



THE OLD STERNWHEELER

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Let Me Swim *by Ismael Naheel, M.D.*

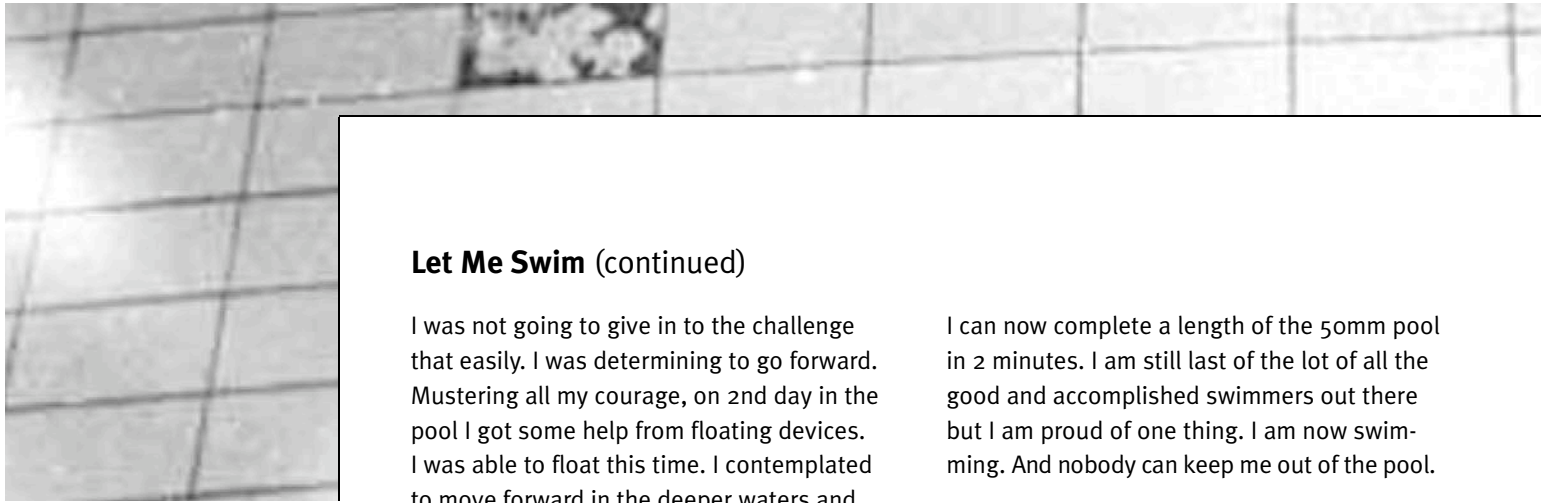
I hail from a country where swimming is for the privileged and wealthy. You long for someone influential to give you a pass to the swimming pool. You have to trust your reliable insider within the five star hotel to tell what is the right time to try your luck, sneak in and swim in that exclusive pool for a while.

You might be wondering about the beautiful sunny beaches along the coast line. Well the truth is the beaches are black due to the spilled oil. The government is unable to save anything as it costs too much for clean up services and bureaucracy work and support the oil companies to do more business with the country and fill in the reserves.

I am 26 years old and never learned to swim. It was always a dream for me to learn how to swim. How to paddle in the water forward? My foremost fear was of drowning. What if I couldn't make it to the edge of the pool and get out. Finding the pool was another dilemma. Moving to Minnesota gave me an experience of a lifetime. I was given the opportunity to let go of my innermost fear and plunge myself into the pool which back home was only for the wealthy and privileged. The apartment complex where I now live has not one but two pools. For someone who didn't have access to a pool back home, it was like winning the lottery.

I remembered the day perfectly. It was little breezy, but the sun was out, glowing and shinny. I touched the cool water and felt that this is the day to let go of all my inhibitions. The sign at the corner of the pool displaying 3 feet deep only and then little boys and girls waddling through the water gave me some courage to step into the pool. It was an experience I will never forget. I enjoyed every bit of that 3 foot pool. I looked odd sitting in 3 foot pool on my edge while the rest of adults were swimming in the deeper part of the pool at about 6-7 feet. I mustered all my courage and tried my luck to move a bit forward into the 6 foot area. I was about to panic and cry out for help as I was floating in the water and unable to touch the bottom at all. I struggled hard to reach my cozy comfortable place at 3 foot pool. People around me laughed at my antics but I had nothing to say to them. That was me trying, trying to just learn "how to swim". I wondered at that point would I ever be able to swim. I would die with this anguish burning for ever.





Let Me Swim (continued)

I was not going to give in to the challenge that easily. I was determining to go forward. Mustering all my courage, on 2nd day in the pool I got some help from floating devices. I was able to float this time. I contemplated to move forward in the deeper waters and again the same thing happened. I panicked. I was short of breath, ready to scream out loud for help. Some body grabbed me by my arm and took me to the shallow waters. He took a good look at my face and with an amusing smile he stated “don’t even bother, bro, swimming is not of you.”

I started practicing hand movements in the shallow waters. They call it “crawl,” “butterfly,” “freestyle,” “breaststroke.” I didn’t know what I was trying to do. I was just trying to move myself and float in the shallow water. As long as my feet were on the floor I was fairly confident that I will swim some day. I slowly started to crawl but it was too difficult for me. I was easily getting short of breath. It was hard for me to keep up with my breath. If I was moving my hands, my feet weren’t moving. I had to keep all the movements of the body in sync. I search the internet to find out the better strokes. How many strokes are there? There is an interesting site to explore and watch the pros in action both underwater and above the water real time videos at <http://wellness.lattc.cc.ca.us/real/strokes.html>.

There were few other things beside floating devices I would carry to the pool. My favorite device was the snorkel. It is a reliable tool that used to help me float and assist with my out of sync breathing problems for crawl stroke. Then I started doing back crawl, as a series of strokes helped me propel in the water while keeping my head above the water. The next was the “Breast Stroke”, the easy and effective stroke that helps me maintain good breathing cycles. It is an on-going struggle. There is a long way to go.

