



THE OLD STERNWHEELER

Carries the Minnesota Masters Swim News across the waters...

Volume 31, Number 3, Fall 2005

2005 Minnesota LMSC Fall-Winter Activity Schedule

November 1, 2005

2006 Registration Begins

November 6, 2005

Pentathlon Meet
St. Olaf University
Northfield, MN

December 4, 2005

Winter Splash Meet
U of Minn Aqua Center

December 14, 2005

Reindeer Relays
Location – TBD
Watch the website for information

January 2006

One Hour Postal Swim

January 22, 2006

Ice Breaker Meet
U of Minn Aquatic Center

February 2006

Postal Fitness Challenge

February 26, 2006

Uptown YWCA

April 1 & 2 2006

Minn Masters State Championship

USMS SCY Nationals

May 11-14, 2006
Coral Springs, Florida

June 2006

Lake Harriett 1 & 2 Mile

June 24-25, 2006

Alexandria Lake Swims
Lake Carlos

July 2006

Manitou Monster Swim
Camp Manitou
Eau Claire YMCA

Aug 3-11, 2006

(swimming events only)
Masters World Championships
Stanford University
San Francisco, CA

The Editor's Corner

by Paul Windrath



The dog days of August is an apt time to prepare for the indoor swim season. With the open water season just about done, the triathletes among us have completed the final triathlons of the summer and probably beginning to think about their races for 2006.

I spent my summer vacation (actually May & June) riding 2,200 miles on a bicycle from Fairbanks (Alaska) to Vancouver (British Columbia) through some "in your face" wilderness and mountains. Throughout the ride, I knew I was losing upper body fitness, but just could not convince myself that swimming in 54 degree lakes and rivers was a good thing in spite of the clean, clear, drinkable water.

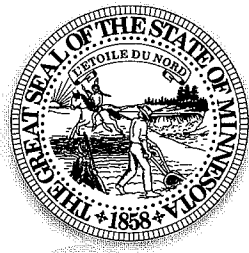
As swimmers we often have no idea how good – physically – our sports happens to be until we leave it for 2 months. Yeah, our arms get tired. Our legs scream sometimes. We smell like chlorine most of the day and we have rings around our eyes that most raccoons would envy. What a workout! We also have strong shoulders and backs, good abs, hearts, and lungs. Swimmers – as a group – are probably more flexible and relaxed with good posture. What is not to like about it....

When I returned from those 11 weeks of not swimming, returning to swimming shape was agony. The degree of muscle memory we need to swim well is extremely high because both large muscle groups and fine motor skills are involved. It has taken 2 months of daily swimming to regain the mental focus and physical conditioning and coordination necessary to do a good practice.

Personally, I am proud to say I am a swimmer and that it represents a lifestyle I prefer to lead. Our sport is an EXTREME sport because it requires work, focus, repetition, dedication, and self-motivation – all to the extreme if you intend to excel in competition. And, in the end, we get healthy.

A new season has begun with Labor Day concluded. The usual meets are scheduled for those who compete. And, the usual practice groups are around for those who simply SWIM for the HEALTH of it.
See you at the pool....

Between Newsletters, go to www.minnesotamasters.com for the latest information about Masters Swimming in Minnesota.



STATE of MINNESOTA

Proclamation

- WHEREAS: Kristina (Tina) Neill, daughter of Clayton and Katie Neill, of Carmel Valley, California, became the first person to swim the backstroke across the English Channel August 9, 2005, in a record 13 hours and 22 minutes; and
- WHEREAS: This was Neill's second English Channel crossing – the first being a freestyle swim from Dover, England, to Calais, France, in July 2003 in 11 hours, 21 minutes; and
- WHEREAS: Neill was the first Minnesotan to swim the English Channel and became part of a group of only 36 other American women to have completed the swim; and
- WHEREAS: Neill is a former NCAA Division II All-American swimmer from the University of California-Davis and is currently the coach of Macalester Masters Swimming; and
- WHEREAS: Neill is currently an American Swimming Coaches Association Level 4 coach and member of the College Swimming Coaches Association of American, United States Swimming and U.S. Masters Swimming; and
- WHEREAS: The people of Minnesota are very proud of Neill for her dedication and support to the sport of swimming and for setting a new standard of accomplishment and challenge for others to follow.

NOW, THEREFORE, I, Tim Pawlenty, Governor of the State of Minnesota, do hereby proclaim Monday, August 22, 2005, as:

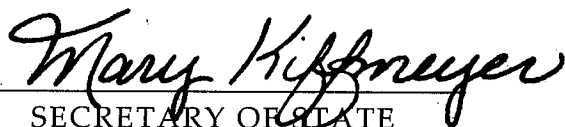
TINA NEILL DAY

in the State of Minnesota and applaud her for her tenacity and perseverance in meeting her goal of crossing the English Channel for a second time while becoming the only person in history to accomplish the English Channel crossing swimming the backstroke.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this twenty-second day of August in the year of our Lord two thousand and five, and of the State the one hundred forty-seventh.


GOVERNOR

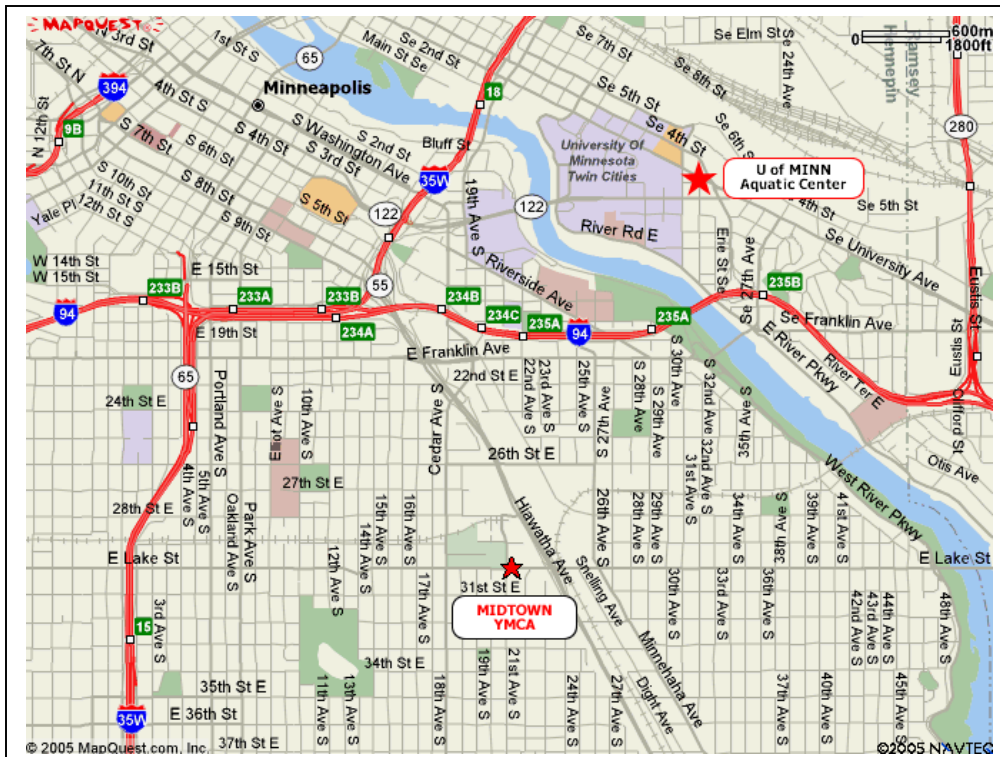

SECRETARY OF STATE

Midtown YMCA Swim Meet
Sanction # 306-002
Sunday, February 26
2121 East Lake Street
Minneapolis, MN 55407

Meet Director: Jason Burmeister
jburmeister@ywcamps.org
612-215-4344
Warmup: 9:00 am
Competition: 10:00 am-1:00 pm
Entry: \$7
Race day entries only

Order of Events

1. 50 Butterfly
 2. 500 Freestyle
 3. 100 Breaststroke
 4. 50 Backstroke
 5. 400 IM
 6. 200 Breaststroke
 7. 200 Medley Relay
 8. 100 Freestyle
 9. 200 Backstroke
 10. 200 Butterfly
 11. 100 IM
 12. 200 Freestyle
 13. 100 Butterfly
 14. 200 Free Relay
 15. 50 Breaststroke
 16. 100 Backstroke
 17. 50 Freestyle
 18. 200 IM
 19. 1000/1650 Freestyle
(time permitting)
- 5 minute break before all relays



Tips for those who go it alone

“ The more the merrier” That being said, many of us do our swim training on our own. Get the most out of each swim practice.

Make a swimming appointment with yourself and honor it as you would your other appointments or important dates.

Have a goal for each practice. Do a set of 50's on faster interval, make yourself take at least 2 strokes off the wall before you take your first breath, extend your streamlines. Make goal sets that you do once a month and find ways to play games within your practice. Once you have a plan, you'll be more likely to go do it.

The pace clock can be your best friend. Use the pace clock to swim everything on an interval or to help find a sense of pace. The pace clock will certainly keep you honest.

