to fly 5 minutes after seeing your first airplane! We also have seen a picture of Doug doing the butterfly, and it looks like World War I.
- In her first meet since she was a coed at the University of Michigan, Ruth Hodgson of Frontenac won the 50 Free and the 50 Breast at the St. Paul Classic. Ruth has been training on her own over the summer, with the gentle support and loving encouragement of her husband, sons and daughters. So, during her first swim in over 40 years, her second son, soaked through his warm-up suit from the rain and swim, walks along the pool deck beside her, fighting back tears of pride. When she finished, he stood at the ladder to assist, filled to overflowing with the emotion of the moment to this woman who had taught him to swim, and she said, "Son, you've wet your pants."
- The only other clever anecdote sent to me this month was a fun note from a guy in Illinois, claiming that we had failed to put his name on the mailing list. Cashed his check too, he claimed. Says he hasn't received one issue. Tough beans, fella.

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The Minnesota Swim News, the newsletter which you receive monthly as a part of your A.A.U. registration, has the following editorial policy: "As many of these (letters) will be printed as space permits, reserving the right to reject or condense if material is inappropriate or redundant." Inappropriate or redundant, eh? Sounds like we don't have to worry about the Minn. Swim News as serious competition. They probably even don't write about sex.

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A new Masters swim team has formed in the metro area, called the Twin City Stokers. Led by swimmer-coach Erma Quickturn, they practice at the Metro Lounge and Bowl, usually during Happy Hour. Members include former politician Halcyon P. Stumpwhistle, 61; and Erma's relay mates, Helen Wheels, Sue Age Pyppe, and Merrilee Downthestream.

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DIANE CODERRE'S St. Paul Swim Club Masters Report:

- "Hot" Rod Hansen was in a motorcycle accident a bit ago, and now has both hands in casts. That's got to hurt your feel for the water. Hope Rod has a speedy recovery, and will be back in the water making those big waves with his butterfly real soon.
- Kay Peterson, in her 60's, is now doing butterfly and flip turns consistently in practice.
- Diane says that swimming at the Highland pool will probably turn everyone into breaststrokes. Evidently they haven't discovered the art of circle swimming. Have you ever thought that highway driving is simply an elaborate form of circling?
- The St. Paul S.C. Masters will be choosing team suits very soon. It seems that club president Easy Ed O'Mara (the senile Irishman) wears a suit which is about to disappear. When the president's suit falls off, things will happen, I predict!

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OLD STERNWHEELER'S ANATOMY SKETCHBOOK This month: The Forearm.

