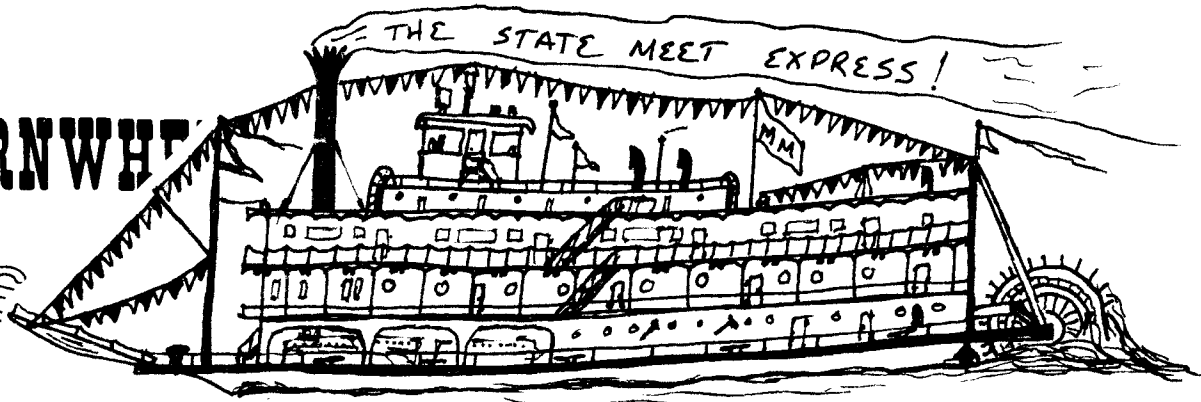


OLD STERNWHEELER Masters



Volume IV, Number 3

UNMATCHED PROPAGANDA

March 1, 1979

SPECIAL PRE-STATE MEET EXTRAVAGANZA!!!

Hello again, sea nymphs! As you can plainly see, we are pulling out all the stops to bring you an all-time greatest Old Sternwheeler's Masters Monthly! We are anticipating such a great turn-out at the State Meet, that nothing short of overkill will suffice. We also expect to set a new State Record for exclamation points during this issue.

In the months to come, be on the lookout for our annual April Fool's issue: The 1979 edition is planned to be a Harvard Lampoonesque parody of the National newsletter SWIM-MASTER! Don't miss it!

Last month, as you read here in the Old Sternwheeler, there was a "first in a great while" Masters Meet held in Fort Dodge, Iowa. Well, four intrepid acorns from Northern Shores made the 4 hour drive through that land of drifting snows to "The Fort", and helped support the Iowa Masters program. Although a light turn-out forced the meet schedule to be reduced from two days to one morning, the meet was extremely well organized and ran like clockwork. (Fast clockwork, unfortunately, because all of us signed up for the maximum 5 events plus a relay, which were all swum in the course of three hours.) Larry Boies won all five of his events, Marsha Soucheray won 5, and took a second to Sue Sherin in the 1650, which they swum exhibition. Sue won 5 events, including that 1650, and took one second place (to Marsha, in the 50 Free). The Old Sternwheeler did not score, although there was one rather plump local girl that did give him the eye in the restaurant Saturday night.

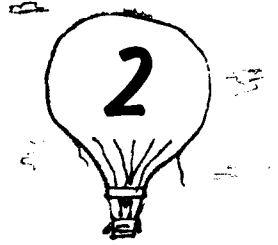
Highlight of the meet, however, was the 200 Free Relay, which we swam as a mixed relay. (Of course). Our competition was the Fort Dodge YMCA Masters 25 & Over Men's Relay. The Stakes were high, and we challenged them: "Loser buys the beer". They answered, "You'd better buy a lot, then." Footnote: A midget, a whale, and two 40 year old broads won by over five seconds. The splits: Lawrence of North Oaks: 31.302, The Old Stern Wheeler: 24.455, Sunfish: 28.807, Swamp Fox: 28.318, Total time: 1:52.872.

Are you ready for the LOGO CONTEST? After months of careful procrastination, the Logo Contest is finally off the ground. Have your Logo for Masters Swimming in Minnesota ready to display at the State Meet, because voting will take place during the meet, with a fine prize awarded for the vote-gettingest Logo. What was that prize again, Judy?

We have invented a new breakfast cereal called "Masters Flakes" You pour warm milk over them, and they roll over and go back to sleep.

The headline reads: MAN SWIMS 1,700 MILES IN BASEMENT. Ernie Borchart of Holdrege, Neb., is 84 years old. He also has a bad leg, which prohibits him from jogging, or walking, so he has devised a unique way to stay in shape. He built a miniature pool in his basement: 10 x 4' and 2-3' deep. With an elastic harness which he clips to the wall, Ernie swims about 800 strokes each morning--in one place. He was a long-distance swimmer in his younger days, so Ernie figures that 800 strokes is about a half mile. Since 1962, Ernie has swum 1,672 miles, and is looking forward to his 2000th mile. Ernie chuckles, "Then my ambition is to go for 5,000 miles, or live to be 100. Hopefull both." Thanks to Bill Arland for submitting this interesting bit of trivia.