Mind your body. Swimming alone allows you to pay attention to how your body is feeling and an opportunity to feel your technique.

Keep a training log. Write in a great workout or review your mileage can be a great motivation for your next swim.

Learn from others – Where to go to learn from others...
Avoid repeating history – Go where others have gone before!

www.swiminfo.com

www.swim2000.com

www.usa-swimming.org

www.usms.org

www.nisca.net

www.fina.org

Minnesota Masters Winter Meet

Sanction # 305-012
 U of M Aquatic Center
 Sunday, December 4, 2005

This is your chance to try out one of the fastest pools in the country without leaving the comforts of Minnesota. The meet might even give you added incentive to workout during the Thanksgiving holidays.

Meet Director:

Mike Burns
 Mike_Burns@Malt-O-Meal.com
 612-824-0688

Warm up: 9:00-9:45 am

Competition: 10:00 am-2:00 pm

Entry Fee: \$7

Awards: None

Race day entries only

Order of Events

1. 100 Fly
2. 200 Free
3. 100 IM
3. 200 Mixed Free Relay
4. 100 Back
5. 50 Breast
6. 500 Free
7. 100 Breast
8. 50 Back
9. 200 Fly
10. 200 Mixed Medley Relay
11. 400 IM
12. 100 Free
13. 50 Fly
14. 200 Back
15. 50 Free
16. 200 Breast
17. 200 IM
18. 1000/1650 Free
(time permitting)

5 minute break before all relays.

Minnesota Masters Icebreaker Meet

Sanction # 306-001
 U of M Aquatic Center
 Sunday - January 22, 2006

OKAY – you did not like the order of events in December? No excuses now cuz the order has changed. Get in the water and see where your training is at and begin the preparation for the State Championship on April 1 & 2.

Meet Director:

Anthony Sarrack
 Anthony.sarrack@nmcco.com
 763-274-1677

Warmup: 9:00-9:45 am

Competition: 10:00-2:00

Entry Fee: \$7

Awards: None

Race day entries only

Order of Events

1. 50 Fly
2. 500 Free
3. 100 Breast
4. 50 Back
5. 400 IM
6. 200 Breast
7. 200 Medley Relay
8. 100 Free
9. 200 Back
10. 200 Fly
11. 100 IM
12. 200 Free
13. 100 Fly
14. 200 Free Relay
15. 50 Breast
16. 100 Back
17. 50 Free
18. 200 IM
19. 1000/1650 Free
(time permitting)

5 minute break before all relays

MULHERN REINDEER RELAYS
Wednesday, December 14, 2005

Location - TBD
 Recognition # 305-042

This is just for fun and jingles. All relays and none of them are real relays. Come try your talents a Feet First Relay, Dog Paddle Relay, Norwegian Side Stroke, Shark Relay, Underwater Alien Relay.

All teams are drawn from a hat and they change every event. Candy Canes for awards. All you have to do is be a masters registered swimmer who enjoys being goofy one day a year. Pizza is the fare for after the meet.

Come to the Southdale YMCA at 6:30 pm and warm-up for the fun. Meet runs for an hour from 7 – 8 pm. Entry Fee is \$3.00 to cover pool and candy cane costs.

2005 NATIONAL SHORT COURSE YARD
TOP TEN

WOMEN 30-34				
100 Breast	Dawn R Vanderbeek	1:13.68	8 th	
WOMEN 35-39				
1000 Free	Karen K Zemlin	11:23.17	8 th	
1650 Free	Karen K Zemlin	18:49.39	6 th	
WOMEN 40-44				
100 Free	Barbara A Scouler	55.62	10 th	
100 Back	Tenley F Burns	1:05.29	8 th	
200 Back	Tenley F Burns	2:22.43	10 th	
100 Fly	Barbara A Scouler	1:00.85	3 rd	
100 IM	Barbara A Scouler	1:03.19	6 th	
200 IM	Barbara A Scouler	2:18.35	5 th	
WOMEN 45-49				
50 Free	Ann C Senn	26.49	7 th	
WOMEN 50-54				
50 Fly	Nancy L Kryka	30.99	10 th	
MEN 18-24				
50 Breast	Matthew M Sievers	28.06	5 th	
MEN 30-34				
50 Free	Brian L Jacobson	21.02	1 ST	
50 Breast	Brian L Jacobson	26.47	1 ST	
50 Fly	Brian L Jacobson	23.20	4 th	
MEN 35-39				
100 Back	Scott P Tripps	54.49	2 nd	
50 Fly	Scott P Tripps	24.32	9 th	
MEN 40-44				
50 Breast	James Kochendorfer	29.16	9 th	
100 Breast	James Kochendorfer	1:02.55	7 th	
MEN 45-49				
200 Free	Thomas W Emison	1:51.90	10 th	
MEN 50-59				
50 Free	Trip Hedrick	22.08	2 nd	
100 Free	Trip Hedrick	48.47	1 ST	
200 Free	Trip Hedrick	1:49.11	2 nd	
50 Fly	Trip Hedrick	23.48	1 ST	
100 Fly	Trip Hedrick	53.33	1 ST	
MEN 60-64				
100 Back	Jim Pelissier	1:11.79	10 th	
50 Breast	Jim Pelissier	33.16	9 th	
100 Breast	Jim Pelissier	1:12.10	6 th	
MEN 70-74				
100 Free	Dave Anderson	1:05.21	7 th	
200 Free	Dave Anderson	2:26.39	5 th	
500 Free	Dave Anderson	6:47.94	7 th	
MEN 80-84				
50 Back	Raymond Hakomaki	47.90	9 th	
100 Back	Raymond Hakomaki	1:47.35	7 th	
200 Back	Raymond Hakomaki	3:58.27	7 th	
50 Breast	Raymond Hakomaki	49.66	8 th	
100 Breast	Raymond Hakomaki	1:47.75	4 th	
200 Breast	Raymond Hakomaki	4:11.60	5 th	
MEN 85-89				
50 Free	C Edward Johnson	43.85	6 th	
50 Back	C Edward Johnson	46.40	2 nd	
WOMEN 25+				
400 Free Relay	MINN Racheł C Hughey, Nancy L Kryka, Leslie A Munson, Jessica L Carney	4:06.69	5 th	
400 Medley Relay	MTKA Tenley F Burns, Debbie Ginzl, Carrie E Stolar, Barbara A Scouler	4:29.56	2 nd	
800 Free Relay	MINN Racheł C Hughey, Nancy L Kryka, Leslie A Munson, Jessica L Carney	9:12.27	2 nd	
MEN 18+				
400 Free Relay	NSC Bryan P Berry, Ryan K McKibbon, Matthew M Sievers, Andreas Tempelis	3:33.73	9 th	
400 Medley Relay	NSC Matthew M Sievers, Andreas Tempelis, Bryan P Berry, Ryan K McKibbon	4:13.11	8 th	
800 Free Relay	NSC Ryan K McKibbon, Bryan P Berry, Matthew M Sievers, Andreas Tempelis	9:00.36	6 th	
MEN 45+				
800 Free Relay	NSC Tom G Pogue, Steven D Erickson, Jim Hafdah, Perry Brown	9:57.41	8 th	

Congratulations to all our Top Ten swimmers!



Hosts of the 2006
Masters World
Championships
August 3-11, 2006

Enter the Young...
(Who knows the band?)

These walrus pups are coming after your age group. Welcome them with open arms and then kick water in their faces ☺

September

Mark	Williams	25
Michael	Abegg	40
Joseph	O'Kane	40
Mike	Burns	45
Mark	English	50
David	Knodel	50

October

Charles	Delbridge	25
Alicia	Northey	25
Landon	Pirius	30
Jill	Polgar	30
Kyle	Werremeyer	30
Andrea	McCarty	35
Wendy	Revenig	35
Lance	Silverman	35
Carol	Cafferty	40
Mark	Elli	40
John	Neumiller	40
John	Newhouse	40
Anthony	Sarrack	40
Craig	Swanson	40
Jane	Hansen	45
Roxanne	Wodarczyk	45
Wendy	Johnson	50
William	Shaughnessy	50
Raymond	Hakomaki	85

November

Delina	Brassard	35
Sarah	Moran	35
Phillip	Dingman	40
Lisa	Erickson	45
Mary	Hauff	45
Michael	Hess	45
James	Kochendorfer	45
Beth	Peterson	45
Ron	Strauss	45
Gary	Fine	55

December

Melissa	Robl	25
Katharine	Stephens	25
Katie	Foy	30
Suzanne	Lancey	30
Heidi	Lenzmeier	30
Michelle	Frink	35
Mauricio	Marin	40
Tina	Neill	40
Elizabeth	Persico	40
David	Ritz	40
Glen	Dornfeld	50
Charles	Peitso	55
John	Masiulis	60
Charles	Nielsen	60
Roger	Cersine	70