I can now complete a length of the 50mm pool in 2 minutes. I am still last of the lot of all the good and accomplished swimmers out there but I am proud of one thing. I am now swimming. And nobody can keep me out of the pool.

** Dr. Nabeel is a resident physician in the Dept. of Occupational & Environmental Medicine at Regions Hospital in St. Paul. He grew up in North Nazimabad, Karachi, Pakistan before moving to the United*

FROM THE WATER'S EDGE

Some Thoughts on Training

Believing in your goal is the most powerful weapon you have. No matter how tough it seems, if you believe in it, it becomes a self-fulfilling prophecy.

Sticking with a program is all about attitude. See challenges, not problems; lessons, not mistakes. Use those lessons to make yourself stronger and they'll take you to the next level.

Fitness can be hard work, but it definitely pays off in the long run. Sometimes you've simply got to think it, will it, then do it. Push on through and persevere.

Your mind quits long before your body does.

The whole point of working out is to create more relaxation. If you're stressing about your workouts, you're missing the point. Use them as time reserved, just for you – and soon you'll crave that time.

Swimming as an adventure

We all like adventures and the tales to be told. We all enjoy swimming and swimming is an adventure.

Pretty much all of us travel during the year, whether for work or fun, it doesn't matter. So, add some good swimming tales to the mix. So you want to take the family to Disneyland this summer? Why not plan it around USMS Long Course Nationals in southern California. You will meet swimmers from all over the country and world. You can swim at the meet 1 or 2 days and spend the rest of your vacation goofing off with Mickey.

If you have swimming relatives in other parts of the country, invite them to Minnesota for a weekend this summer and participate in one of the open water swims in the area. Or plan a family swimming race at the lake cabin or have a family relay across a larger lake (remember to always have an escort boat and think safety).

Check out the USMS calendar for events all over the place.

Swimming adventures are fun!

Swim on my friends!

Tina Neill



TINA NEILL
Minnesota LMSC Chair

SWIMMING TIPS

MONSTER WORKOUT: A Great Way To Wring In The New Year *by Tom Emison*

You got that right, wring, not ring. That's about how I felt after doing 50 x 100 on short interval December 23 at 11:45 am at the downtown Minneapolis YMCA. Like a wet towel that needed some wringing out.

This is Mark Sells master plot to reduce us to wrinkled blobs of middle-aged flesh. Mark is a really nice guy in every other way, but his dark-Darth-Vader-side gets the better of him each year when he coaches us through this workout. It goes like this:

- Each Summer, we work our way rather lazily through five workouts each week of about 3,000-4,000 yards. Lots of variety. Lots of fun. Not too much challenge.
- At the end of September, we pick a day and do a set of 20 x 100 freestyle on the 1:10, 1:20, 1:30, or 1:40 depending on your mood that day. It seems easy enough since we usually do 3,000+ yards per workout anyway. Sort of like a longish set, really. No complaints.
- End of October, things get a little tougher as we pick a day and do 30 x 100, also on the same intervals. Those last five or six really start to hurt and the egos in the pool start to show. Still, we can handle it.
- End of November the output is double September: we pick a day and go for 40 x 100 on the same interval. The key here is to do no warm up and no cool down at all. Just use the first five 100's and the last five 100's as your w-up and c-down. Still, 40 back-to-back-to-back gets a little nuts. Egos or no ego, everyone is hurting.

- End of December is when Mark's evil plot reaches its zenith: 50 x 100 on the same interval. This brings us back to high school or college workouts. It also brings up a tiny mouth full of vomit if you are not careful. This year, we did it on December 23 and it was great. We had about 20 of us in the pool and a real team spirit. Lanes were organized by speed level and I stupidly placed myself in the fast lane with the Freaks of Nature: Michael Burns, Tom Senn, and Curt Wood, all three USMS top-notch dudes. They decided to do 5 on the 1:30, 10 on the 1:25, 10 on the 1:20, 10 on the 1:15, and that's the last I remember. I moved over to the other lane that was on a more humane interval. I am sure I did all 50 and may have even done 51 because I was in the "fast" lane for a bit with you know who.

The lesson in all of this is... Actually, I do not know if there is a lesson. I know that if you go to Rock Bottom Café after doing 50 100's you will be very thirsty and that it is quite possible to eat an entire pizza, as I did.

Happy new year all!

Tom

Thomas.Emison@RSMI.com

COACHES' CORNER *by Robert Hauck*

Here is a type of workout I like to give my masters group or college team. I like to give IM workouts where swimmers can mix one particular stroke at a time with stroke transition sets as well.

1 x 300 fr/nonfr/fr (by 100)
1 x 200 dolphin kick on back

14 x 50 Ole IM (by 25) twice through
fl-fl
fl-bk
bk-bk
bk-br
br-br
br-fr
fr-fr

1 x 300 pull fr distance per stroke emphasis
4 x 25 fly
1 x 100 IM
4 x 25 bk
2 x 100 IM
4 x 25 br
3 x 100 IM
4 x 25 fr
4 x 100 IM
(build up, build down, ez, fast on 25's;
descend time on IM's)

or, for a longer main set

4 x 50 fly
1 x 200 IM
4 x 50 bk
2 x 200 IM
4 x 50 br
3 x 200 IM
4 x 50 fr
4 x 200 IM
100 ez

total: 3,000 yds or 4,400 yds

Robert Hauck is the St. Olaf College and Northfield Masters Swim Coachmasters group

THINK BACKSTROKE *by Tina Neill*

It's time to roll over on your back for some backstroke training. If you think about it – 3 of the 4 strokes are swum on your front. This means we will tend to have a muscle imbalance. So try adding a good chunk of backstroke to your weekly training and you'll find it helps your other strokes.

INDULGENT FOODS THAT ACTUALLY IMPROVE YOUR HEALTH

Avocado Replace mayo with slices of avocado. You'll save calories and boost vitamin E stores.

Chocolate Enjoy an ounce of chocolate at least once a week for its disease-fighting antioxidants.

Lobster Host a lobster bake to top off your calcium, zinc and vitamin B stores.

Milkshake Reward yourself with a calcium rich banana milkshake. Make with 2% or nonfat milk.

Wine Toast to your health with a daily glass of wine – red provides the most health benefits.

