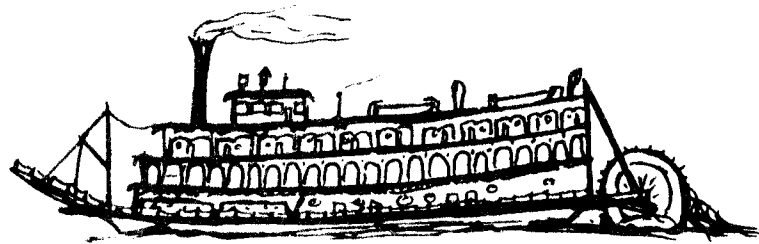


OLD STERNWHEELERS

Masters Monthly



Volume III, Number 5

UNMATCHED PROPAGANDA

May 15, 1978

Hello again, sea nymphs! We are knee-deep into May (and sinking fast) and have lots of business and announcements for you. First, and most important, we want to report a NATIONAL RECORD in the 50 yard backstroke, 80 & over age group for BRENDA UELAND. Her time of 1:47.1 breaks the old record of 1:52.20 by Nellie Brown in 1975. At 86, Brenda is still active in her profession: writing for the Norwegian-American weekly newspaper here in the Twin Cities. I spent twenty minutes of pure joy on the telephone with her today, gathering information and bits of philosophy: "Health is like Freedom, you have to win it every day." She swims twice each week, and like all of us, wants to improve her freestyle. She has attempted the Pike's Peak run, and the promoters of the run have taken to using her as their public relations envoy. She swears that this year she will make it. Or maybe next year. On swimming: "I could just get faster and faster." The optimism is sincere and contagious, but not self centered: "One of the great causes of the world is to get these panty-waists into some exercise."

We closed the delightful conversation with Brenda saying, "If you want to live to be 209, just consult me." I will do it, just to keep her company.

1978-79 MAILING LIST This will be the last issue to be sent free to about 180 of you out there in Masters Land. Check your mailing label for a red stripe down the left side. This means your subscription has expired and you should run to the mailbox with your check for \$3.00 and return the form on the cover sheet. We are extending complimentary registrations to persons over 65 years of age and swimmers from outside Minnesota who promise to share this nonsense with their team-mates. Look for more instructions on the cover sheet of this mailing.

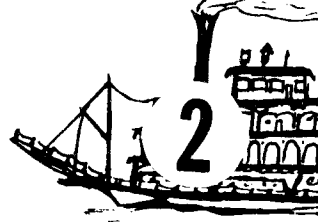
OLD STERNWHEELER
5 ORIOLE LANE
ST. PAUL MN 55110

LITTLE VICTORIES

- Over in St. Paul, Kathleen Peterson completed her first-ever 50 Fly! That's a first-ever for Minnesota in the 60-64 age group.
- Poor Bud Anderson of Northern Shores. His two sons swim in the Northern Shores Kids Program, so Bud figures he should get in the swim himself. He comes to practice, swims 3 or 4 times a week for two weeks, and some clown tells him to come to the meet on April 21. After all, they say, "It's in your home pool". So with barely 2 weeks of swimming, Bud drops in. Late. With no warm-up, and the first heat of the 50 free in the water, he flies into the locker room and with the speed of Clark Kent, changes in time for the final heat of the 50 free. The only other event he can finish legally is the 200 Back, and nobody told him he shouldn't, so he enters it. Wins it, breaks 5:00 (4:59.0). Some people just can't take the pressure.
- Back at St. Paul Swim Club's OK Corral, Jimbo Andersen was complaining about his workout writer Diane Coderre. It seems that Diane doesn't yet have a grasp on reality when it comes to setting intervals for Jim's sets. "She's brutal! A sadist." says Jim. He reported going some 500's on 6:15 once, and having to swim 4 x 200 Fly in a practice. Ugh.
- Swimmers revenge: Jim told me that Diane's breaststroke is almost legal.

LOGO CONTEST Have you entered the Logo Contest? Design a Logo for Minnesota Masters Swimming and win prizes too numerous to mention. Enter today! Remember, apathy is the first sign of impotence. Contest closes when we receive some entries.

YOUR ENTRY FEES AT WORK The Executive Committee has just completed the purchase of a set of stopwatches for Masters use. These were purchased from Hoff Jewelers in Roseville, at a considerable savings. We are grateful to the Hoff family for their consideration and service, and any of you Masters who would like to add your thanks, just drop in and buy a few diamonds.



We welcome your ideas and suggestions for the use of our funds. We want to make Masters Swimming in Minnesota all it can be for all Minnesotans, so make your wishes known. Please use the questionnaire on the cover sheet, and add any comments you wish. Do respond. Remember, apathy is the first sign of senility.