2005 LAKE HARRIET
1 AND 2 MILE SWIMS

THANK YOU -
MACALESTER MASTERS SWIMMING
FOR PUTTING ON A GREAT SWIM.
CONGRATULATIONS TO ALL SWIMMERS

2 MILE RESULTS

1	Thomas Senn	46:17	
2	Kristin Rygg	46:35	
3	Bryan Erdmann	47:44	
4	Cary Robinson	48:06	
5	Robert King	49:17	
6	Rachel Hughey	49:25	
7	Kim Parkinson	49:44	
8	Jane Hansen	51:01	
9	Christine Basile	51:38	
10	Christina Welzien	51:44	
11	Dawn Vanderbeek	52:09	
12	John Hugo	52:17	
13	John Haller	53:42	
14	Bruce Engelsma	53:45	
15	Thomas Moore	54:01	
16	Dan Kirkpatrick	54:08	
17	Scott Rice	54:59	
18	Sarah Hromada	55:49	
19	Greg Davenport	55:58	
20	Paula Castellnaos	56:06	
21	Mary Hauff	57:02	
22	Peggy Kratz	57:17	
23	Bob Schroeder	57:13	
24	John Ziegenhagen	58:13	
25	Anne Casey	58:24	
26	Roger Bosveld	58:30	
27	Buzzy Anderson	59:02	
28	Heidi Hubert	59:12	
29	John Maguire	59:16	
30	David Cook	59:40	
31	Gerry Tyrrell	59:41	
32	Kara Heffner	1:01.38	
33	Marise Widmer	1:01.38	
34	Cheryl Wagner	1:02.54	
35	Margaret Iverson	1:04.56	
36	John Masiulis	1:05.44	
36	Kathleen Shankutz	1:05.44	
38	Dawn Beck	1:06.10	
39	Rachel Surber	1:06.51	
40	James Casperson	1:07.15	
41	Bob McCollor	1:07.27	
42	Bart Gottschalk	1:08.21	
43	John Cook	1:08.54	
44	Judy Boudreau	1:09.14	
45	Julia Hara	1:09.48	
46	Ann Alquist	1:12.39	
47	Eva Kaustmen	1:13.25	
48	Joel Peskay	1:17.09	
49	Lisa Geis	1:24.16	

1 MILE RESULTS

1	John Reinartz	24:12	
2	Kim Parkinson	25:09	
3	Mark Zeller	25:24	
4	Jane Hansen	25:26	
5	Robert King	25:27	
6	Rachel Hughey	26:24	
7	Francesca Mazzulla	26:31	
8	Chris Schmitz	26:57	
9	Lindsey Hilleshein	27:03	
10	Dawn Vanderbeek	27:12	
11	Scott Rice	27:28	
12	Thomas Moore	27:30	
13	Amy Lewis	28:13	
14	Jonathon Haas	28:58	
15	Paula Castellanos	29:06	
16	Bob Schroeder	29:30	
17	Peggy Kratz	29:30	
18	Robert Alwin	29:34	
19	Jeffrey Larson	29:49	
20	Molly Hillstrom	29:52	
21	Heather Schwartz	29:59	
22	Alan Fine	30:45	
23	John Maguire	30:52	
24	Roger Bosveld	31:35	
25	Sara Will	32:07	
26	Katy Shishilla	32:18	
27	Marise Widmer	32:29	
28	Rick Eubanks	33:03	
29	James Casperson	33:10	
30	Lance Hauge	33:17	
31	Laurel Riedel	33:57	
32	Bob McCollor	34:52	
33	Anne McNerney	35:37	
34	Crista Bren	37:38	
35	Susan Dragsten	40:13	
36	Diane Allgood	40:23	
37	Chris Engelman	40:50	
38	Jill Polgar	41:06	
39	Debbie Willwersched	41:36	
40	Herbert Rorke	42:12	
41	Monica Powers	44:58	
42	Vincent Farancoual	48:51	
43	Colleen Tracy	57:08	

THANK YOU

(2004 results are still listed on this website)

Alexandria Lake Results

The 2005 Alexandria Lake Swims were completed under near perfect conditions I hear – wish I had been there for that.

Womens 1 Mile Race

Lindsey Arrowood – 3rd

Mens 1 Mile Race

Brian Jacobson – 5th

Womens 2 Mile Race

Lindsey Arrowood – 8th

Mens 2 Mile Race

Barry Hein – 2nd

Jim Stewart – 3rd

Mens 4 Mile Race

Barry Hein – 1st

Jim Stewart – 2nd

Both the Men's 2 and 4 mile races were hotly contested between Barry and Jim. IN the 2 mile, Barry finished a mere 14 seconds in front. In the 4 mile, the margin was a slant 3 seconds.

Having raced against Jim and watched him swim this race, I imagine it was a pretty good chase the entire way.

Congratulations to all the masters who competed. May we have more next year!

A good early season practice is one that emphasizes aerobic conditioning over sprinting. This allows the entire body to find a rhythm and gain strength in preparation for the stress of competition. This aerobic conditioning can be non-stop swimming or interval training with relatively short intervals of rest so the heart rate does not drop too low. Your optimal heart rate changes with your age and your general physical conditioning.

My rule of thumb for aerobic conditioning is to pick a rest interval that represents 25% of the time I will be swimming. The swimming portion should be at a pace where I am slightly winded when I finish and can breathe comfortably just before I start the next repeat.

Lake Minnetonka Results 23-Jul-05					
AG	Name	Age	Time	Overall place	group place
F <18	Katelyn Hunt	15	02:06:01	7	1
F 19-24	Thea Fleming	22	02:13:58	15	1
F 19-24	Alexandra Mertents	24	02:53:54	44	2
F 25-29	Rachel Hughey	26	02:22:25	24	1
F 25-29	Ann Alquist	27	03:17:20	61	2
F 25-29	Megan Dykoski	25	03:17:45	62	3
F 30-34	Chris Lindstrom	32	2:21:36	23	1
F 30-34	Sara Martin	33	02:39:34	37	2
F 30-34	Samantha Perkins	33	03:05:35	54	3
F 30-34	Roberta McKenzie	32	03:16:34	60	4
F 30-34	Paula Castellanos	31	Did not swim		
F 35-39	Karen Zemlin	37	02:04:57	5	1
F 35-39	Jane Hudacek	39	02:41:43	39	2
F 35-39	Leila Erlandson	39	03:09:12	57	3
F 40-44	Mary Hauff	44	02:33:04	31	1
F 40-44	Rachel Surber	40	02:58:57	49	2
F 40-44	Dawn Beck	41	03:02:37	52	3
F 40-44	Kathleen Shankwitz	44	03:13:40	59	4
F 45-49	Jeanne Rocca	46	02:20:10	20	1
F 45-49	Peggy Kratz	45	02:30:01	28	2
F 55-59	Kathy Smith	56	03:01:20	51	1
F 55-59	Judy Boudreau	57	03:10:12	58	2

Lake Minnetonka Results 23-Jul-05					
AG	Name	Age	Time	Overall place	group place
R B	John Reinartz	Relay	02:09:07	10	1
R B	Justin McCarthy	Relay	02:12:03	12	2
R B	Cameron	Relay	02:20:21	21	3
R B	Sarah Hromada	Relay	02:20:29	22	4
R B	Mangold	Relay	02:38:00	35	5
R B	Joe Thiel	Relay	02:53:59	45	6
R B	Cook	Relay	02:58:20	48	7
R B	Swanson	Relay	03:03:55	53	8
R B	Gottschalk	Relay	03:07:37	55	9
R F	TWIN	Relay	02:07:00	8	1
R F	Amy Lewis	Relay	02:34:01	32	2
R F	Heather Schwartz	Relay	02:34:48	33	3
R F	VanCamp	Relay	02:43:52	40	4
R F	Typhoon	Relay	02:44:55	41	5
R F	LeeAnn Mateffy-Horn	Relay	02:49:04	43	6
R F	Peg O'Brien Relay	Relay	03:07:45	56	7
R F	Beth Peterson	Relay	No recorded time		
R F	Heidi Van Schooten	Relay	ulled due to storm		
R M	Dragsten	Relay	01:55:09	2	1
R M	Cary Robinson Relay	Relay	02:08:59	9	2
R M	Ted's Anchors	Relay	02:12:34	13	3
R M	Anderson	Relay	02:30:27	29	4
R M	Jeff Stoebner	Relay	02:48:07	42	5
R M	Thomas Whitney	Relay	03:21:20	63	6

To some, open water swimming is a release from the confines of the pool. Just as your mind is released to dream when you are on vacation, in the openness of a lake or river, your body is released to enjoy the subtle flow of water, and air against your senses.

Who knows how fast you go. Who cares?

Who knows if you go straight. Who cares?

Who knows if you streamline off the walls. Who cares?

Open Water Swimming - a carefree experience....