SWIMMING NEWS

2005 is an Election Year

Elections will be held via email or in person at the short course state meet April 9/10. Positions up for election include: General Chair, Secretary, Treasurer, Registrar and Top Times/Records. Each term is for 2 years. **We are specifically looking for a Chair and Registrar, as these positions are vacant.**

If you are interested in running for a position or would like to nominate someone, please come forward. All nominations must be accepted by the person being nominated. All officers must be current members of USMS.

Lake Minnetonka 5 Mile Swim Challenge is looking for a race director

Anyone out there looking to be race director for the 2005 event is asked to step forward. This swim is a Minnesota Masters tradition. The swim is point to point (Excelsior to Wayzata) and usually takes place in August. If you are willing to take this on, please email polarswim@aol.com

There are a few volunteers ready to help the race director, but without a race director the event will not take place in 2005.

New Sponsor Opportunity?

The Minnetonka 5 mile Swim Challenge is looking for a new race organizer. The race is an annual event starting in Excelsior and finishing in Wayzata. This is a sanctioned event sponsored by the Minnesota LMSC. If you are interested, please contact our webmaster Scott at scottennis@tcinternet.net.

Upcoming Masters Birthdays

FEBRUARY

ALBERTSON, BARBARA K	STMA	45-49
FLYNN, LOUIS L	MINN	60-65
FREDERICK, MATTHEW C	BACM	30-34
PENTICOFF, SCOTT M	SEMS	35-39
RYAN, RACHAEL N	MTRI	25-29
SCHULTZ, SUSAN H	MINN	65-69
STANGEBYE, THORLIEF D	MINN	50-54
SUITOR, ANGELO J	MINN	25-29

MARCH

ALBRIGHT, ROBERT C	MINN	40-44
CROTTEAU, SANDRA L	MINN	35-39
MATHEWS, TOM P	MINN	50-54
NELSON, JODI M	MINN	30-34
PREUSSER, PAMELA J	NHCP	40-44
SCHLICHTING, RANDY J	SEMS	40-44
SHIREMAN, MARK J	MINN	50-54
SMITH, JASON P	STMA	30-34

APRIL

BRENNAN, CATHY	MTKA	45-49
DITTENHOFFER, ALEX M	MTKA	45-49
INGERSOLL, THADDEUS W	STMA	35-39
KRYKA, NANCY L	MINN	50-54
SURBER, RACHEL L	MYWM	40-44

MAY

DAVENPORT, GREG	STMA	35-39
JERMELAND, TRINA	MINN	35-39
MAGUIRE, JOHN	STMA	50-54
ROCK, EDEN E	MINN	45-49
TJOSAAS, MATTHEW J	MINN	25-29
WUEBKER, ANDREA M	MINN	30-34

HAVE A FAVORITE WORKOUT?

Submit a favorite workout(s) to our webmaster at www.minnesotamasters.com. If all registered swimmers take a few minutes to submit just one workout, we could all benefit. There are no limitations on length or type of workout.

OBITUARY

Jerry Simpson *by Megan Boldt and Tim Leighton for the Star Tribune*

Jerry Simpson – the only boys swimming coach Woodbury High School has had in its 30-year history – died Tuesday doing what he loved. The 63-year-old apparently suffered a heart attack during his morning swim.

Simpson also coached the girls swimming team for the past four years, and on and off before then. He taught physical education and coached boys swimming at Park High School in Cottage Grove from 1970 until leaving for Woodbury in 1975. Simpson continued teaching at Woodbury until he retired four years ago.

“Jerry Simpson was a giant in the swimming program for this East Metro area. He will be sorely missed,” said John Regan, superintendent of South Washington County Schools.

The school canceled all swimming events for the rest of the week. That includes the boys Suburban East Conference meet at Cottage Grove’s Park High School on Thursday.

The South East Metro Sharks – a multi-age, competitive swim club that Simpson was involved in – also canceled all practices Tuesday evening. Simpson was swimming with some of the group’s members around 6:45 a.m. at Woodbury High School when he had what appears to be a massive heart attack, said Principal Linda Plante.

They pulled him out of the water and called 911 immediately, she said, but paramedics were unable to revive him. Plante said school administrators pulled all the boys and girls swimmers and divers out of class around 10:30 a.m. to break the news. Some of their parents were called in for the meeting as well.

Erica Schiffler, a senior diver and University of Minnesota recruit who won the Class AA diving championship in November, was there.

“Everyone was very sad by the news,” Schiffler said. “He was just such a positive influence to me and everyone else, inside and outside of the pool.”

Dawn Grinols, whose son Joe has been on the team for four years, said he was a great coach. He would gently give his swimmers pointers. And over the years, their scores have improved.

But winning wasn’t Simpson’s focus, Grinols said. He’d recognize his swimmers for a variety of achievements, like giving out a Most Improved award at the end of the year. Simpson also brought his team up to International Falls every year for some competition and time away from the Cities.

“He was just a really kind, compassionate man,” she said. “He had a really calm manner. You always knew your kids were in good hands.”

Brian Luke, Stillwater boys and girls swimming coach, said he was shocked by the news. “The guy is in shape and works out all the time,” said Luke, Stillwater’s swimming coach since 1975. “I was just talking to him last week about his (coaching) longevity.”

“He was very knowledgeable at this sport,” Luke said of his longtime friend. “I always knew if I went into a meet (against) him, you would get the very best thrown at you. I always enjoyed our competition with them.” Simpson coached two swimmers to individual state championships. Kenji Sudoh won the 200 individual medley in 1992. Aaron Wood won the 200 IM in 1997 and 1998. Wood also won the 100 butterfly in 1999.

Simpson is survived by his wife, Sharon, and two adult children, David and Ann.