UPCOMING STATE MEET



This is going to be a mini editorial for the State Meet. This newsletter reaches almost 350 persons directly, perhaps another 100 indirectly. Certainly among those 450 people, there are 450 reasons for swimming. And probably 450 different reactions to the Masters Meets. I, for one, go to the meets for two reasons: (1) to join my friends, and meet new people with the same interests. (2) to swim a few events to measure my progress and keep my interest up so I can swim with optimism and forward vision. Sound corny? Well it works!

Training or working out can get pretty tiresome if there is nothing to look forward to except the next workout. The meets really break up the boredom for me. As an old swimmer, I was, for a time stuck in the idea that I had to be in great shape to swim in the meets. But recently, I've relaxed my standards a little, and am having much more fun than before. Gone are the nagging wishes for more speed, wondering who else is swimming, will I win? Well, pride is one thing, but it should be a personal thing. Rather than a selfish thing.

So I'm recommending that you summan up your personal pride in what you've done in the pool up to this time, and squash the selfish pride that says, "well, I'm not good enough." Anyone who can swim two lengths of the pool is good enough to enjoy the Fun, Friendship, and Fitness. Notice I didn't say competition. If you want to race, or want to set a record, great! The pool is fast, there will be accurate timing, lane lines, conditions will be as good as you could hope for. But not everyone will be swimming for records.

The greatest contribution that the Masters Program can make to its members is to provide the opportunities for all people to best fulfill their needs and goals. I am certain that almost all Masters swimmers are in the program for fitness, fun and friendship. Fitness is best served by regular swimming, which is easy on the head if you can measure your progress, share your improvement with friends and acquaintances who are doing the same.

I hope that all the established teams in Minnesota will put together some relays and come join the fun. If you've never swum in a relay, you owe it to yourself to try it once.

I ask all swimmers to screw up their courage, cast aside their inhibitions, and come out and join in the fun. Hope to see you there.

Dear Old Sternwheeler,

Although it is slightly belated, I am writing a reply to your December newsletter regarding the amount of birthday cards you received and the prizes for those who sent them. I would like you to know that my birthday was on November 21 (Nancy Stupka tells me that's your birthday as well) and had I received a card from you, I may have considered sending one to you. As it was, I received no (zero) cards from my swimmers which prompted me to go and "drown" my sorrows in a "pool" of tears!

Thanks for your workouts. I did one last week and it probably was the hardest I've done since High School - 5 yrs ago.

In light of the situation explained to you, would I still be able to qualify for a prize?

Regards from a fellow Scorpion,

Diane Nordloh
Oak Brook, Illinois

Diane, Send me a round trip ticket to Hawaii, we'll meet in Oahu and discuss this prize business. O.S.

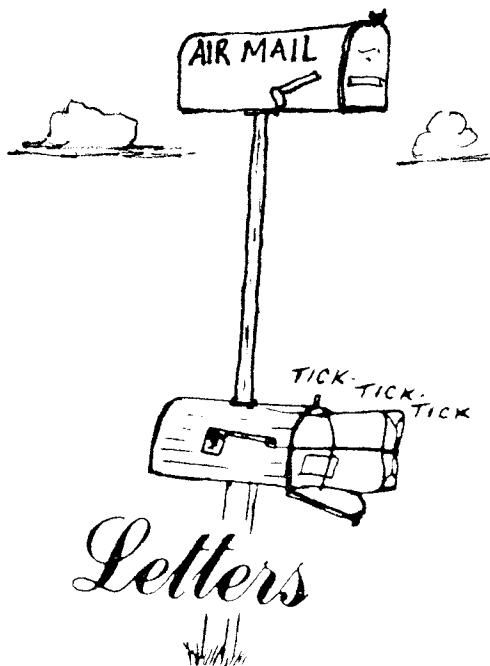
Dear Old Slimwhammer,

I was de-lited to re-read my notes to you in your issue before your last issue-- catch you again when the spirits move me. The Stokers (including E. Quick-ones) are busy shaping up for the "Big One" in March--we're anxious to disco-ver if our investment in the 'Home Swimmer' pays off-- it does **EVERY-THING!!**

Your friend and mine,
Erma Quickturn

P.S. to you and Happy V.D.

E. Q. T.
O. S. W. 2/14/79





SAMPLE WORKOUTS

These workouts are written for swimmers wishing to go about 1000 yards.