Lake Minnetonka Results 23-Jul-05					
AG	Name	Age	Time	Overall place	group place
M 19-24	Michael Seleskie	19	02:04:41	4	1
M 19-24	Jason Brozek	20	02:11:30	11	2
M 19-24	James Henson	21	02:28:24	26	3
M 25-29	Blake Benke	28	02:57:52	47	1
M 30-34	John Haller	32	DNF		
M 30-34	Bryan Erdmann	34	02:14:19	16	1
M 30-34	Chris Lindstrom	32	02:21:36	23	1
M 35-39	Scott Tripps	35	01:58:05	3	1
M 35-39	Tom Moore	38	02:26:29	25	2
M 35-39	Larry Kraft	39	02:55:17	46	3
M 40-44	Toemas Wersinger	44	02:29:11	27	1
M 40-44	Daniel Kirkpatrick	43	02:32:24	30	2
M 45-49	Jim Stewart	48	01:53:30	1	1
M 45-49	Peter Rocca	47	02:05:49	6	2
M 45-49	Tom Emison	47	02:12:47	14	3
M 45-49	Randal Burgess	47	02:17:07	17	4
M 45-49	John Hugo	45	02:18:49	18	5
M 45-49	Ken Brenton	46	02:19:07	19	6
M 45-49	George Fraser	48	03:01:07	50	7
M 45-49	David Cook	46	recorded time		
M 50-54	John Brandenburg	50	02:37:50	34	1
M 50-54	Jim Caspersen	53	recorded time		
M 55-59	Dan Novak	55	03:23:01	64	1
M 65-69	Roger Bosveld	65	02:39:59	38	1
M 65-69	Joel Peskay	66	03:37:10	65	2
M 70-74	J.C. Buz Brenton	70	02:39:10	36	1

2005 Manitou Monster Results #####				
<= 18 Years (M & F)		Div	Overall	
Time	First Name	Place	Place	
0:47:28	Stefanie	1	3	
0:52:37	Felicia	2	8	
0:52:13	Isaiah	3	6	
0:52:23	Austin	4	7	
>18 Women		Div	Overall	
Time	First Name	Place	Place	
0:45:32	Kaite	1	1	
0:47:30	Megan	2	4	
0:49:10	Jane	3	5	
0:52:49	Janice	4	10	
0:53:12	Peggy	5	11	
1:01:47	Anne	6	17	
1:02:40	Niki	7	18	
1:03:09	Pam	8	19	
1:05:40	Ann	9	20	
1:06:33	Joy	10	21	
1:07:28	Lindsay	11	23	
1:08:29	Teri	12	26	
1:20:39	Erin	13	28	
> 18 Men		Div	Overall	
Time	First Name	Place	Place	
0:45:51	Eric	1	2	
0:52:40	Joe	2	9	
0:53:47	Mark	3	12	
0:54:06	Scott	4	13	
0:54:09	Daniel	5	14	
0:58:37	David	6	15	
0:58:51	Roger	7	16	
1:07:25	Mark	8	22	
1:07:29	John	9	24	
1:07:33	Steve	10	25	
1:20:18	Dan	11	27	
1:20:30	Mark	12	29	
1:21:04	Benjamin	13	30	
1:21:47	Mike	14	31	
1:23:29	Tom	15	32	
1:23:39	Timothy	16	33	
1:27:01	Owen	17	34	

2005 PERCH LAKE SWIM RESULTS

Race #	Last Name, First Name	Time	Place
1	Arrowood, Lindsay	1:04:33	
2	Bakalich, Jill M.	0:31:56	
3	Bebault, Rikka R.	0:35:39	
4	Bilek, Louise	0:53:35	19-29 1st 2 Mile
5	Bosveld, Roger L.	0:53:50	60-69 1st 2 Mile
6	Connell, Autumn	1:11:12	
7	Czech, Kelly S.	0:31:27	
8	Davis, Wynn	1:08:55	
9	Diaz, Catherine B.	1:06:42	30-39 1st 2 Mile
10	Downer-Carlson, Meg	1:03:45	
11	Ellingson, Veronica J.	0:24:09	2nd 1 Mile
12	Ericson, Annie	1:09:08	
13	Fortman, Sara M.	0:55:32	
14	Gaffer, Steve	0:52:15	
15	Hansell, Felicia	0:49:10	
16	Hansell, Mark	0:37:57	
17	Hanson, Timothy C.	0:51:39	
18	Hasselblad, Bradley	0:36:46	
19	Hasselblad, Caitlin	0:27:05	3rd 1 Mile
20	Holden, David M.	0:41:02	2nd 2 Mile
21	Kirkpatrick, Daniel D.	0:49:21	40-49 1st 2 Mile
22	Kolan, Aleta	0:22:57	1st 1 Mile
23	Lamers, Bianca M.	0:31:10	30-39 1st 1 Mile
24	Mace, Alyssa	0:48:34	2nd 2 Mile
25	Manlove, Erin	1:00:33	
26	McConnell, Cameron	0:59:02	
27	Milbrath, Carolyn	1:00:57	
28	Milbrath, Walter E.	1:06:10	
29	Nemerov, Ian L.	0:27:01	3rd 1 Mile
30	Olson, Edward P.	0:59:04	
31	Peters, Megan	0:27:13	19-29 1st 1 Mile
32	Ramquist, Joan T.	0:29:51	40-49 1st 1 Mile
33	Ramquist, Lucy J.	0:29:54	
34	Rorke, Herbert	0:00:00	
35	Sahs, Marva	1:19:35	
36	Seeberger, Judith A.	0:36:20	
37	Slinger, Jody	0:58:20	
38	Snow, Denise C.	0:35:46	
39	Snow, Greg D.	0:55:56	

2005 PERCH LAKE SWIM RESULTS

Race #	Last Name, First Name	Time	Place
40	Takehiro, Teri	1:04:02	
41	Thompson, Todd	1:14:17	
42	Tracy, Colleen	0:50:23	
43	Troyer, Ronald E.	0:45:47	
44	Vanzuilen, Jackie	0:27:06	18 & U 1st 1 Mile
45	Wahlstrand, Owen	1:19:52	
46	Washburn, Jerry L.	0:00:00	
47	Wille, Brian G.	1:19:44	
48	Wiste, Tim C.	1:07:24	
49	Burgess, Randy	0:46:59	3rd 2 Mile
50	Zemlin, Karren	0:43:32	1st 2 Mile
51	Rukavina, John	0:26:22	1st 1 Mile
52	Henriksen, Paul	0:40:07	1st 2 Mile
53	Saini, Gaura	0:53:35	
54	Sucomel, Cassandra	0:52:42	18 & U 1st 2 Mile
55	Sucomel, Josephine	0:31:34	
56	Larson, Jeffrey	0:26:55	2nd 1 Mile
57	Windrath, Paul	0:47:27	50-59 1st 2 Mile
58	Hromada, Sarah	0:50:29	
59	Johnson, Doug	1:03:40	
60	Anderson, Sue	0:34:25	
61	Billmeyer, Carol	0:59:09	
62	Green, Linda	0:48:46	3rd 2 Mile
63	Ringsven, Renote	0:43:05	60-69 1st 1 Mile
64	Markman, Maria	0:28:29	
65	Hubert, Ken	0:33:49	50-59 1st 1 Mile
66	Stoy, Bob	0:53:10	

2005 PERCH LAKE SWIM RESULTS

RESULTS**WOMEN-OVERALL WINNERS**

Kolan, Aleta	0:22:57	1st 1 Mile
Ellingson, Veronica J.	0:24:09	2nd 1 Mile
Hasselblad, Caitlin	0:27:05	3rd 1 Mile

Zemlin, Karren	0:43:32	1st 2 Mile
Mace, Alyssa	0:48:34	2nd 2 Mile
Green, Linda	0:48:46	3rd 2 Mile

MEN - OVERALL WINNERS

Rukavina, John	0:26:22	1st 1 Mile
Larson, Jeffrey	0:26:55	2nd 1 Mile
Nemerov, Ian L.	0:27:01	3rd 1 Mile

Henriksen, Paul	0:40:07	1st 2 Mile
Holden, David M.	0:41:02	2nd 2 Mile
Burgess, Randy	0:46:59	3rd 2 Mile

AGE GROUP WINNERS

Vanzuilen, Jackie	0:27:06	18 & U 1st 1 Mile
Peters, Megan	0:27:13	19-29 1st 1 Mile
Lamers, Bianca M.	0:31:10	30-39 1st 1 Mile
Ramquist, Joan T.	0:29:51	40-49 1st 1 Mile
Hubert, Ken	0:33:49	50-59 1st 1 Mile
Ringsven, Renote	0:43:05	60-69 1st 1 Mile

Sucomel, Cassandra	0:52:42	18 & U 1st 2 Mile
Bilek, Louise	0:53:35	19-29 1st 2 Mile
Diaz, Catherine B.	1:06:42	30-39 1st 2 Mile
Kirkpatrick, Daniel D.	0:49:21	40-49 1st 2 Mile
Windrath, Paul	0:47:27	50-59 1st 2 Mile
Bosveld, Roger L.	0:53:50	60-69 1st 2 Mile

The Perch Lake swim being offered by the St. Croix YMCA is one of the better open water swims of the summer. The lake is clear and clean with only a few weeds near shore.