Our last two meets, the NSAC Mini and the Southdale Y-St. Louis Park Open were great meets. Comfortable, yet competitive. Fun, Fitness, Friendship, and Food. Big thanks go out to many people: Starters Ed Tahti and Bob Carl, meet organizer Dick Donnelly, all the people who worked at registration and seeding, and the Sylvesters, Eileen- ribbon writer, and "Thunderkey" Jamie who singlehandedly keys in all our computerized results, and wrote the program that makes sense out of it all.

We are going to need more volunteers to help these generous people, however. For future meets, we will try to include the phone number of the meet manager, so you can call and offer your services or cookies.

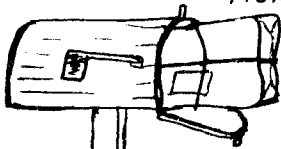
SAMPLE WORKOUTS: Workouts that may be swum in 50m pools and without pace-clocks. (approx 2000)

400 Swim 6 sets of: 50 Kick 100 Swim 200 restrict breathing 500 Swim, alt. 50's fast, EZ	300 Swim 300 Pull 300 Kick 300 Swim 6 x 100, rest with 30 bobs 200 EZ choice	250 Swim 250 R.B. 20 x Walk-back 50m sprints 200 kick 200 EZ swim	600 Warm-up 6 x 150, rest until pulse stabilizes 500 EZ, breathe every 3 or 5 arm pulls, all freestyle	400 Swim/Kick 1000m swim thus: 50 EZ, 50 Mod., 50 Fast. 200 Worst stroke 200 IM (no fly) 200 EZ Specialty
800 EZ to Mod. 400 IM, Kick 1st 50, Swim 2nd 50. 400 R.B., alt 100's fast & slow 100 Kick 100 Swim Fast 100 Pull 100 Swim EZ	400 Warm-up 4 x 300, rest with an EZ 100 Kick 200 non-free- style 200 EZ Choice	200 Swim 200 Kick 200 Pull 200 Swim 10 x 100, rest only about 20 seconds 200 EZ anything	500 Free, EZ 1500 Free, make it feel like a descending set of 15 x 100 100 EZ Choice	400 EZ Warm-up 350 Back/Breast 300 EZ R.B. 250 Kick 200 I.M. 150 Pull 100 Sprint 50 EZ

SUMMER SCHEDULE: (tentative)

June 24-25	Alexandria Lake Swim	1/2 mi. & 1 mi.	Lake Darling, Alexandria
July 22 or 23	St. Paul Classic	Modified Open	St. Paul Highland Park Pool
July 22	Nat'l AAU Long Distance Swimming Champs		Menominee County Park, Menominee
Aug. 31, Sep 1-2	Nat'l Masters Long Course Championships		Brown University, Providence RI

TICK-TICK-TICK



Letters

Dear Old Sternwheeler,

As of June 1, I will be leaving to spend a year in Italy. I would very much like to continue getting the Master's Monthly there, as I will try to swim off the pasta and olive oil. I realize this will cause problems, since most of the newsletters go out metered mail, but I'd really be grateful- I really look forward to each issue (am I sick, or does everyone need a few minutes of depraved insanity each month?)

- Jed Dannenbaum

Any and all of you sea nymphs out there in reality-land who saw the Nashville Open Swim Meet on Public Television (Ch. 2 in Mpls.-St. Paul), and enjoyed the coverage, please give KTCA a call and tell them so. As you know, swimming gets so little "ink" in any of the media, that this fine effort should not escape unrewarded.

THE HISTORY OF SWIMMING as researched by the Old Sternwheeler.

It has long been the theory that competitive swimming began in 1965, somewhere in Southern California, with a big bang and lots of dust. After the smoke had cleared, there stood Johnny Weismuller, Don Schollander, and June Krauser, perfectly formed, shifting listlessly from foot to foot.

This "Big Bang" theory was recently disproven at a high level conference of the nation's leading swimming minds held at the Carbone's Pizza in Shoreview, Minnesota. The following is what they came up with:

The earliest documented accounts of swimming reveal little about the competitive aspects of the sport. Swimming was mostly a survival skill, with a little hygiene mixed in. Nausicaa (the daughter of Alcinous, who was the king of all Phoenecia) and her attendants are the subject of the earliest known document. Rome was perhaps the Fort Lauderdale of the Roman Empire. Julius Caesar himself was an accomplished swimmer himself, and required his soldiers to learn to swim also. Little wonder that swimming took hold in Rome, for bathing was the daily duty of the Roman people, and there were over 850 baths in Rome and its suburbs.