400 Swim	200 Warm-up	150 EZ	250 Warm-up
12 x 25 alt. Swim& Kick, rest (:30)	100 Kick	150 Kick/pull	3 sets of 4 x 25 on 1:00
50 EZ	100 Pull	500 Non-stop,	Kick 50 EZ between sets.
4 x 50 on 2:00	4 x Broken 100-->	Swim as easily as	5 x 50 on 2:30
50 EZ	50 (:30) 25(:20) 25	you need to finish.	4 x 25 on 1:00
	6 x 25, don't breathe	4 x 25 (:60)	
	on last 5 strokes.	100 Cool down	
	50 EZ		

These stimulating workouts are designed to end after about 2000 yards. (right after I scratch my little toe...)

500 Swim	300 EZ Swim	400 Swim, slow	800 Warm-up on the house
500 Kick--change kicks every 50 yards.	200 IM Kick	300 Swim, moderate	2 x 200 (:60)
500 Pull--breathe infrequently every third 50.	12 x 25 on :45, I.M. Order.	200 Swim, strong	6 x 125 as follows:
6 x 50 on 1:15	8 x 100 on 2:30, descending set	100 Swim, Very fast	50 Mod, 25 fast, 50 EZ
4 x 50 on :50	200 Slow Restricted breathing	100 Kick, choice	100 EZ Cool down
100 EZ	200 EZ Cool down	200 I.M. Swim	
		300 Pull, breathing every 3rd stroke	
		400 EZ - Mod swim	

We at the Old Sternwheeler are proud and tickled to announce the healthy and happy arrival of Benjamin Murray Weaver into the lives of Jess and Bill Weaver. Benjamin made the scene at 1:30 PM on February 4th, 1979, at a weight of 8 lbs., 10 Oz. At that size, I can imagine the struggle, but Jess is never one to complain about a worthwhile workout. Our love and best wishes pour out to Jess, Bill and Benjamin, who are living at: 2145 16th Way, Eugene OR 97402.

How many of you noticed, the New Hope-Crystal Masters Open meet was the best-run, most organized Masters Meet since we began noticing such things. A big congratulations or something goes out to Bob Harr, who secretaried his first meet, and especially to Bill Earley, Coach at NH-C who organized all the timers, awarders, and other helpers who made it such a smooth meet.

TO BE, IS TO DO! -Sartre
 TO DO, IS TO BE! -Nietzsche
 DO BE DO BE DO... -Sinatra

NIFTY SETS DEPT.

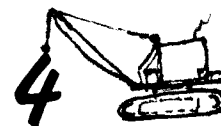
Last month, Sue Sherin, 39 & over the hill, gaining momentum as she slides down the other side, you know, swam a set of 10 x 50 on the 3:00 (we were goin in 3 heats, from a push-off). Swimming freestyle, she swam the first 5 at or under 31.5, and then accelerated her last 5 to 30.5!! It was fun to hear her say before each 50, that last one was the end, I can't go that fast again, and then she would push off and go faster!

BIRDS OF LANE 2 (Any resemblance to persons living or dead, is purely conjecture on your part)

Have you ever seen a...	or a...
Stroke Breasting Night Owl	Corn Fed Coasting Chicken
Blue Bottomed Line Snatcher	Goose Bumped Foot Flicker
Mid-Pool Water Swallow	Flat Breasted Gross Mouth
	Hairy Chested Gross Mouth
	or its cousin, the
	Well, have you??

The Executive Committee has asked me to publicly broadcast a special THANK YOU to George Hill. George, as you may remember, is our man with the computer, and is responsible for the computerized results, State Records, mailing labels, National recognition times, and the special computerized refreshment stops after practice. It was awesome to watch the computer sort and print meet results, rosters, records, and labels, work that would have taken days, in 2 minutes. Thank you, George, and keep up the good work, at least for a dozen more years...

State Representative Peggy Byrne DFL-St. Paul, set a World Record for continuous fresh water swimming last December. Peggy swam for 60 hours, 15 minutes in the Oxford Pool, finishing up at 8:15 PM on the 20th.

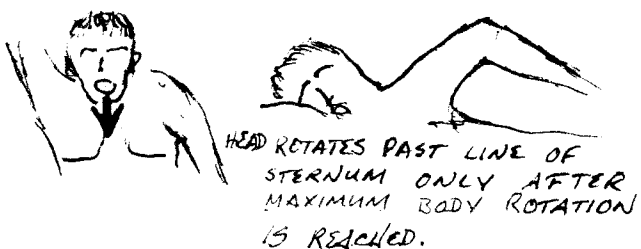


DO IT YOURSELF STROKE HINTS This month: Freestyle breathing.

Getting a breath in the freestyle can be a major cause of problems when you're trying to maintain a nice, straight body position. Since the head is connected to the backbone, the backbone is connected to the hip bone dum da dum... you can see that if you start tossing the head about, the spine and hips will follow along until you are going down the pool like a hula dancer with a diaper rash.

Visualize the head rotating on a skewer perfectly aligned with the spine. If the only movement of the head is a rotation along this axis, then there is no lateral swaying of the hips or porposing motion. The body really does follow the head. So let's try to keep the head on that axis all through the breathing motion.