Being held in August, the water is warm and NOT green as I thought it might be.

The course is a triangular one that measures 1 mile around each time.

The 1 and 2 mile races begin at the same time - something I would encourage them to change so people can do both of the races.

Kaen Zemlin, Teri Takehiro, and I did a 1mile warm-up swim so we could say we did 3 miles that day.

Nicely, there were a lot of high school girls which I hope continues. What a great way to end the first week of HS practice with a little open water racing and a picnic at the end.

Hope more make it next year as this is worth supporting!

DATE 07/31/2005			U of MN Long Course State Meet Results					
WOMEN UNDER 25			WHITNEY, JILL	48	2:43.62	100 M BUTTERFLY		
50 M FREESTYLE			OGDEN, PAMELA	48	3:00.89	NEWHOUSE, JOHN S	39	1:10.20
100 M FREESTYLE			400 M FREESTYLE			MEN 40 TO 44		
CHRISTENSEN, MELANIE R	24	1:21.35	OGDEN, PAMELA	48	6:34.50	50 M FREESTYLE		
200 M FREESTYLE			800 M FREESTYLE			REUL, ANDY	42	:27.82
POGUE, MIA N	22	:35.46	OGDEN, PAMELA	48	13:35.49	FINE, ALAN R	43	:30.88
50 M BREASTSTROKE			50 M BACKSTROKE			BROWN, ANDREW P	42	:33.48
CHRISTENSEN, MELANIE R	24	:44.41	BALLARD FEWER, BARB	46	:38.20 SR	100 M FREESTYLE		
POGUE, MIA N	22	:56.09	SENN, ANN C	47	:39.87	LUCAS, ALEXANDER E	43	1:12.85
100 M BREASTSTROKE			100 M BACKSTROKE			FINE, ALAN R	43	1:13.69
CHRISTENSEN, MELANIE R	24	1:39.21	BALLARD FEWER, BARB	46	1:23.81 SR	200 M FREESTYLE		
50 M BUTTERFLY			SENN, ANN C	47	1:26.91	REUL, ANDY	42	2:18.77
POGUE, MIA N	22	:38.67	200 M BACKSTROKE			400 M FREESTYLE		
CHRISTENSEN, MELANIE R	24	:47.32	BALLARD FEWER, BARB	46	2:57.03 SR	LUCAS, ALEXANDER E	43	6:17.53
WOMEN 25 TO 29			50 M BREASTSTROKE			50 M BACKSTROKE		
50 M FREESTYLE			WHITNEY, JILL	48	:40.11 SR	BROWN, ANDREW P	42	:42.43
CARNEY, JESSICA L	29	:30.04	100 M BREASTSTROKE			100 M BACKSTROKE		
HUGHEY, RACHEL	27	:31.64	WHITNEY, JILL	48	1:30.15	BROWN, ANDREW P	42	1:35.45
STOCKWELL, MELISSA J	25	:35.35	50 M BUTTERFLY			LUCAS, ALEXANDER E	43	1:38.08
MOEN, NICOLE M	27	:44.30	SENN, ANN C	47	:33.99 SR	50 M BREASTSTROKE		
100 M FREESTYLE			WOMEN 50 TO 54			FINE, ALAN R	43	:41.15
STOCKWELL, MELISSA J	25	1:20.48	50 M FREESTYLE			BROWN, ANDREW P	42	:44.09
MOEN, NICOLE M	27	1:45.18	WINDRATH, MARY BETH	52	:35.74	100 M BREASTSTROKE		
200 M FREESTYLE			BURZETTE, KAREN A	51	:41.06	LUCAS, ALEXANDER E	43	1:26.27
HUGHEY, RACHEL	27	2:27.65	HAKOMAKI, SUSAN	54	:48.82	50 M BUTTERFLY		
SEIDLER, MINDY E	26	2:51.47	SKALLMAN, LINDA S	54	:53.02	STOTHERS, STEVEN	44	:27.71
800 M FREESTYLE			200 M FREESTYLE			FINE, ALAN R	43	:35.29
HUGHEY, RACHEL	27	10:49.03	KRYKA, NANCY L	50	2:42.36 SR	100 M BUTTERFLY		
SEIDLER, MINDY E	26	12:29.25	400 M FREESTYLE			FINE, ALAN R	43	1:33.55
1500 M FREESTYLE			WINDRATH, MARY BETH	52	5:53.46	200 M BUTTERFLY		
HUGHEY, RACHEL	27	21:00.25	800 M FREESTYLE			STOTHERS, STEVEN	44	2:30.89
50 M BACKSTROKE			BOULDING, SALLY	52	13:19.78	MEN 45 TO 49		
SEIDLER, MINDY E	26	:42.29	50 M BREASTSTROKE			50 M FREESTYLE		
50 M BREASTSTROKE			CUTTER, ELIZABETH	53	:46.25	ZUTTER, DANIEL	47	:28.62
CARNEY, JESSICA L	29	:39.04	BURZETTE, KAREN A	51	:52.41	JOHNSON, MARK S	49	:28.95
SEIDLER, MINDY E	26	:46.22	SKALLMAN, LINDA S	54	1:03.57	RISBERG, JEFF E	49	:30.86
MOEN, NICOLE M	27	1:06.44	100 M BREASTSTROKE			DITTENHOFER, ALEX	45	:31.18
100 M BREASTSTROKE			CUTTER, ELIZABETH	53	1:41.20	ERICKSON, STEVEN D	48	:32.80
MOEN, NICOLE M	27	2:29.00	BURZETTE, KAREN A	51	2:00.72	100 M FREESTYLE		
200 M BREASTSTROKE			200 M BREASTSTROKE			ZUTTER, DANIEL	47	1:04.19
MOEN, NICOLE M	27	5:08.53	CUTTER, ELIZABETH	53	3:33.33	RISBERG, JEFF E	49	1:11.80
50 M BUTTERFLY			400 M INDIVIDUAL MEDLEY			ERICKSON, STEVEN D	48	1:19.49
CARNEY, JESSICA L	29	:32.26	KRYKA, NANCY L	50	7:08.99	200 M FREESTYLE		
SEIDLER, MINDY E	26	:38.99	CUTTER, ELIZABETH	53	7:25.02	HUGO, JOHN M	45	2:24.54
STOCKWELL, MELISSA J	25	:40.08	WOMEN 55 TO 59			ERICKSON, STEVEN D	48	2:54.01
200 M INDIVIDUAL MEDLEY			50 M FREESTYLE			50 M BACKSTROKE		
CARNEY, JESSICA L	29	2:49.76	SEIDLER, JEANNE	59	1:12.35	ERICKSON, STEVEN D	48	:39.63
WOMEN 30 TO 34			200 M FREESTYLE			100 M BACKSTROKE		
50 M FREESTYLE			VAN MEETEREN, GRETA	58	3:53.97	ERICKSON, STEVEN D	48	1:32.46
HEFNER, KARA L	34	:34.42	SEIDLER, JEANNE	59	5:43.43	50 M BREASTSTROKE		
100 M FREESTYLE			400 M FREESTYLE			KOCHENDORFER, JAMES L	45	:33.11 SR
HEFNER, KARA L	34	1:19.28	VAN MEETEREN, GRETA	58	7:54.85	100 M BREASTSTROKE		
100 M BACKSTROKE			50 M BACKSTROKE			KOCHENDORFER, JAMES L	45	1:14.16 SR
HEFNER, KARA L	34	1:37.93	SEIDLER, JEANNE	59	1:15.14	DITTENHOFER, ALEX	45	1:31.81
50 M BUTTERFLY			100 M BACKSTROKE			200 M BREASTSTROKE		
HEFNER, KARA L	34	:39.11	SEIDLER, JEANNE	59	2:47.18	KOCHENDORFER, JAMES L	45	2:47.63 SR
200 M INDIVIDUAL MEDLEY			200 M BACKSTROKE			DITTENHOFER, ALEX	45	3:23.64
HEFNER, KARA L	34	3:26.37	SEIDLER, JEANNE	59	5:44.85	50 M BUTTERFLY		
WOMEN 35 TO 39			50 M BREASTSTROKE			JOHNSON, MARK S	49	:31.93
100 M FREESTYLE			JAMES, PATRICIA N	57	1:20.21	RISBERG, JEFF E	49	:33.86
POWERS, MONICA M	38	2:09.98	100 M BREASTSTROKE			400 M INDIVIDUAL MEDLEY		
200 M FREESTYLE			VAN MEETEREN, GRETA	58	2:01.58	HUGO, JOHN M	45	5:58.49 SR
LILLEMOE, DEANNA M	36	3:22.45	JAMES, PATRICIA N	57	2:55.80	MEN 50 TO 54		
400 M FREESTYLE			WOMEN 60 TO 64			50 M FREESTYLE		
LILLEMOE, DEANNA M	36	7:26.86	50 M FREESTYLE			HEDRICK, TRIP	51	:25.32
800 M FREESTYLE			SMOLLEN, CAROL S	61	:44.65	LUKENS, JEFFREY A	52	:27.41
LILLEMOE, DEANNA M	36	15:19.01	50 M BACKSTROKE			BOULDING, PAUL	54	:32.02
1500 M FREESTYLE			SMOLLEN, CAROL S	61	:54.47	POGUE, TOM G	51	:32.75
POWERS, MONICA M	38	37:57.39	100 M BACKSTROKE			BRERETON, ROBERT H	53	:35.52
WOMEN 40 TO 44			SMOLLEN, CAROL S	61	2:02.76	JUSTINGER, STEPHEN W	53	:35.97
200 M FREESTYLE			200 M BACKSTROKE			100 M FREESTYLE		
HROMADA, SARAH	44	2:45.21	SMOLLEN, CAROL S	61	4:10.16	HEDRICK, TRIP	51	:56.93
BECK, DAWN M	41	3:01.27	MEN 25 TO 29			LUKENS, JEFFREY A	52	1:02.99
400 M FREESTYLE			50 M FREESTYLE			POGUE, TOM G	51	1:14.70
HROMADA, SARAH	44	5:53.45	MCKIBBON, RYAN K	27	:27.40	JUSTINGER, STEPHEN W	53	1:20.50
BECK, DAWN M	41	6:33.76	MOLSTRE, MICHAEL P	28	:29.44	HAFDAHL, JIM	50	1:23.12
800 M FREESTYLE			100 M FREESTYLE			200 M FREESTYLE		
BECK, DAWN M	41	13:27.52	MCKIBBON, RYAN K	27	1:11.16	JUSTINGER, STEPHEN W	53	2:52.67
100 M BACKSTROKE			50 M BREASTSTROKE			POGUE, TOM G	51	2:56.70
HROMADA, SARAH	44	1:28.54	MCKIBBON, RYAN K	27	:38.06	400 M FREESTYLE		
50 M BUTTERFLY			100 M BREASTSTROKE			JUSTINGER, STEPHEN W	53	6:04.75
HROMADA, SARAH	44	:43.46	MOLSTRE, MICHAEL P	28	1:22.01	50 M BACKSTROKE		
WOMEN 45 TO 49			200 M BREASTSTROKE			LUKENS, JEFFREY A	52	:32.34
50 M FREESTYLE			MOLSTRE, MICHAEL P	28	2:50.68	100 M BACKSTROKE		
SENN, ANN C	47	:30.22 SR	50 M BUTTERFLY			LUKENS, JEFFREY A	52	1:09.66 SR
OGDEN, PAMELA	48	:35.98	MCKIBBON, RYAN K	27	:31.55	200 M BACKSTROKE		
KUKICH, BRITA B	45	:38.60	MEN 35 TO 39			LUKENS, JEFFREY A	52	2:37.02 SR
100 M FREESTYLE			50 M FREESTYLE			50 M BREASTSTROKE		
SENN, ANN C	47	1:11.70 SR	NEWHOUSE, JOHN S	39	:28.42	BOVARD, RALPH	53	:37.07
WHITNEY, JILL	48	1:13.41	200 M FREESTYLE			POGUE, TOM G	51	:45.14
OGDEN, PAMELA	48	1:25.46	SENN, THOMAS	38	2:10.56	BOULDING, PAUL	54	:45.48
KUKICH, BRITA B	45	1:38.03	800 M FREESTYLE			BRERETON, ROBERT H	53	:45.95
200 M FREESTYLE			SENN, THOMAS	38	10:07.89	100 M BREASTSTROKE		
			50 M BACKSTROKE			BOVARD, RALPH	53	1:28.35
			SENN, THOMAS	38	:28.83 SR	HAFDAHL, JIM	50	1:46.14
			200 M BACKSTROKE			BRERETON, ROBERT H	53	1:46.79
			SENN, THOMAS	38	2:24.04	200 M BREASTSTROKE		
						BOVARD, RALPH	53	3:15.29
						50 M BUTTERFLY		