Poets have always shown a certain fascination (perhaps "Lunacy" is a better word) with the sport of swimming. Camoens¹ once swam with some of his poetry in his mouth. Lord Byron showed a slightly lesser degree of "Off-the-deep-endedness"; he simply set out to prove that the mythical hero Musaeus of Leander² could actually swim the Hellespont (almost exactly one mile) to visit his lover Hero, who was a priestess of Venus. Well, in 1810, Lord Byron swam the Hellespont, and decided that it was child's play for an accomplished swimmer such as he. This writer wonders is Byron considered that Musaeus had to swim back after he swam over, and since man does not live by bread alone, do you suppose he might have been a little more worn out on the return trip? And to insult our intelligence further, Musaeus probably did this every night. No wonder he is legendary.

Poetry hero Beowulf was reknown for killing sea monsters (as long as he leaves sea nymphs alone) and water demons before happening upon the coast of Finland. My confidence is restored later, however, as men begin to write of "How I wish to go down to the sea in ships."

The first publication on swimming appeared in 1538 by the Dutchman Nicolas Wynman, entitled Colymbetes, Sive de Arte Natandi. In 1567, however, this priceless book had not reached³ the Bronze Age lake dwellers in Scotland and Ireland. An attack on these lake dwellings spelled the end for one Edward Vaughan. Although he was a good swimmer, he discovered that he could not swim in a full suit of armor, and subsequently became the world's first iron-clad submarine.

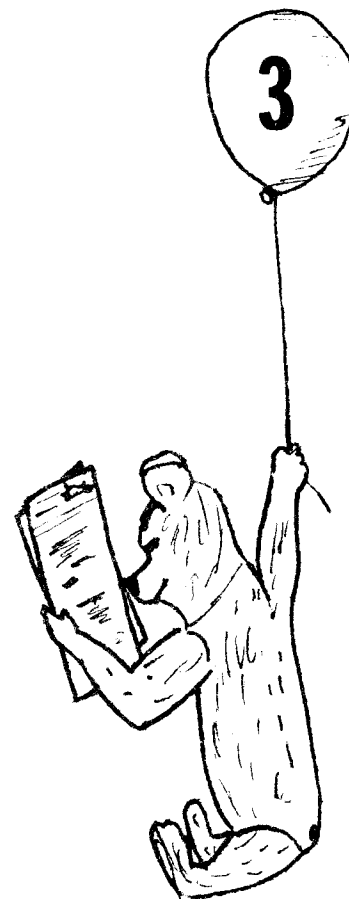
Most of the swimming done between 1600 and 1800 was done in a recreational vein. The political leaders of this era seemed to pave the way for the development of swimming.⁴ In France, King Louis the XI swam almost daily in the Seine (they pulled him out of the river with a net, which accounts for its name). Louis was so insistant upon his own luxury that he actually took pains to keep the river free of pollution. Now if we could only talk President Carter into a little dip in Lake Erie...

1 the "Virgil of Portugal"

2 Musaeus was a mythical hero of questionable judgement

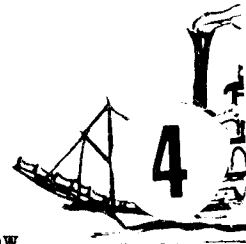
3 or perhaps they just couldn't read Dutch.... I can't.

4 the Kings were the only people anyone ever payed any attention to anyway



WINNIE THE POOH says,

"No one can be
uncheered by the
Old Sternwheeler."



Across the pool (the Atlantic) in America, Ben Franklin was making waves on many aquatic fronts. Franklin made such contributions as swim fins, (although the ancient Polynesians used palm fronds to assist them in diving for pearls), he was towed by a kite across a lake, he floated on his back, sound asleep, for a full hour (now that's my kind of workout), and he did some coaching. More scientifically, he mapped the Gulf Stream, proved that deep pools were faster than shallow pools, and endorsed compulsory swimming in the Pennsylvania schools. An accomplished red fiber type, he once swam $3\frac{1}{2}$ miles down the River Thames. Certainly the work of Ben Franklin would earn him the position of paramount contributor to early competitive swimming,

Some of the earliest competitive swimming records were muddled in a question of amateurism. There were no governing bodies with any power, so competitive swimming began quietly, grew slowly.

In 1877 Horace Davenport swam one mile in 29:25.5. This time stood as the world amateur record until 1892. Nearing the end of the 19th Century, J. Nuttall set the world on fire with a 100 yd. swim of 1:06.25 (reported as 1 min. $6\frac{1}{2}$ s.). Mr. J. H. Darbyshire lowered that time to 1:00.2, and Freddy Lane became the first man to break a minute in the 100 when he clocked 59.6.

