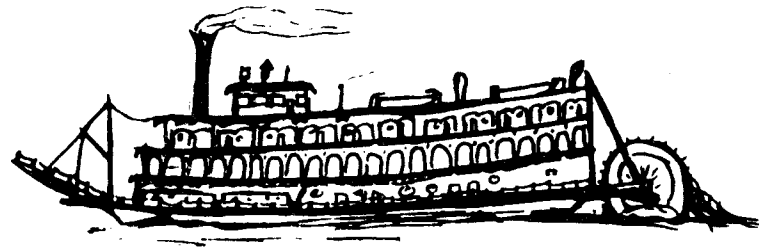


OLD STERNWHEELER'S Masters Monthly



Volume IV, Number 10

UNMATCHED PROPAGANDA

October 31, 1979

SPECIAL HALLOWEEN ISSUE

All right, for one minute, quit scooping Vanilla ice cream into the Trick of Treater's bags and listen to the ole Spookwheeler for a minute. This month's offering will be a little brief (I have some little briefs...) but wonderful nonetheless. If you can bear with us while we struggle with the old "Too much to do in too little time" routine, we will get meet results out soon. I know that many of you are collectors, and we will do our best to keep your closets full. Perhaps some day my July 19, 1973 Minneapolis Golf Club Meet result sheet will be worth billions. Perhaps not.

LITTLE VICTORIES

- John Bergman "Booga" ran in his first marathon, the City of Lakes. When a swimmer turns to marathon running, you know he is sliding headlong into the depths of senility. 10k "Fun Runs" yes! Marathons? You've got to be kidding.
- Lou Harris, world traveler, was talking in the locker room the other night about walking into a swanky San Francisco hotel and flashing his SuperAmerica card.
- Breakfast gems from the "After Saturday Morning Practice Breakfast:"

MISERY IS: Putting your bra on backwards and not knowing the difference.
Waking up in your water bed when you don't have a water bed.
Tummy Suds.

The third person in your lane having a great workout.

Thought for the day: Necessity is the mother of your children.

Quote for the day: "I'll be waiting with bacon breath.

SAMPLE WORKOUTS about 2000 Yards. That's down and back and down and back and down and back and

300 S	500 Warm-up	600 Swim	350 Choice	400 Warm-up
400 IM Kick	4 x 50 Kick	20 x 25 IM Order	2 x 100 Kick	400 Fast/slow @ 50's
500 P	4 x 50 Pull	150 Kick	4 x 125 non-	400 IM alt stroke/Ch
200 S	2 x 5 x 100(:05)	20 x 25 Choice	freestyle	400 descend @ 100's
8 x 50 on 1:10	100 EZ Cool down	150 Pull	500 pull fast	400 EZ Cool down
200 EZ		100 EZ	450 EZ Swim	

It is just like Old Home Week. Got my issue of the Minnesota Swimmer, which has been re-issued this year by Steve Stewart. The Old Home business comes in because John Bergman, our marathoner, was the first editor of the M/S. Also doing editorial chores was Jim Earley, who bridged that time period between John and Steve. Masters swimmers again take the lead in Minnesota swimming. Great to see the Minnesota Swimmer back in business. Subscriptions are only \$6.00 available from MINNESOTA SWIMMER 9701 6th St. N.E. Blaine, MN 55434.

Stay tuned (or get tuned, if you are not already...) for "Chums in the Tank". A warming story of swim team mates written in the style of the 1940's books for teen-age boys. The story will feature the adventures of our hero Buck Bhoard, the sneaky Bill Jawater, and the campus sweetheart, Merrilee Downthestream. Led by their mentor, Coach Heese, the boys learn about winning and cheating and life. A sampling: "The practice was nearly over. Buck Bhoard, the team captain, churned through his sprint laps like a piston steam engine with a disconnected governor. Arms pumping like the rocker arm assembly on a '57 Chevy V-8, Buck sped like a copper-jacketed .38 calibre bullet over the tiles on the bottom of the Central High Pool."

Thought for the day: "When the going gets tough, the sprinters get out."

MANKATO OPEN

HEY, MASTERS...Move it on down to the MANKATO MAXI MEET,

directed and sponsored by

Seemann Baugh and his MIGHTY MANKATOANS.

SUNDAY, NOVEMBER 11th at 10:30 AM

This must be the place: Mankato State University - Highland Arena - Upper Campus

Something for the navigator...Take Hwy 169 to Mankato and exit at the Mankato-North Mankato exit, just past Holiday Inn; go right to stop light, left across the river and take the first right (stop light). Lost already !! Go straight until a "T" intersection - turn left. Go 3 stop lights and the road will "Y". Keep right to the top of the hill; at the stop at the top go right and follow road around to another stop sign. The arena is across from the tennis courts and kitty-corner from 2 large dorm towers.

- Remember...
- * AAU registration card or \$3.50 for poolside enrollment.
 - * water wings, family & friends and other supports, as needed.
 - * your water & land apparel.
 - * shower supplies/toiletries.
 - * leave early enough--registration at 10:30, the meet starts at 11:30.

And now for the swimming...

- * it's indoors, 25 yards, 6 lanes, backstroke flags, starting blocks, and timing by watches.
- * We'll swim Schedule B which is:

1. 200 Breast	8. 400 IM	15. 100 Fly
2. 100 Free	9. 50 Breast	16. 50 Free
3. 100 IM	10. 100 Back	17. 200 Back
4. 200 Fly	11. 50 Fly	18. 100 Breast
5. 50 Back	12. 500 Free	19. 200 Free Relay
6. 200 Mixed Relay	13. 200 Medley Relay	20. 1650 Free
7. 200 Free	14. 200 IM	

The price you'll pay: 50¢ per event, and an afternoon of fun, fitness, and fellowship--and maybe some cookies (HINT-HINT!).

Masters Swimming
2299 Lilac Lane
White Bear Lake
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