MEET RESULTS

University of Minnesota, December 5, 2004

WOMEN UNDER 25

50 Freestyle LINDBERG, JENNA :35.20
100 Freestyle LINDBERG, JENNA 1:17.36
50 Breaststroke LINDBERG, JENNA :41.61
100 Breaststroke LINDBERG, JENNA 1:30.76
100 IM LINDBERG, JENNA 1:25.90

WOMEN 25-29

50 Freestyle HUGHEY, RACHEL :28.36
50 Freestyle MUNSON, LESLIE A :28.84
100 Freestyle HUGHEY, RACHEL 1:01.26
MUNSON, LESLIE A 1:04.69
200 Freestyle HUGHEY, RACHEL 2:12.82
500 Freestyle HUGHEY, RACHEL 5:58.29
1000 Freestyle HUGHEY, RACHEL 12:28.72
50 Backstroke MUNSON, LESLIE A :33.12
100 Backstroke MUNSON, LESLIE A 1:12.30
ALQUIST, ANN G 1:29.77
100 Breaststroke HILLESHEIM, LINDSEY N 1:34.66
50 Butterfly ALQUIST, ANN G :36.47
100 IM HILLESHEIM, LINDSEY N 1:24.67
200 IM ALQUIST, ANN G 3:11.62

WOMEN 30-34

50 Freestyle MCKENZIE, ROBERTA J :31.49
SMITH, KATE R :35.42
500 Freestyle MCKENZIE, ROBERTA J 7:21.68
50 Backstroke LAVELL, HEATHER A :32.48
SMITH, KATE R :42.47
100 Backstroke LAVELL, HEATHER A 1:09.58
200 Backstroke LAVELL, HEATHER A 2:34.18
50 Breaststroke SMITH, KATE R :45.58
50 Butterfly SMITH, KATE R :40.41
100 IM SMITH, KATE R 1:28.61

WOMEN 35-39

50 Freestyle HIGGINS, JULIE A :32.99
200 Freestyle ZEMLIN, KAREN K 2:12.36
500 Freestyle ZEMLIN, KAREN K 5:45.51
1000 Freestyle ZEMLIN, KAREN K 11:55.54
50 Butterfly HIGGINS, JULIE A :37.91
100 IM SURA, SUSAN 1:44.19

WOMEN 40 TO 44

50 Freestyle HAERLE, KAREN S :34.59
100 Freestyle KASKINEN, KAREN J 1:08.23
JOPPA, LORI J 1:38.29
200 Freestyle HROMADA, SARAH 2:44.83
500 Freestyle KASKINEN, KAREN J 6:33.60
HROMADA, SARAH 6:51.59
50 Breaststroke HAERLE, KAREN S :41.72
JOPPA, LORI J :47.00
100 Breaststroke KASKINEN, KAREN J 1:22.52
HAERLE, KAREN S 1:30.53
JOPPA, LORI J 1:43.94
200 Breaststroke KASKINEN, KAREN J 3:00.50
JOPPA, LORI J 3:51.52
100 IM KASKINEN, KAREN J 1:14.34
JOPPA, LORI J 1:39.83
200 IM KASKINEN, KAREN J 2:49.10

WOMEN 45 TO 49

100 Freestyle WHITNEY, JILL 1:05.78
200 Freestyle WHITNEY, JILL 2:29.73
100 Breaststroke WHITNEY, JILL 1:20.18

WOMEN 50 TO 54

50 Freestyle WINDRATH, MARY BETH :32.56
HAKOMAKI, SUSAN :43.62
50 Breaststroke WINDRATH, MARY BETH :42.74
100 IM WINDRATH, MARY BETH 1:21.37

MEN UNDER 25

50 Freestyle PHELPS, IKE E :30.24
100 Freestyle EARLY-NELSON, HANS F :55.61
PHELPS, IKE E 1:06.26
200 Freestyle EARLY-NELSON, HANS F :34.81
50 Breaststroke EARLY-NELSON, HANS F :59.72
100 Butterfly EARLY-NELSON, HANS F 2:35.37
200 Butterfly EARLY-NELSON, HANS F 2:35.37

MEN 25 TO 29

50 Freestyle MCKIBBON, RYAN K :23.31
100 Freestyle WOOD, CURT G :50.97
RULE, BRIAN T :56.22
200 Freestyle WOOD, CURT G 1:54.46
THOMPSON, DAVID K 2:10.19
THOMPSON, DAVID K 5:42.31
500 Freestyle THOMPSON, DAVID K 5:42.31
50 Backstroke RULE, BRIAN T :29.47
50 Breaststroke MCKIBBON, RYAN K :29.96
RULE, BRIAN T :30.02
100 Breaststroke RULE, BRIAN T 1:07.15
50 Butterfly MCKIBBON, RYAN K :25.93
100 IM RULE, BRIAN T 1:02.10

MEN 35 TO 39

50 Freestyle ZEMLIN, TOM E :24.91
UNVERZAGT, JOHN D :25.15
HIGGINS, CHRIS A :25.60
100 Freestyle KOLSKY, MIKE :28.35
SENN, THOMAS :50.82
HIGGINS, CHRIS A :56.67
KOLSKY, MIKE 1:05.39
200 Freestyle MCCARTHY, JUSTIN J 2:07.69
SCHLICHTING, RANDY J 2:09.49
KOLSKY, MIKE 2:31.05
500 Freestyle MCCARTHY, JUSTIN J 5:48.31
1000 Freestyle KOLSKY, MIKE 15:21.63
1650 Freestyle SENN, THOMAS 18:46.52
50 Backstroke SCHLICHTING, RANDY J :29.16
UNVERZAGT, JOHN D :33.30
SENN, THOMAS DQ
100 Backstroke MCCREADY, LANCE T 1:11.98
50 Breaststroke ZEMLIN, TOM E :32.26
UNVERZAGT, JOHN D :34.56
100 Breaststroke MCCREADY, LANCE T 1:17.98
200 Breaststroke SCHLICHTING, RANDY J 2:52.47
50 Butterfly ZEMLIN, TOM E :27.95
SCHLICHTING, RANDY J :28.49
UNVERZAGT, JOHN D :29.77
HIGGINS, CHRIS A :30.03

100 Butterfly HIGGINS, CHRIS A 1:06.26
STOEBNER, JEFFREY A 1:11.33
100 IM HIGGINS, CHRIS A 1:07.16
UNVERZAGT, JOHN D 1:11.74
STOEBNER, JEFFREY A 1:13.59
200 IM MCCREADY, LANCE T 2:37.02