So here's how to do it, yourself. First, when you turn your head to breathe,



keep the chin in line with the sternum as you begin the rotation of your head. As you know, the body rolls from side to side in a steady rhythm. Use this rhythm to insure a smooth start and finish to the breath. As in the drawings at left, keeping the chin lined up with the breast-bone at the start and finish of the breathing motion will do much to keep those motions smooth, and in synch with the rest of the stroke.

Of Course, you won't want to use only your body roll to move your mouth out of the water to breathe, you would be rolling too much. Just use the roll to start the breathing rotation, then rotate the head a little further to get your breath. But make the breath smooth enough and quick enough to realign the chin with the sternum for the return trip.

Breathing motions, unfortunately are often difficult to change, because everyone wants to feel comfortable when their breathing, and as you know from our previous adventures, major stroke changes are rarely comfortable at first. So relax, abandon the idea of comfort, and work both sides (right and left). This will help equalize your roll to either side, rid you of your bad habits more quickly (through total disorientation), and teach you a new skill--alternate breathing.

Now that you are breathing with your sternum, I need to throw one more wrench in the works. I suspect that most of you are concentrating so hard on the chin/sternum alignment, that you are staying aligned even when you're not breathing. Well gang, keep your head straight forward, as a guide for the spine, unless you are turning it to breathe. I suppose a case could be made for rolling the head along with the shoulders, but I think that you could develop some odd motions in the body unless you were perfectly in line all the time, and I think that the head does a lot to maintain horizontal stability. (this eliminates that "porposing" I mentioned earlier.) So keep the nose pointing straight down the pool unless you are actually coming up for a breath.

STATE MEET NOTES

Last year, some people had questions about the \$5.00 entry fee in addition to the 50¢ per event charge which we usually charge. All those questions seemed to be answered to everyone's satisfaction, but perhaps it is wise to mention again what a deal it is. For your Five-spot, you get a year's subscription to the Old Sternwheeler's Masters Monthly, which some day may become a priceless collector's item. Along with the mailing, comes the notice of upcoming meets, the results of past meets, and periodically, state records (or State Records, depending upon how you feel about it.) The entry fee also includes an embroidered Masters Swimming patch, which you can sew onto your warm-up, T-shirt, or underwear.

If you've been following our "You Never Had it so Good" series, you know that you can spend anywhere from \$8.00 to \$15.50 to swim the same events in Pennsylvania, Colorado, or Illinois.

If you cannot make it to the State Meet, (loss of limbs, etc. are the only acceptable excuses... St. Patrick's Day doesn't count.) Be sure to mail in the mailing list renewal form on the reverse side of the meet notice, along with \$3.00 to cover your printing and postage.

One last plea-- bring your husbands/wives/significant others to help time, record, and enjoy the meet along with you. The more we have help, the more you can relax and enjoy!

Back from the South Pole, and on his way to Greenland, Bruce Koci may be in town for the State Meet. Many people ask how Bruce came to be called "Old Powersaw". Well, it all began at a dinner party with Bob & Ruth Baker, and Bruce brought along a bottle of wine. The brand? Says Bruce: "well, its just a bottle of Old Powersaw."



MY GUN IS WET! Chapter 2. The further adventures of Sternwheeler Spillane.

Our Story so far... Sternwheeler Spillane, a hard-boiled masters swimmer, is searching for the person responsible for leaving his name off the mailing list. His first big tip comes from his street-wise confidant Sherman, who holds up the southeast corner of the Mission, along with several others who "couldn't cut it in the big Descending Set of Life". Spillane finds himself at the Wayzata Open, searching the depths of his Fruit of the Looms for his H & R nine shot starting pistol while the entire meet looks on.

The starter raised his gun...

But I cut him down before he could say "Take youse marks". The broads began to scream. Why dolls always gotta scream when guns go off I'll never know. Call it one of life's great mysteries. But I gotta act fast. One of these stiff's in here is my mailing list pigeon, and I've probably blown my cover by now. So I circle the pool, pushing aside all the old ladies who want to smell my aftershave (Bay Rumrunner). But just as I get to where the ex-starter is laid out, a shadow across the room blurrs into the girls locker room, and the chase is on.

As I bolt into the locker room, a bakers dozen of broads in the showers start making like the Metropolitan Opera with soap suds, but I don't have time for the scenery. Its like chasing the Russki Olympic relay team, and we're weaving in and out of the dolls. It looks like Macy's annual underwear sale. I can't tell if they are screaming or swooning, but I can guess.

Then out the door, and a big black Caddy limo makes like a freight train gone berserk past my old Desoto and hits the streets. So I leap into the slick machine and crank the key. RRuuhRRuhRRuhRRwheeeeeee.... RRuhRRuhRRuhwheeeeeee....RRuhrruhrr...rr.rrr....r...r....r.click,click So the Old Desoto has bought the farm, and my number one suspect has flew the coup. Frosts my butt.

So I fire up a non-filter Camel and wait for and idea.