HEDRICK, TRIP	51	:26.63
POGUE, TOM G	51	:38.72
200 M INDIVIDUAL MEDLEY		
BOVARD, RALPH	53	2:55.16
400 M INDIVIDUAL MEDLEY		
BOVARD, RALPH	53	6:34.33
HAFDAHL, JIM	50	7:49.26
MEN 55 TO 59		
1500 M FREESTYLE		
NOVAK, DANIEL G	56	30:29.38
50 M BACKSTROKE		
FINE, GARY M	55	:47.18
100 M BACKSTROKE		
FINE, GARY M	55	1:54.23
50 M BREASTSTROKE		
ZINIEL, MIKE B	58	:39.80
FINE, GARY M	55	:43.63
200 M BREASTSTROKE		
ZINIEL, MIKE B	58	3:14.17
100 M BUTTERFLY		
ZIEGENHAGEN, JOHN T	59	1:18.33
200 M BUTTERFLY		
NOVAK, DANIEL G	56	4:35.62
MEN 60 TO 64		
50 M FREESTYLE		
FLYNN, LOU L	60	:32.56
HOUGH, MERVYN H	61	:43.08
200 M FREESTYLE		
FLYNN, LOU L	60	2:40.52 SR
800 M FREESTYLE		
FLYNN, LOU L	60	11:59.65
1500 M FREESTYLE		
FLYNN, LOU L	60	22:46.51 SR
50 M BACKSTROKE		
HOUGH, MERVYN H	61	:53.06
100 M BACKSTROKE		
PELISSIER, JIM	61	1:26.18 SR
HOUGH, MERVYN H	61	1:57.49
50 M BREASTSTROKE		
PELISSIER, JIM	61	:40.25
VAN MEETEREN, HANS	61	:47.39
HOUGH, MERVYN H	61	:49.24
100 M BREASTSTROKE		
PELISSIER, JIM	61	1:28.37
HOUGH, MERVYN H	61	1:49.62
VAN MEETEREN, HANS	61	1:50.69
200 M BREASTSTROKE		
VAN MEETEREN, HANS	61	3:58.48
200 M INDIVIDUAL MEDLEY		
VAN MEETEREN, HANS	61	3:59.06
MEN 65 TO 69		
50 M BUTTERFLY		
BERRY, DOUG	66	:51.41
100 M BUTTERFLY		
BERRY, DOUG	66	2:34.00 SR
400 M INDIVIDUAL MEDLEY		
BERRY, DOUG	66	10:02.15 SR
MEN 70 TO 74		
50 M FREESTYLE		
STANWAY, JAMES W	71	:37.15
100 M FREESTYLE		
ANDERSON, DAVE	74	1:15.10
STANWAY, JAMES W	71	1:31.48
200 M FREESTYLE		
ANDERSON, DAVE	74	2:51.41
50 M BACKSTROKE		
SANDOR, BELA	70	:41.77
STANWAY, JAMES W	71	:47.15
100 M BACKSTROKE		
STANWAY, JAMES W	71	1:46.95
50 M BREASTSTROKE		
SANDOR, BELA	70	:39.22
200 M BREASTSTROKE		
SANDOR, BELA	70	3:25.63
50 M BUTTERFLY		
STANWAY, JAMES W	71	:50.71
MEN 75 TO 79		
50 M BACKSTROKE		
BAUMAN, JOHN	75	:52.53
50 M BREASTSTROKE		
BAUMAN, JOHN	75	:52.13
100 M BREASTSTROKE		
BAUMAN, JOHN	75	1:59.62
200 M BREASTSTROKE		
BAUMAN, JOHN	75	4:28.42
MEN 80 TO 84		
50 M FREESTYLE		
SCHERBARTH, JIM	82	:50.51
50 M BACKSTROKE		
SCHERBARTH, JIM	82	1:08.80
100 M BACKSTROKE		
SCHERBARTH, JIM	82	2:47.69
MEN 85 TO 89		
50 M BACKSTROKE		
HAKOMAKI, RAYMOND	85	:55.74 SR

100 M BACKSTROKE		
HAKOMAKI, RAYMOND	85	2:02.58 SR
50 M BREASTSTROKE		
HAKOMAKI, RAYMOND	85	:57.30 SR
100 M BREASTSTROKE		
HAKOMAKI, RAYMOND	85	2:07.47 SR

MEN 160 AND OVER		
200 M FREE RELAY		
NSC		2:17.78
ERICKSON, STEVEN D	48	
McKIBBON, RYAN K	27	
HAFDAHL, JIM	50	
POGUE, TOM G	51	

200 M MEDLEY RELAY		
NSC		2:40.82
McKIBBON, RYAN K	27	
ERICKSON, STEVEN D	48	
POGUE, TOM G	51	
HAFDAHL, JIM	50	

MIXED 200 AND OVER		
200 M MEDLEY RELAY		
WMAC		3:23.72
SEIDLER, JEANNE	59	
BAUMAN, JOHN	75	
SEIDLER, MINDY E	26	
JUSTINGER, STEPHEN	53	

SPLITS: WOMEN 25 TO 29		
400 M FREESTYLE		
HUGHEY, RACHEL	27	5:25.06

Technique Tips:

The internet is great for getting information about technique. If you “google” on a topic like “Freestyle finger tips” I am sure something will come up that you can use.