MEN 40 TO 44

50 Freestyle MEDELLIN, BERNARDO M :26.05
BENACCI, JOSEPH C :26.39
BRAND, JOHN L :27.24
FINE, ALAN R :27.60
NESS, RANDY :27.91
100 Freestyle SHELQUIST, PETE :54.64
MEDELLIN, BERNARDO M :56.93
NESS, RANDY 1:01.48
FINE, ALAN R 1:02.18
BRAND, JOHN L 1:02.24
200 Freestyle SHELQUIST, PETE 2:03.45
NESS, RANDY 2:19.57

1650 Freestyle BURNS, MICHAEL 19:30.59
50 Backstroke BRAND, JOHN L :32.49
NESS, RANDY :36.30
FINE, ALAN R :37.28
100 Backstroke VRUDNY, JOSEPH M :59.52
NESS, RANDY 1:18.26

50 Breaststroke BRAND, JOHN L :36.09
FINE, ALAN R :36.72
50 Butterfly BENACCI, JOSEPH C :29.60
100 Butterfly BENACCI, JOSEPH C 1:04.63
100 IM VRUDNY, JOSEPH M 1:00.30
BRAND, JOHN L 1:10.76
MEDELLIN, BERNARDO M 1:11.65
FINE, ALAN R 1:13.98
FINE, ALAN R 2:56.75
400 IM VRUDNY, JOSEPH M 4:43.71

MEN 45 TO 49

50 Freestyle ZUTTER, DANIEL :25.47
EMISON, THOMAS :26.03
BROWN JR, DON W :27.03
MATHEWS, TOM P :27.29
MOORE, JR, DAVID :28.97
100 Freestyle ZUTTER, DANIEL :55.61
EMISON, THOMAS :55.90
MOORE, JR, DAVID 1:04.81
HAFDAHL, JIM 1:12.12
200 Freestyle EMISON, THOMAS 2:01.96
ZUTTER, DANIEL 2:08.15
JESSEN, DAVID 2:18.67
HAFDAHL, JIM 2:39.90
500 Freestyle EMISON, THOMAS 5:40.78
50 Backstroke MATHEWS, TOM P :35.30
50 Breaststroke HOLTHUS, BRIAN K :35.05
HAFDAHL, JIM :38.94

University of Minnesota, December 5, 2004 (continued)

50 Butterfly **BROWN JR, DON W** :30.35
MOORE, JR, DAVID :32.10
100 Butterfly **LAMOURE, DIDIER B** 1:02.94
MOORE, JR, DAVID 1:16.01
200 Butterfly **LAMOURE, DIDIER B** 2:47.30
100 IM **HOLTHUS, BRIAN K** 1:05.90
MATHEWS, TOM P 1:12.53
200 IM **LAMOURE, DIDIER B** 2:34.03

MEN 50 TO 54

50 Freestyle **BROWN, PERRY** :27.42
BOVARD, RALPH :27.59
POGUE, TOM G :28.96
BRERETON, ROBERT H :29.92
100 Freestyle **FINE, GARY M** :32.49
SELLS, MARK 1:00.82
POGUE, TOM G 1:04.00
BOVARD, RALPH 1:04.18
BRERETON, ROBERT H 1:06.52
200 Freestyle **POGUE, TOM G** 2:36.50
500 Freestyle **SELLS, MARK** 6:10.38
1650 Freestyle **HEILMAN, JAMES M** 22:20.67
50 Backstroke **FINE, GARY M** :43.44
50 Breaststroke **BOVARD, RALPH** :34.28
FINE, GARY M :39.49
100 Breaststroke **BOVARD, RALPH** 1:19.33
50 Butterfly **BROWN, PERRY** :32.42
100 IM **BOVARD, RALPH** 1:08.25
BROWN, PERRY 1:14.02
SELLS, MARK 1:14.72
FINE, GARY M 1:24.89
BRERETON, ROBERT H 1:26.97
200 IM **BOVARD, RALPH** 2:43.52

MEN 55 TO 59

100 Freestyle **PLANK, RICK** 1:06.44
200 Freestyle **PLANK, RICK** 2:23.34
500 Freestyle **PLANK, RICK** 6:34.21
UVAAS, TOM 7:35.07
1650 Freestyle **NOVAK, DANIEL G** 8:33.10
NOVAK, DANIEL G 29:17.91
50 Butterfly **LINSTROMBERG, JOHN W** :31.47
PLANK, RICK :34.37
NOVAK, DANIEL G :42.12
100 IM **UVAAS, TOM** 1:24.75
400 IM **NOVAK, DANIEL G** 7:34.84

MEN 60 TO 64

50 Backstroke **PELISSIER, JIM** 2:50.73
100 Breaststroke **PELISSIER, JIM** 1:13.91

MEN 70 TO 74

50 Freestyle **HARRIS, LOU** :44.01
100 Freestyle **HARRIS, LOU** 1:40.67
200 Freestyle **HARRIS, LOU** 3:43.01
1650 Freestyle **HARRIS, LOU** 35:26.68

MEN 75 TO 79

50 Freestyle **BROWN, DONALD R** :42.20
100 Freestyle **BROWN, DONALD R** 1:41.62
50 Backstroke **BROWN, DONALD R** 1:00.10

MEN 80 TO 84

50 Backstroke **HAKOMAKI, RAYMOND** :48.59
100 Backstroke **HAKOMAKI, RAYMOND** 1:49.65
50 Breaststroke **HAKOMAKI, RAYMOND** :51.13
100 Breaststroke **HAKOMAKI, RAYMOND** 1:50.47

MEN 25 AND OVER

200 Freestyle (NSC) 1:50.35
LINSTROMBERG, JOHN W
BROWN, PERRY
BROWN JR, DON W
McKIBBON, RYAN K
200 MEDLEY RELAY (NSC) 1:59.12
WINDRATH, PAUL
McKIBBON, RYAN K
BROWN JR, DON W
POGUE, TOM G