After a few swallows of inspiration from a flask-shaped bottle of imagination I found under the seat, I look out the fuzzy window (that was clear before my inspiration) and laid my eye-balls on a taxicab, and who should stumble out but old Sherman!

I grabbed my inspiration and Sherman by their respective necks and we rolled into the cab like a Mexican on his first pair of ice skates. "Follow that Caddie" we shouted in unison, and in moments we were lurching down the road, hot on the trail of a Caddie so long it looked like the Edmund Fitzgerald. "Fashter, Fashter!" we were closing, and I calmly loaded up my Harrington and Richardson with extra louds and rolled down the window. "Pull up alonshide," and I leaned out the window, trying not to trhow up, and pointed my starting pistol right at the driver, "Pull 'er (rp)over, Mac, an' no funny bishness." So as we rolled onto the shoulder I got out and leaned into the drivers window and announced "I'm Sternwheeler Spillane!" and he said, "Well get off my case, bimbo, I'm Mike SternHammer, and I'm after the Turkey who left my name off the mailing list."

Stay tuned for Chapter 3...

MASTERS SPORTSMEDICINE CORNER

Last week, Jim Earley of New Hope and I were struggling through a tough practice, and Jim announced that he was working hard enough to have a heart attack. Then we took off on another repeat, and when we got back, we decided that it would be a myocardial something or other. another 50 later, it became Angio Spumoni. The next 50, it was Cardio-pulmonary Lasagna. All because of that myocardial contraption.

Jim also admonished me for inaccurate reporting, wounding me dearly. The New Hope Open was not Jim's first Masters Meet, as I had reported.

Jim, alias Frank Earshleybottom, is the erstwhile publisher of the Minnesota Swim News, a student of Journalism at the U of M, and is the first of the great list-compilers. It all began with the Casey Jones Top 25, and I have one of the copies of the First Printing. Jim assures me that it will be worth something some day. Jim is probably the only amateur in Minnesota with an IBM Selectric.

Money can't buy happiness, but it sure makes misery a lot more enjoyable.

The Stern Oldwheeler would like the world to know that Debbie Dotte (Lane 5, Northern Shores) was a member of the St. Paul Winter Carnival Royalty! Debbie was one of the Princesses of the snows, and reports that all the Royalty, King Boreas, and all the wild Vulcans had a great time.

I remember as a kid, swimming in the Winter Carnival Swim Meet, and enjoying the visits by the King, Vulcans, and especially the Queen and Princesses. Heady stuff for this small-town boy. Now, one of them is swimming over in Lane 5, and all I can see is her cap and her elbows.



OUR MOTTO:
WOMEN AND CHILDREN FIRST!

SCHEDULE UPDATE

<u>Date</u>	<u>Meet</u>	<u>Location</u>	<u>Schedule</u>	<u>Warm-up</u>	<u>Start Time</u>
Sun. Mar. 18	Minnesota State Meet	Cooke Hall U of M	Open B	9:00 AM	10:00 AM
Fri. Apr. 6 (tentative)	Burnsville Mini	Burnsville H.S.		7:00 PM	7:30 PM
Sat. Apr. 7, & Sun. Apr. 8	Wisconsin State Meet	For More Information, Write John Bauman, 9717 Saratoga Dr. Caledonia, WI. 52108			
Sat. Apr. 21	Hastings Open	Hastings Jr. Hi.	Open C	12 Noon	1:00 PM

Once again, if you have access to pools (for free), drop Marsha Soucheray a Land Line, at 484-6059. We still plan to swim at the College of St. Catherine, with Dave Luetdtkdtk, and New-Hope-Crystal is trying to work Masters events into their Kids "A" Meet, to be held in June in an outdoor 50m pool.

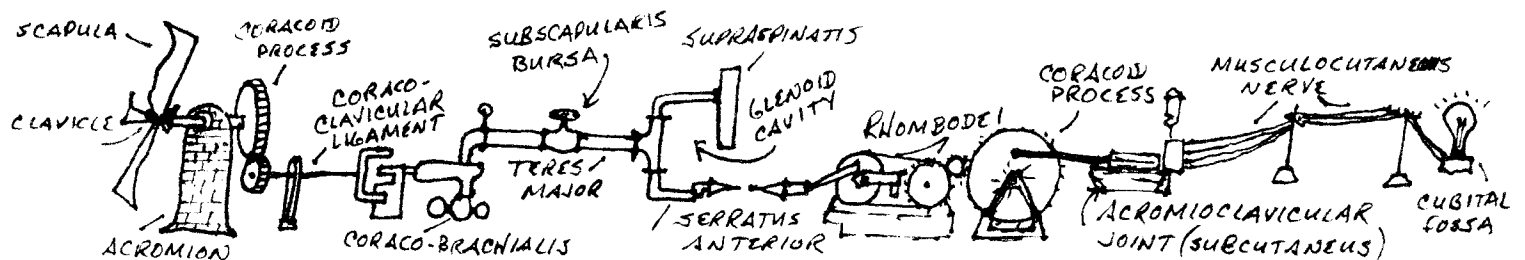
Those of you at the Urban Turbine meet saw a great race in the 200 Breast between Bill Arland and Bill Kansas. For 6 lengths, that is, when Bill Kansas made one of the greatest navigational errors since Columbus discovered Japan. After the first 100, Kansas-Nebraska unleashes this fabulous sprint, for two more lengths, and stops. Two lengths short of the prescribed distance. To Bill's credit, he swam a fine 2:54.1, probably a Top Ten time, but the pace was questionable. I'm sure Bill and his family are sufficiently embarrassed about this incident that I need not belabor it further. But it sure was dumb.