On the Distance scene, J. A. Jarvis lowered the mile record to 25:13.4 in 1889. This swim was described by Sinclair and Henry (Honorary Secretaries of the Life Saving Society⁵) as "His most astonishing feat."

The Roaring Twenties found women getting into the swim.⁶ This female advance was led by Gertrude Ederle, the first woman to swim the English Channel. If the singular accomplishment was not enough of a blow to male chauvanists of the flapper era, she swam it faster than any previous man. Gertrude turned pro in 1925.

Duke Kahanamoku of Hawaii became a pioneer of modern swim meet protesting. His Australian crawl time was so fast that the A.A.U. officials would not believe their watches, much less accept the time. Eventually the Duke swam fast enough often enough that the A.A.U. became believers, and the Duke became King!

The era of the Duke was ended by the emergence of one Professor John Weissmuller. During his reign as swimmer of the half-century, Big John won 51 national championships, and 5 Olympic gold medals. Legends run rampant about Weissmuller, of how his coach, Bill Bacharach would swim him to break the world record before each practice, or have him kicking in Lake Michigan, pushing an innertube with his chest, using only his legs for propulsion.

The Late Twenties and Early Thirties⁷ found the emergence of collegiate swimming, led by Jack Medica, U. of Washington, who won the 220, 440, and 1500m freestyle races from 1934 - 1936, gathering nine gold medals in NCAA Championships.

Diving became increasingly popular as humanity was dragged, kicking and screaming, into the Space Age. Al Patnik of Ohio State won 5 NCAA titles between 1938 and 1940, while Bruce Harlan also of OSU, went undefeated in NCAA competition between 1948 and 1950.

The Fifties marked the birth of the A.A.U. Age Group development program. This has revolutionized swimming around the world. Swimmers who had been swimming since childhood almost suddenly took the leak in competitive circles. The most famous of the early Age Group babies are Donna DeVarona, Don Schollander, and Steve Clark.

Modern times have found more widespread exposure to the sport. Swimming took a giant leap backward when Danny Thomas went underwater to sing "Minnie the Mermaid" from a diving suit in Detroit. Also, swimming takes it on the chin annually, when the ABC Wild World of Sports decides to televise two heats of the National A.A.U. Indoors.

Such is the popularity of swimming that the political figures of the past decades have even taken the plunge⁸. John F. Kennedy was a fine swimmer. Senator Barry Goldwater was once a part of a world interscholastic relay record at Staunton Academy, and still swims a mean 200 in his backyard pool each morning. Canadian Prime Minister Pierre Trudeau has a full list of dives on the 1 meter board.

But the cork in the bottle has to be the late Chairman Mao Tse Tung. According to a Peking news report, the then 72 year old Mao swam 9.3 miles down the Peking River in 65 minutes. Tell Bumpy Jones that's holding 24 seconds per 100 yards.

Thought for the Month: The 1650 is like a 55 gallon drum of chicken- noodle soup: it's just too much of a good thing.

⁵ Certainly not one of England's more subversive organizations.

⁶ "Sufferin' Suffrgettes"

⁷ Not to be confused with the South Forty

⁸ So to speak. Very punny.

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Fill this out if your mailing label is not on the reverse side of questionnaire, or if there's been a change of address.

PLEASE RENEW MY SUBSCRIPTION TO THE 1978-79 MASTERS MAILING LIST.

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MASTERS SWIMMING QUESTIONNAIRE

All Minnesota Masters are asked to please fill this out as completely as you wish and return it to the Committee at the address above. Out of state swimmers are welcome to participate also, as their comments and suggestions are always very welcome.

- 1. How many of the last 10 meets did you attend? ... Do you think there are too many meets? ... What seems to be a proper interval between meets?
2. Please comment on our entry fees: Too high? Could be higher? ... Did you object to the \$5.00 entry fee at the State Meet?
3. What would you like to see the Committee do with your entry fees?
4. What things could be done to improve the Masters Swimming Program in Minnesota?
5. Should it be the responsibility/obligation/purpose of the Committee to emphasize the fitness or competitive aspects of Masters Swimming? ... Any other comments on Participation vs. Competition:
6. How do you feel about awards at meets? ... Would you rather see practical awards (carry bags, T-shirts, etc.) instead of medals or ribbons?
7. Could we call on you to help with timing, seeding, or registration at meets?
8. Please use this space to say something nice about the Old Sternwheeler.

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