MEN 45 AND OVER

200 MEDLEY RELAY (NSC) 2:26.45
BROWN, PERRY
HAFDAHL, JIM
LINSTROMBERG, JOHN W
BROWN, DONALD R

MIXED 19 AND OVER

200 MEDLEY RELAY (Mixed Clubs) DQ
LAVELL, HEATHER A
HILLESHEIM, LINDSEY N
EARLY-NELSON, HANS F
HIGGINS, CHRIS A

MIXED 25 AND OVER

200 MEDLEY RELAY (Mixed Clubs) DQ
ALQUIST, ANN G
McKENZIE, ROBERTA J
McCREADY, LANCE T
STOEBNER, JEFFREY A

MEET RESULTS (continued)

Northfield Pentathlon Meet, November 7, 2004

SPRINT

Swimmer	Age Group	50 Fly	50 Back	50 Breast	50 Free	100 IM
Lancey, Suzanne	25F	:33.05	:32.68	:40.31	:28.98	1:15.08
Sobek, Kari	30F	:38.38	:41.53	:46.69	:34.32	1:30.31
Joppa, Lori	40F	:52.37	:48.44	:48.92	:42.89	1:43.97
Whitney, Jill	45F	:31.46	:35.43	:36.46	:32.21	1:12.74
Ogden, Pamela	45F	:43.23	:45.79	:47.63	:32.29	1:29.35
Windrath, Mary Beth	50F	DQ	:41.48	:43.45	:33.39	1:21.64
Achberger, Karen	60F	:55.28	:52.46	:59.05	:43.59	1:57.51
Matson, Luke	19M	:34.79	:38.55	:48.45	:29.44	1:25.06
Medellin, Bernardo	30M				:24.90	1:07.35
Vininski, Mark	40M	:27.65	:30.91	:31.74	:25.22	1:04.21
Fine, Alan	40M	:31.68	:36.70	:35.81	:27.78	1:14.66
Bovard, Ralph	50M	:31.04	:31.54	:32.57	:26.46	1:06.85
Fine, Gary	50M	:37.83	:40.84	:39.72	:33.50	1:31.29
Pelissier, Jim	60M	nt	:35.19	:34.37	:28.73	1:12.30

MIDDLE DISTANCE

Swimmer	Age Group	100 Fly	100 Back	100 Breast	100 Free	200 IM
Alquist, Ann	25F	1:27.37	1:28.49	1:40.67	1:15.67	3:09.39
Ogden, Pamela	45F	1:39.05	1:39.29	1:41.00	1:11.73	3:08.71
Billmeyer, Carol	50F	1:39.60	1:34.28	1:37.91	1:18.16	3:17.87
Vrudny, Joseph	40M	:57.79	1:00.88	1:12.94	:54.19	2:10.70
Connley, Reid	40M	1:00.08	1:05.63	1:12.04	:54.67	2:19.32
Dufault, Roy	40M	1:05.16	1:19.23	1:22.82	:59.99	2:33.28
Brand, John	40M	1:14.55	1:15.63	1:19.63	1:02.33	2:42.80
Moore, Dave	45M	1:14.72	1:41.42	1:34.98	1:05.31	3:07.63
Hansell, Mark	45M	1:40.32	1:49.62	1:35.39	1:20.75	3:29.37
Novak, Dan	55M	1:48.29	1:55.95	1:54.04	1:18.95	3:42.26

DISTANCE

Swimmer	Age Group	200 Fly	200 Back	200 Breast	200 Free	400 IM
Ogden, Pamela	45F	3:44.11	3:20.05	3:28.34	2:42.11	6:53.09
Cohn, Brian	45M	2:44.31	2:45.91	3:10.59	2:30.07	5:43.00

HEALTH NEWS

Anti-inflammatory Medications and You *by R.S. Bovard MD*

With the recent withdrawal of Vioxx from the market, and the cautions against the use of Bextra and Celebrex, many athletes and individuals with routine aches and pains, are asking, "What can I take now"? One answer is that maybe you shouldn't be taking anything. I will try to offer some of the if's and whys below, but perhaps you don't really need the anti-inflammatories you have been conditioned to take. In fact, doing so may interfere with the natural process of healing and override physiologic red flags that you need to back-off, take a rest, or at least mix in some other low impact/low ballistic cross-training. Ice is a cheap and relatively benign modality unless you overdo it and get freezer burn.

For an otherwise healthy individual with no cardiac risks these medications pose very little risk. Those who are allergic to sulfa medications are typically urged not to use Celebrex. Individuals with multiple risk factors such as a family history of heart disease, hypertension, elevated cholesterol, obesity, type I (true) or type II diabetes (metabolic syndrome), have an increased risk of adverse medical outcomes. Virtually no medication that does not have some potential side-effects, whatever its proclaimed benefit.

There are good arguments for not using anti-inflammatory medications, at least on a prolonged basis, unless absolutely necessary. I tell patients that no one yet has died of knee or shoulder pain per se, but many people die annually from gastrointestinal bleeding as the consequence of using NSAID's, often OTC or prescribed by their caregiver. I believe that in future years we will regard our use of these medications as extremely cavalier.

There are appropriate and reasonable uses of NSAIDs (non-steroidal anti-inflammatory drugs). They are useful as pain adjuncts with narcotics and other medications both pre- and

post-operatively. They are helpful in certain chronic arthritic conditions when used under supervision. Acute flares of gout are typically treated with NSAIDs. But overuse or prolonged use has risks. And I am convinced that people who mask the pain and push through the healing process can interfere with the normal regenerative response and prolong healing or cause increased scarring that then causes long term irritation or functional problems. For this reason we discontinue the use of NSAIDs in any patient with a stress fracture or bony non-union in an effort to promote normal physiologic healing.

Why use anti-inflammatories? The justification is usually that the pain and swelling of the inflammation is felt to be abnormal or prolonged or because it interferes with an athlete's ability to train or return to competition. Reduction of pain is generally thought to be a good thing and these medications can be useful, to an extent, in this regard. Sometimes, however, people use them as a reflex, because they have been conditioned to do so, by the example of friends, family, or caregivers, by marketing, whatever. Pain has been accorded the dubious title of our "Fifth Vital Sign" along with temperature, blood pressure, heart rate, & weight. Pain is a very subjective issue and is tied to many culturally learned behaviors. There are some of us who feel that some aches and pains are the privilege of being alive; blunting these sensations makes us less attuned to our bodies and conscious of our activities.