Special Semi-Confidential Note to "Splash".

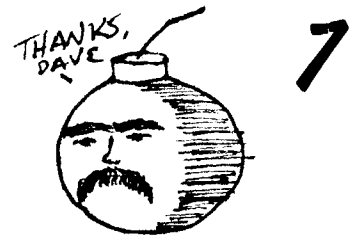
Thanks for the Valentine's Day card. I enjoy hearing from you, as you are one of the few who ever says anything nice about the Don Quixote of Masters Swimming. I still can't figure out where you might have met me before. No, I was not the guy in the Santa Suit in Dayton's in 1959. I was in graduate school then, and would not have had the time. Were you selling shoes for Young Quinlan in 1966? Or was it the flight to Salt Lake City in '71, I still remember the cabin attendant in my dreams. Please help me solve this mystery. Have you considered joining the Twin City Stokers with Erma Quickturn and her band of forty thieves? Team swimming is where it's at, babe.

Special thanks for letters received and either too late or too filthy to print, from Gary Bastie in Florida, Morri Spang in Albert Lea, and Nancy Striegl in Fresno California. I also got a postcard from my Mother and Father who were safaring somewhere in Africa, and a Valentine's Day card from a couple of my swimmers which read: "So what if nobody wants you for a Valentine! There's always April Fools Day."

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



Too often do we take advantage of the efforts of our friends involved in the Masters Program. I am thinking specifically of the time donated by Dave Beardsley, the dapper gentleman who has been the Starter/Referee/Clerk of Course/Spiritual Leader of our past many, many meets. Due to a National A.A.U. committment, Dave will miss the State Meet, and we will miss Dave. Thanks again, Old Buddy, And we will see you again soon.



LITTLE VICTORIES

RESULTS FOR NEW HOPE CRYSTAL OPEN
WOMEN-S 25 TO 29

50 FREE	URBACH, JOANNE	33.70
100 FREE	TOUSIGNANT, PEG	1.19.40
500 FREE	SYLVESTER, JAMIE	8.00.40
1650 FREE	GOIFFON, JOANN	24.30.00
	URBACH, JOANNE	28.04.30
100 BACK	BAKER, RUTH	1.32.60
200 BACK	SYLVESTER, JAMIE	3.57.20
50 BREAST	BAKER, RUTH	43.00
50 FLY	SYLVESTER, JAMIE	38.60
	URBACH, JOANNE	41.20
	TOUSIGNANT, PEG	44.60
100 IM	BAKER, RUTH	1.25.50
	TOUSIGNANT, PEG	1.37.90

■ Our first little victory is the story of five women in the 25-29 age group from Northern Shores.

This was Joanne's first meet ever, coming only a few months after graduating from Lane One. A year ago at this time, Peggy broke 1:30 for the first time in the 100 Free. In 18 months, Jamie has progressed from one length at a time to this... Both these girls broke the State Record in the 1650, held by Jamie Sylvester. This was Joann Goiffon's 2nd ever Masters meet. Ruth, a breaststroker, swam backstroke for the first time, and with an excellent time. Jamie is branching out too. This is her first backstroke swim. Back in familiar territory, Ruth does her usual fast 50 Breast. Jamie learned to swim fly about 4 months ago. Joanne learned her butterfly last month. Peggy has swum fly for about 3 months. All these girls swim together in Lane 6! This is the first ever 100 IM for both Peggy and Ruth. Not bad for rookies! These fine times prove that you don't need to be so cautious, just swim and enjoy!