Even better sometimes is trying to imitate a good swimmer. See if their technique works for you. If you do this, take into account differences in physical stature that might lead to reasons you can or cannot do something as well as others.

Flexibility is one of the most under rated physical attributes for athletes. If you are tight and stiff, stretching might help, so check it out>

Based on the research though, you might be out of luck. The book on stretching is that for every pro in favor of stretching there is another con against it. DO it if it works for you.

Fall – a Great Time for New Beginnings

Fall signifies the beginning of a new season. We have the opportunity to start anew – both short and long range.

Having goals is crucial to our quality of life. A Goal energizes the spirit and soul. A goal shapes meaning out of our daily milfoil.

Goals are slippery little eels though – especially a long term one. A lot of milfoil can get in the way, so how do you stay focused.

First – write it down. Write it in **BIG** letters on a piece of paper. Better yet – write it on a bunch of pieces of paper. Tape those pieces of paper everywhere – your bedroom, bathroom, refrigerator, office, car.

Second – know what it takes to achieve that goal. The “How-to” of achieving your goal is road map to success. Without the map, you’ll achieve something, but will it be what you want?

Third – Involves others. It is a lot easier to keep pushing if someone else is involved.

Fourth – Clear your life of pesky distractions. Live in the moment of each practice and what you want to accomplish.

Fifth – if you falter, pick yourself up and start anew. Think if those faltered moments as evidence that you are changing. Goals generally require changing what you have been doing.

Sixth – Enjoy the ride. Half the pleasure in achieving a goal is looking back and saying to yourself – “Wow, I am really proud of myself.”

Good Luck and let me know if you success.

My goal – to swim as fast at 60 as I did at 25. I think I am on track too – especially if it involves eating cookies!

Chondroitin Sulfate & Glucosamine: **How do they work, do they work, & are they worth the money?**

A large number of Americans take non-prescription supplements on a regular basis. Many individuals who have developed wear and tear changes in their joints, commonly called *osteoarthritis*, have read or heard of chondroitin sulfate or glucosamine. These substances are advertised as being able to reduce the *pain* associated with arthritis and in some instances to actually have some *regenerative properties*. Using them will cost you about \$1-\$3 per day. Is it worth it? Is there truth in these claims? If shark cartilage makes it swim faster, will it work for you? Lets take a look.

Some definitions: *Osteoarthritis (OA)* is a natural condition, in which the *articular* (gliding) *cartilage* on the end of the bones begins to wear down. Often this happens after the *meniscal cartilage* (rubbery, shock absorber cartilage of the knee joint) has been torn, ground up, or necessarily arthroscopically removed after injury. OA is the privilege of being alive. We all get it; it isn't genetic in the sense of any of us big more disposed to it than another. I like to use the metaphor of a car tire; even if you are a Michelin you are going to get some tread wear and tear by 40,000 miles. And some of us have hit the curb and pot-holes more than others. Traumatic injury from sports or accidents can accelerate the changes; the most common cause in modern American society is carrying too much weight which over time tends to grind away the joint cartilage. OA needs to be differentiated, however, from *rheumatoid arthritis (RA)* and other immune system arthritides which cause systemic degeneration of connective tissues.

Glucosamine and **chondroitin sulfate** are classified as "*dietary supplements*". Both of these substances are generally taken by mouth in pill or capsule form. Neither is FDA controlled meaning that the government cannot guarantee either the purity of the product nor its effectiveness. Importantly, to date there is no data that either substance has significant side effects or major risks other than reducing the weight of one's wallet. However, there are no studies on their use in pregnancy or in children. Pain reduction compared to anti-inflammatories such as ibuprofen or naprosyn has seemed to show roughly equal benefit, but without the risks of gastrointestinal bleeding or renal injury. The most common side effects are intestinal gas and softened stools. The general medical opinion is that it takes two months to produce any significant effect; if no effect by then one is less likely to have benefit.

Glucosamine (G) is naturally found in the body. It is available in many forms including *glucosamine sulfate*, *glucosamine hydrochloride (Hcl)*, and *N-acetylglucosamin (NAG)*. It stimulates the formation of the non-collagen portion of the articular (gliding) cartilage formation and repair. In over-the-counter (OTC) preparations it is derived from animal sources and frequently is obtained from shellfish (crab, lobster, or shrimp) shells. A corn source is also available. Individuals with seafood allergies should be aware of this for possible cross reactivity. Several studies have shown it to be more effective than placebo in pain reduction. No study has convincingly shown that it can actually cause regeneration of articular cartilage. Because it is an amino sugar, there may be some increased insulin resistance in diabetics. *Dosage recommendations:* 500 mg three or four times per day for a total dose of 1500-2000 mg/day.

Chondroitin sulfate (CS) is naturally found in the body. It is part of a large protein molecule (*proteoglycan*) that improves cartilage *elasticity*. It prevents other body enzymes from degrading the building blocks of joint cartilage. It is extracted from animal (typically cow [hopefully not mad!], although pig and chicken are sometimes used) cartilage such as tracheas, or occasionally shark cartilage. Algae is another potential source. Chondroitin may cause increased bleeding in people who take blood-thinning drugs or have a bleeding disorder. *Recommended dosage:* 1,200 mg/day.

Methylsulfonylmethane (MSM) is another supplement that is often seen associated with glucosamine and chondroitin sulfate as a supplement. It is typically synthetically produced. It is chemically related to DMSO, a *veterinary pain solvent*. MSM contributes sulfur to the body which may be able to help form amino acid building blocks for protein synthesis. It is primarily used to treat pain associated with OA and rheumatoid arthritis (RA). Its effectiveness has not been well established. Additional claims include skin-softening and nail-strengthening. In veterinary practice it is used to treat muscle and tendon soreness and inflammation in horses.

Considerations: These substances have been used for a number of years in Europe. Most studies to date have been with a relatively small number of subjects and the results are therefore statistically unreliable. A number of large studies in the US are currently being conducted to assess the validity of the claims of their effectiveness. A colleague from my Preventive Medicine residency in Arizona, Jason Theodosakis MD, wrote a book called The Arthritis Cure. It was on the non-fiction best seller list a few years ago and he was interviewed by Oprah! It leaves some questions unanswered but offers historical perspective.

Algorithm of "Treatment" Options for Osteoarthritis:

- Maintain *optimal weight* to decrease the load on the joint (especially knees). F=MA. Well balanced diet with little or no refined sugars.
- Get plenty of regular sleep [>50 hours/wk]
- Modify activities, ie decrease running (hard surface impact loading), basketball, handball, mogul skiing, etc. Maximize *low impact* sports such as swimming, bicycling, rowing, xc-skiing, etc.
- Occasional, intermittent use of *non-steroidal anti-inflammatories* (Motrin, Aleve, etc) for flare-ups. Tylenol lacks anti-inflammatory properties, but is good for pain and without GI risks (but hepatotoxic in high doses).
- Trial of Glucosamine and/or chondroitin sulfate [see above].
- "Unloader" knee braces for painful knee OA (*OASYS* brand is good)
- *Corticosteroid* injections offer symptomatic relieve to temporize for those not ready for surgery; I don't recommend these for young persons, ie <50 years.
- *Hyaluronic acid* injections *may* help stimulate increased synovial fluid production; idea is to make joint more "slippery".
- Surgery: Sometimes a "*uni-compartmental*" procedure can be done to buy time before a total joint replacement is needed. Most commonly done for knee and hip OA.
- "*Microfracture*" techniques in which holes are drilled in the eburnated bone (worn free of articular cartilage) trying to promote a secondary type of hyaline cartilage formation. Mixed results.
- Cartilage "*punch*" procedures in which discs of good cartilage are removed from non-weightbearing areas of the joint and transplanted to the injured area.
- *Cadaver graft* procedures: varied and non-consistently effective or of good duration.
- *Stoicism and coping* with knowledge that no one ever died of OA knee pain, but ~16,000 people die annually in US from GI bleeds from overuse of anti-inflammatories.

Caveat Emptor! There are *no "miracle cures"* for the wear and tear ailments of our human condition. Swimming is probably the best, low-impact, high-cardiovascular benefit, activity one can pursue in the face of joint injury or arthritic discomfort. I have had a major rotator cuff repair and knee ACL reconstruction procedures (total of 9 surgeries); I have had no medial meniscus (rugby/basketball injury) in one knee for 26 years so I quit running. I tried glucosamine and chondroitin a decade ago, but didn't find them helpful; perhaps I just didn't need them at that point. I rarely take anti-inflammatories. My father tried G & CS without success prior to his knee replacement surgery 10 years ago. Several friends, however, have indicated anecdotally that they felt that G &CS reduced their joint pain and improved function; the press is full of testimonials.