So, use these NSAID medications if you must, but use them judiciously and with the knowledge that there are side effects and potential complications as with any pharmaceutical. One's goal in life should be to take no pills. If you don't really need it, don't take it.

To read the complete article, go to our website, www.minnesotamasters.com

RALPH BOVARD'S credentials:
MD at University of Minnesota,
MPH and Preventive Medicine
Residency (with sports medicine
core) at University of Arizona;

President of regional (5 state)
chapter of American College
of Sports Medicine (ACSM), and
fellow of ACSM. I am a member
of USA Swimming Medical Society
physician's pool.

Current practice: Non-operative
orthopedics & sports medicine
(3 days/wk) and Occupational &
Environmental Medicine (1 day/wk)
at Regions Hospital in St. Paul.

If questions please feel free to
contact me at 651-488-1315.

**MINNESOTA LMSC
ACTIVITIES SCHEDULE**

March 19
Southdale Meet

April 1
Sternwheeler deadline

April 9/10
Short Course State Meet,
University of Minnesota

April 21-24
YMCA Short Course Nationals,
Indianapolis, IN

May 19-22
USMS Short Course Nationals,
Ft. Lauderdale, FL

May 20-22
Canadian, SCM Nationals,
Toronto, Canada

June 25
Lake Harriet 1 & 2 Mile
Open Water Swims

July 10
Manitou Monster 2 Mile Swim

July 31
Long Course State Meet,
University of Minnesota

August 1
Sternwheeler deadline

August 11-15
USMS Long Course Nationals,
Mission Viejo, CA

August 20
Perch Lake 1 & 2 Mile
Open Water Swims

UPCOMING MEETS

Upcoming Local Events

SOUTHDALE YMCA MEET
Saturday, March 19, 2005
Southdale YMCA

Meet Director: Sarah Hromada
(612) 866-1990
Johnsonhromada@mindspring.com

Warm up: 3:00-3:40 p.m.
Competition: 3:45-7:00 p.m.
Entry Fee: \$7
Awards: None

For the 19th year, the Southdale YMCA continues to support Masters Swimming by hosting a meet at their facility. We appreciate their continued support of masters swimming in Minnesota.

Order of Events:

1. 200 Breaststroke
2. 50 Freestyle
3. 400 IM
4. 200 Medley Relay
5. 200 Freestyle
6. 100 Backstroke
7. 50 Butterfly
8. 500 Freestyle
9. 100 Breaststroke
10. 200 Mixed Relay Free & Medley
11. 200 IM
12. 50 Backstroke
13. 200 Butterfly
14. 100 Freestyle
15. 200 Backstroke
16. 100 IM
17. 50 Breaststroke
18. 100 Butterfly
19. 200 Free Relay

LAKE HARRIET 1 & 2 MILE OPEN WATER SWIMS
Saturday, June 25, 2005
Lake Harriet, Minneapolis, MN

2 mile start – 8:00 a.m.
2 mile check in/race day registration –
6:30-7:30 a.m.

1 mile start – 10:30 a.m.
1 mile check in/race day registration –
9:30-10:00 a.m.

Early Registration by June 17, 2005.
Single Event \$20. Both Events \$30.
NON-REFUNDABLE
Late Registration received after June 17, 2005.
Single Event \$25. Both Events \$35.
NON-REFUNDABLE

Checks payable to:
MINNESOTA LMSC-LAKE HARRIET

Sanction # 304- 002

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)

There will be a 5 minute break before all relays

32nd ANNUAL MINNESOTA STATE CHAMPIONSHIPS

Saturday, April 9-10, 2005
University of Minnesota Aquatic Center,
Minneapolis, MN

Sponsors: Minnesota Masters Swim Club and
Minnesota LMSC.

Saturday, April 9
Warm-ups at Noon
Competition 1-5 p.m. (til done)

Sunday, April 10
Warm-ups at 8 a.m.
Competition 9 a.m.-1:30 p.m. (til done)

Hosts: Minnesota LMSC, Minnesota Masters
Swim Club and The University of Minnesota.

Eligibility: Open to all 2005 registered Masters
(ages 18-?). Contact your local registrar for forms.
Contact Minnesota Registrar Sarah Hromada at
612-866-1990 or www.minnesotamasters.com

Entries: Swimmers may swim 5 individual
events per day. Swimmers may swim each
relay once. Deck entries will be seeded in the
last heats of an event. Entry forms must be
postmarked by Tues. Mar.29 ,2005.

Entry Fees

Pre-registered swimmers:
Surcharge - \$10.00
Individual Events - \$3.00. Maximum \$25 entry fee.
Relay-only swimmers - \$15

March 30 & after Registration:
Surcharge - \$15.00
Individual Events - \$4.00. Maximum \$35 entry fee.
Relay-only swimmers - \$20

Mail forms, a copy of your USMS card & fees to:
Minnesota Masters State Championships
2612 Eunice Avenue, Red Wing, MN 55066

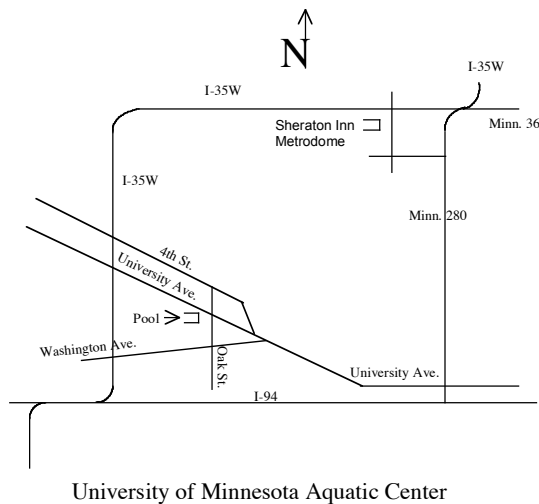
Checks payable to: Minnesota LMSC

Meet Director: Mary Beth Windrath
(651) 388-8524

Awards: Each pre-registered swimmer will
receive a participation award. First, second,
and third place medals will be available for
those who desire them.