- In a workout a few weeks ago, the Lake Swim Club team swam, kicked, and/or pulled 500 yards of butterfly! Ugh! (I just flew in from the Coast.... and boy, are my arms tired.)
- A little Victory for the Old Sternwheeler! Two Mondays ago, I did my 60 minute, 15 station Nautilus workout at the St. Anthony Rehab & Conditioning Center, and then swam 5000 yards non-stop at Chippewa, and when I got home, found that I glowed in the dark!
- Urban-West Central YMCA, the Urban Turbans (or is it Urban Turbines?) (Urbane Turbines?)... Well, anyway, they are building their nucleus, and report a core of 12 - 15 swimmers practicing regularly, and I noticed two or three joining up the day of the meet, just because it looked like fun!
- Talked to Steve Duncan of the new Mounds View Masters, called the "Clippers" I've reproduced their logo at right, the clipper ship "full and bye". Mounds View practices at Irondale High School on Tuesdays, 8-9:00 PM, and Wednesday, Thursday and Friday at Johanna Jr. High, also 8-9 PM. They also list the qualifications for joining: "The desire to enjoy the aquatic life, for the people with beginning to advanced technique. For ages 18 to 118." If that sounds as good to you as it does to me, call Steve at 784-5532, Wayne or Marty Paulson at 636-2536, or drop by the pool during any of the practice hours.
- After 3 weeks of swimming with the Bomb Squad in Lane 1 of the Northern Shores workout, Joy Postema tacked an extra 100 on the end of a 400 "On the House" warm-up, and did her first-ever 500 Non Stop, in about 13 minutes.
- A First, if you will, after the February 21 New Hope-Crystal Masters practice, the NH-C crew went out for an After Practice Refreshment! The excursion was initiated by Sue Sherin and the Old Sternwheeler, as Minister of Decadence. Joining us were Bill Earley and "Shivers" Randall, Doug and Judy Hedberg, Jim Earley and Mary Hourigan. They said it was the first time they had ever done something like this. Well, it's about time, and we'll have another pitcher, thanks.



Do you have any ideas about awards at Masters meets? Prizes, medals, T-shirts? Judy Myers (379-2482) is in charge of awards for 1979, and welcomes any suggestions for awards. See Judy at the State Meet-- she's the cute little ball of fluff with the red Minnesota Swim Club sweatshirt.



Here's a list of the State Relay records, current through February 20, 1979. take a look at these records, and get your team together and break a couple. At the State Meet, there will be sufficient rest before and after all scheduled relays to allow all swimmers to participate in as many relays as they wish, without worrying about being tired for their individual events.

WOMEN'S RELAY RECORDS

UNDER 25

Northern Shores (Striegl, Ritchie, Murray, Laux)	2:18.0	77	200 Medley	Roseville Masters (Luedtke, Waibel, Fechter, Beardsley)	1:56.45	76
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Northern Shores (Mordaunt, Ritchie, Laux, Murray)	2:02.0	77	200 Free	Duluth Masters (Bastie, Birman, Bastie, Plank)	1:37.8	77
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25 & Over

Northern Shores (Freeman, Johnston, Soucheray, Sherin)	2:20.3	77	200 Medley	Northern Shores (Hodgson, Baker, Kleffman, Earley)	1:47.30	76
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Northern Shores (Sherin, Mordaunt Laux, Murray)	2:01.85	77	200 Free	Northern Shores (Kleffman, Hodgson Earley, Baker)	1:38.11	76
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35 & Over

Northern Shores (Schulze, Olson, Soucheray, Sherin)	2:29.5	78	200 Medley	Northern Shores (Bushong, Brown, Koci, Cohen)	2:04.2	78
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Northern Shores (Soucheray, Sherin, Ostergren, Schulze)	2:11.3	78	200 Free	Northern Shores (Cohen, Bushong, Brown, Koci)	1:50.0	78
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45 & Over

Northern Shores (Harris, Olson, Lentz, Nelson)	2:59.8	79	200 Medley	Northern Shores (DuBose, Harris, Kaye, Hakomaki)	2:17.40	76
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Northern Shores (Lentz, Jensen, Kaye, Harris)	2:54.8	78	200 Free	Northern Shores (Boies, Harris, Brown, Hakomaki)	1:56.4	78
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MIXED RELAYS

UNDER 25

Northern Shores (Luedtke, Buckley, Ritchie, Nyman)	1:44.9	78	200 Free	Northern Shores (Sherin, Kleffman, Murray, Hodgson)	1:45.92	76
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35 & Over

Northern Shores (Koci, Sherin, Soucheray, Cohen)	1:50.1	78	200 Free	Northern Shores (Brown, Harris, Lentz, Hakomaki)	2:07.3	78
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As our last gasp for the "Pre-State Meet Extravaganza," we would like to make one final impassioned plea for your presence and support at the State Meet. The meet promises to be the biggest, friendliest, and most fun ever! You can add to the festivities by grabbing your swimming friends, putting a relay together, and coming to join the fun. See you on the 18th!