Conclusions: An accurate diagnosis of the medical problem or condition is essential. There are some biomechanical issues that no medicine can cure. You should *know the pros and cons* of any medication use whether OTC or prescription. The quality and purity of all supplements is suspect, but chondroitin sulfate and glucosamine seem to be relatively free from contraindications as far as we know. One study showed that up to 19% of all OTC supplements (ie non-FDA regulated) either contained substances that were not listed on the label or did not contain the ingredients listed. If you do use supplements, use a major brand that is reputable; do some on-line research. I think the jury is still out. As a physician, my advice is that the goal in life is to take no medicines unless absolutely necessary.

Keep on splashin.

Bovard

PS: Happy to visit. Email or call after hours.

A C. Eddie Johnson Story...

(as related by Ralph Bovard)

I attended the USMS long course nationals in Mission Viejo (MV), California in August. MV is to swimming what Cooperstown is to baseball. Brian Goodell (former world record holder and gold medalist in the 1976 Olympics) was there. It is the place his destiny was forged (Going for Gold?) and the home where his kids now swim. He did a stroke and training clinic the night before the meet began with Dara Torres and Rowdy Gaines. The Gary Hall duo, senior and junior, were there, along with the usual litany of swimmings glitterati: Jim McConica, Rich Abrahams, Laura Val, Karlyn Pipes-Nielson, etc, etc.

A chance meeting: But the most and inspiring person I met was from, of all places, Minnesota, and the Twin Cities to boot. **Eddie Johnson**, one of Minnesota's Masters swimmers emeritus, was boarding the shuttle bus from the pool - a spry, cheerful gentleman wearing a Gustavus Adolphus t-shirt, when I saw him. Having attended St. Olaf College (eternal rivals!) I was trying to come up with a good-natured insult, but we just got talking. He had already finished first in his 85-89 age group in the 50 back, and second in the 50 & 100 free. Several days later we rode together to the John Wayne Airport and spend a few hours chatting. I am a richer man for it. Here are some things you may or may not know about Edward Johnson.

In the beginning: His family is from Sweden. His grandparents lived near the coast in a small town between Oslo, Norway and Gotenburg, Sweden. His grandparents stayed there, but his father left Sweden at the age of 21. Eddie was born in St. Paul in 1918. He took tap-dancing lessons from Bojangles Robinson (inspiration for the song Mr. Bojangles) when the famous showman gave a performance at the Orpheum Theater. Eddie was in junior high and taking tap lessons in St. Paul from a New York trained instructor for 50 cents a week. His favorite music is from the 1940's, especially the swing bands.

World War II years: He enrolled at Gustavus Adolphus College in St. Peter, MN in the late 1930's, but had his formal education interrupted by WW II. He left Gustavus in 1941 at the end of his junior year, and returned in 1946 after the war for his degree. He was in the Navy initially, and later re-enlisted in the Army. He was a swim instructor in the military while stationed in Texas. He said that he would address his trainees with the admonition that if they knew they were going to be posted to the North Atlantic (where the water temperature was frigid and hope of survival grim) they should just practice their "Hail Mary's", but that if they were going to the South Pacific where the water was balmy, they had "better pay attention." In 1944, while stationed in Italy he participated in a military swim meet between the American, French, Yugoslave, and Italian forces in Rome. They had qualifying events in Naples. Eddie was attached to the famed 442nd Battalion along with Senator Daniel Inouye.

College Years: While at Gustavus he lived for a while in a "handball court" instead of a dorm for \$2 per month. The swim team often traveled with the basketball players in a rickety bus. He has kept in touch with some of his Gustie cronies and is amazed that many of the basketball and football players now have totally new knees and hips. Yes, they swam St. Olaf frequently, but he was too polite (or too chagrined) to mention who won.

Career: After college he worked for the Great Northern Railroad for a number of years. He later took over the family business running a general store and farming in the Red Wing area. He then went on to work for the Greater Minneapolis Council of Churches, and finished his career with the Minnesota Community College System. He retired in 1982. He was first at USMS nationals in 1980 or 1981 and began training in earnest.

Family: His wife Peggy attended Gustavus also. She taught kindergarten for 34 years and they now live in an assisted-care facility in Maplewood. While at the Mission Viejo meet he got a call that she had fallen and was taken to the hospital. She suffered bruises, but fortunately no fractures, and was released after overnight observation. They have two sons. One is a teacher and the other a law firm consultant. Eddie and Peggy have traveled extensively in Europe over the years.

Medical Speed Bumps: Eddie had a heart attack in 1997 (and missed a year of swimming!) and a pacemaker inserted in 2001. After coronary artery bypass surgery he started a cardiac rehabilitation program. He told his surgeon that he was a quick healer, and proved the truth of it. He added that while the therapists focused on recovering hand-eye coordination, he feels that for most people, and elders in particular, that a rehab program that emphasized foot-eye coordination makes more sense. Noting the incidence of falls in the aged, his conviction is that there are great benefits to teaching balance, improving leg strength, and coordination. Statistics bear out his good sense: falls are the number one accidental cause of death in the elderly.

Training regimen: He trains primarily at the East Side YMCA in St. Paul off Arcade. He tries to swim three times a week. [He used to cross-country ski at Phalen Park. He remembers lovely nights skiing by moonlight on old skis from Sweden.] His favorite swim workout is:

2 x 100 easy
2 X 100 medium
2 x 100 hard

Eddie Johnson con't

4 x 50 easy
4 x 50 medium
4 x 50 hard
8 x 25 back and free
Some 50's cool down
Total yards: 1200 or so

On life: He is a member of the United Nations Association of Minnesota. His advice to young persons is: "Get to know your government. Visit your representatives." His favorite literary reference is "an old book of quotations". He said "one can benefit from the wisdom of experience. Wisdom is too often neglected". Most of the time one should "take things as they come". Grandparents have a valuable role. His favorite movies feature Fred Astaire and Ginger Rogers. As we had lunch, he quoted Shakespeare, MacBeth to be precise: "...our country sinks beneath the yok/it weeps, it bleeds, and each new day a gash is added to her wounds"... An individual whom he admires greatly is the humanitarian Elie Wiesel who said: "To remain silent and indifferent is the greatest sin of all".

Kudos: Minnesota Masters Swimming is fortunate to have exemplary age group swimmers such as Eddie Johnson, Ray Hakomacki, Raymond Berg, etc. We live in a privileged age with many conveniences and fewer of the uncertainties of our ancestors. Life can be tenuous; it goes by all too quickly. Members of our swimming clan, like Edward Johnson, remind us of the joy of our sport and its great comraderie. To paraphrase Eddie, you've got two choices: practice your Hail Mary's or pay attention! Please congratulate him on his most excellent swims at the Cooperstown of Masters Swimming when you see him!

=====

A Sarah Story - SAME TIME, NEXT YEAR

(as related by Anna Lea Roof)

In 1993, as the new Missouri Valley delegate to the USMS national convention, I needed a roommate. I called the USMS Executive Secretary, Dorothy Donnelly, for suggestions. "I think I know just the person," Dorothy told me. "She's a Registrar, too." There was a woman from Minneapolis, Sarah Hromada, who had attended her first convention the previous year. Dorothy spoke with Sarah, who agreed to share a room with me at the Biltmore Hotel in Los Angeles.

Thus began a 12-year friendship. Sarah was (and is) the perfect roommate. Coincidentally, we're the same age. We've shared a room at every USMS convention since 1993, except for 1994 when it was held in my home town (Kansas City).

Sarah once remarked that she was always reminded of the movie, "Same Time, Next Year," when convention time rolled around. We occasionally talk (or e-mail) during the year, but we only see each other for five days every September.

While I know her husband's name is Andy, I've never met him. I've never seen a picture of her house. I don't know what kind of car she drives. I know we're the same age, but I don't know when her birthday is.

Unbeknownst to me at the time, Sarah was in the early stages of her first pregnancy during that convention in 1993. She had her baby, Evan, a couple of months before the 1994 convention. During the 1998 convention in Cincinnati, she was pregnant again. When it came time for us to book our room for the 1999 convention in San Diego, Sarah called me.

"If you don't want to room together this year," she said, "I'll completely understand. I have to bring Brad with me to the convention." Brad, who was only a few months old, was still breast-feeding. "He's a good baby," Sarah said. "He really is. I'm not just saying that because I'm his mom."

I decided to take my chances at sleep-deprivation and agreed to the tiny second roommate. Brad lived up to all of Sarah's promises; he truly was an ideal baby. Sarah never saw him during most of her meetings. The second he would arrive at a meeting room, he would be removed from his stroller and passed from one meeting attendee to the next.

Brad roomed with us again the following year, in Orlando. (Sarah's husband, Andy, apparently was overwhelmed at the thought of having to take care of both children while Sarah was gone.) Even as a toddler, Brad was an ideal roommate.

We've been to Houston, Orlando (3 times), San Francisco, Dallas, Louisville, San Diego (2 times), Los Angeles, and Cincinnati. I've heard rumors that Sarah is "retiring" as the Minnesota Registrar. I sure hope she's not retiring as a convention delegate. What would I do?

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