Facility: 8 lane competition pool and 4 or 5
lanes in a warm-up pool. Electronic timing for
all competition lanes with button and digital
watch backup. There are 150 lockers available
in each of the Men's and Women's locker
rooms at the pool. Plan accordingly.

Parking: The University of Minnesota will be in
session during the meet. There may be some
problems with parking on Saturday. There are
several parking lots within a couple blocks of
the pool area. Most parking lots near the pool
cost \$4.00. Be aware there are several lots
which have a per hour rate. Also be aware that
contract lots are enforced and parking in a
contract lot without a proper permit could
result in a parking ticket in the \$30 range.



University of Minnesota is
hosting the **NCAA Division 1**
Swimming Championship Finals.
Tickets are selling fast.

March 24-26, 2005
U of M Aquatic Center
Minneapolis, Minn.

Host:
University of Minnesota, Twin Cities

Ticket Information:
612/624-8080 or 800/UGOPHERS

32st MINNESOTA MASTERS STATE CHAMPIONSHIPS ENTRY FORM

Sanctioned by Minnesota LMSC for USMS, Inc. Sanction number: #305-004.

**PLEASE PRINT: ALL INFORMATION AS IT APPEARS ON YOUR USMS CARD.
SIGN WAIVER FOUND BELOW THIS FORM**

NAME _____ USMS Reg # _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
BIRTHDATE ___/___/___ SEX - M F AGE (on April 4, 2004) ___ CLUB _____

Enter event seed time

SATURDAY 4/9/05	Seed:	SUNDAY 4/10/05	Seed:
1) 400 Medley Relay	_____	14) 200 Backstroke	_____
2) 50 Butterfly	_____	15) 50 Freestyle	_____
3) 500 Freestyle	_____	16) 400 Individual Medley	_____
4) 200 Freestyle Relay	_____	17) 200 Mixed Free Relay	_____
5) 100 Breaststroke	_____	18) 100 Butterfly	_____
6) 200 Butterfly	_____	19) 50 Backstroke	_____
7) 100 Freestyle	_____	20) 200 Medley Relay	_____
8) 200 Mixed Medley Relay	_____	21) 200 Freestyle	_____
9) 100 Backstroke	_____	22) 200 Breaststroke	_____
10) 200 Individual Medley	_____	23) 400 Freestyle Relay	_____
11) 50 Breaststroke	_____	24) 100 Individual Medley	_____
12) 1000 Freestyle	_____	25) 1650 Freestyle	_____
13) 800 Freestyle Relay	_____		

Meet Surcharge – \$10/After March 29 – \$15 _____
Individual Events ___ @ \$3/After March 29 – \$4 _____
Relay-Only Entries – \$15/After March 29 – \$20 _____
Total Entry Fees – Max. \$25/After March 29 – \$35 _____

mail entry to:
MN State Championships
2612 Eunice Avenue
Red Wing, MN 55066

I the undersigned participant, intending to be legally bound, here by certify that I am physically fit and have not been otherwise informed by physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____ Date _____

UNITED STATES MASTERS SWIMMING 2005 MEMBERSHIP APPLICATION

Register with same name you will use for competition. Print clearly.

Last Name	First Name	M.I.	

Street	Apt.		

City	State	Zip Code	Phone
_____			_____
_____			_____
E-mail address _____ <i>Please select one: Newsletter via E-mail _____ or US post _____</i>			

Birthdate (mm - dd - yyyy)	Age	Sex	Today's Date (mm - dd - yyyy)

Must be at least 18 years old to register.

- Club: Barracuda Aquatic Club
 Med-City Masters
 Minnesota Masters
 Minnesota Tri Masters
 Mounds View Swim Club
 NHCP Swim Club
 Nort'landers Swim Club
 South East Metro Sharks
 STAR Masters
 Team TYR
 Unattached

Membership expires 12-31-05

LMSC Fee \$15.00

USMS Fee \$20.00

Total Fee \$35.00

Mail Form and \$35.00 Check to:

Minnesota LMSC
c/o Sarah Hromada
P.O. Box 24602
Edina MN, 55424

\$8.00 of the USMS fee is for USMS Magazine subscription

Checks Payable to: Minnesota LMSC

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise been informed by a physician. I acknowledge that I am aware of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MATERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____

USMS Registered swimmers are covered with secondary accident insurance.

- 1) in practices supervised by a USMS member or a USA Swimming certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meet where all competitors are USMS registered.

E-mail me when the next issue of the "Old Sternwheeler" is available at the web site: Yes _____ No _____

An e-mail address is required for notification when each issue is ready.

I am connected to the Internet, my Internet e-mail address is: _____

I wish to contribute \$1.00 (or \$____) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2005 registration fees.

I wish to contribute \$1.00 (or \$____) to the United States Masters Swimming Foundation. I have added this amount to my 2005 registration fees.

I am a Masters Swimming Coach: Yes _____ No _____

I am a certified Swimming official for: High School _____ NCAA _____ YMCA _____ or USA Swimming _____



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(651) 696-6648
polarswim@aol.com

Chair, Sanctions, Safety, Long Distance

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Thomas_emison@rsmi.com

Treasurer

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Mike_Burns@Malt-o-Meal.com

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mbwswims@redwing.net

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Equipment

Jim Pelissier

Editor's Corner

Paul Windrath will be taking over as editor of the *Sternwheeler*. RS Bovard appreciates the opportunity to have helped briefly with the newsletter and better understands the time demands of the task. Wayde Mulhern did an awful lot of things for Minnesota Masters Swimming. I think a lot of us are still gaining a full realization of the extent of his dedication to the organization. Thanks to Jason Rysavy and Michael Gerwe of Catalyst Studios. Please give Paul your support in this task and help by sending articles and information in timely fashion.

Submissions for the spring issue of the *Sternwheeler* are needed by April 1, 2005.

Minnesota Masters Swimming

C/o Sarah Hromada
PO Box 24602
Edina, MN 55424

Swim for Fun

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