MINNESOTA ASSOCIATION AAU OPEN SWIM MEET

(Short Course)

February 17, 1979

Hosted by Urban-West Central YMCA

Sanctioned by MAAU

MEN-S UNDER 25

50 FREE	
HEINZ, PAUL	24.50
100 FREE	
HEINZ, PAUL	54.50
200 FREE	
CABILLOT, STEVEN	2.55.90
50 FLY	
CABILLOT, STEVEN	36.90
100 FLY	
HEINZ, PAUL	1.04.40

MEN-S 25 TO 29

50 FREE	
EARLEY, JIM	26.90
ROSENBLUM, MAX	27.40
100 FREE	
ROSENBLUM, MAX	1.00.90
EARLEY, JIM	1.02.30
HENDRIX, CHARLES M	1.11.90
500 FREE	
HODGSON, TOM	5.50.10
1650 FREE	
HODGSON, TOM	21.13.50
HENDRIX, CHARLES M	23.15.60
50 BACK	
LINDSTROM, RANDY	34.30
ROSENBLUM, MAX	35.00
200 BACK	
HODGSON, TOM	2.35.10
50 BREAST	
MUELLER, DAVID W	32.00
HOLMES, J SCOTT	33.30
LINDSTROM, RANDY	35.90
100 BREAST	
MUELLER, DAVID W	1.13.00
HOLMES, J SCOTT	1.14.30
200 BREAST	
MUELLER, DAVID W	2.50.30
100 FLY	
EARLEY, JIM	1.16.10
HOLMES, J SCOTT	1.28.90
100 IM	
MUELLER, DAVID W	1.10.20
LINDSTROM, RANDY	1.11.40
ROSENBLUM, MAX	1.18.00
400 IM	
HODGSON, TOM	5.07.30

MEN-S 30 TO 34

50 FREE	
JOHNSON, ROBERT	34.10
SWERDLOWE, ALLEN	37.00
100 FREE	
NELSON, SCOTT F	54.30
LEO, MARK A	1.04.00

MEN-S 30 TO 34

100 FREE	
JOHNSON, ROBERT	1.17.40
200 BACK	
PELISSIER, JAMES L	2.49.70
50 BREAST	
ARLAND, BILL	32.00
BAKER, BOB	33.20
100 BREAST	
ARLAND, BILL	1.13.30
BAKER, BOB	1.13.40

MENS 30 to 34

200 BREAST	
ARLAND, BILL	2.44.90
PELISSIER, JAMES L	2.54.00
50 FLY	
NELSON, SCOTT F	27.10
100 FLY	
NELSON, SCOTT F	1.01.20
200 IM	
PELISSIER, JAMES L	2.44.30

MEN-S 35 TO 39

50 FREE	
BEARDSLEY, DAVID J	28.00
KOCI, BRUCE	28.40
HEINRICH, ROY P	31.00
MYERS, BENJAMIN	36.50
100 FREE	
DYKOSKI, BOB	1.08.40
MYERS, BENJAMIN	1.19.20
1650 FREE	
DYKOSKI, BOB	26.23.60
50 BACK	
HEINRICH, ROY P	38.70
50 BREAST	
KOCI, BRUCE	36.20
KILMER, TEKE	36.80
100 BREAST	
KILMER, TEKE	1.26.40
200 BREAST	
DYKOSKI, BOB	3.03.90
KILMER, TEKE	3.14.70

MEN-S 40 TO 44

50 FREE	
BUSHONG, JERRY	28.10
KANAK, ED	29.20
500 FREE	
MEDELMAN, JOHN	6.41.80
1650 FREE	
COHEN, CHARLES	25.05.90
50 BACK	
KANAK, ED	33.30
200 BACK	
BUSHONG, JERRY	3.15.50
50 BREAST	
KANSAS, BILL	34.50

MEN-S 40 TO 44

100 BREAST	
KANSAS, BILL	1.16.70
200 BREAST	
KANSAS, BILL	2.54.10
100 IM	
BUSHONG, JERRY	1.23.50
200 IM	
COHEN, CHARLES	2.54.80

MEN-S 45 TO 49

500 FREE	
DONNELLY, DICK	7.18.80

MEN-S 50 TO 54

100 FREE	
MOLNAU, PAUL	1.25.40
100 BREAST	
MOLNAU, PAUL	1.41.20
200 BREAST	
MOLNAU, PAUL	3.41.70

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MEN-S 55 TO 59
 200 BACK HAKOMAKI, RAY 3.06.10 N
 200 BREAST HAKOMAKI, RAY 3.05.20 N
 200 IM HAKOMAKI, RAY 2.46.50 N

MEN-S 60 TO 64
 50 FREE O'MARA, ED 37.50
 DUFF, ROLLAND J 39.00
 500 FREE DUFF, ROLLAND J 9.48.80 S
 50 BACK O'MARA, ED 53.30
 50 BREAST O'MARA, ED 57.90

MEN-S 70 TO 74
 50 FREE FECHTER, JOSEPH E 40.10 S
 100 FREE FECHTER, JOSEPH E 1.42.40
 50 BACK FECHTER, JOSEPH E 1.09.00

WOMEN-S UNDER 25
 50 FREE HOURIGAN, MARY 32.90
 100 FREE MARTY, PAULA 1.30.80
 200 FREE MARTY, PAULA 3.37.60

WOMEN-S UNDER 25
 200 BACK WALLACE, JANET 2.46.40
 200 BREAST WALLACE, JANET 3.15.70

WOMEN-S 25 TO 29
 50 FREE ORFIELD, BONNIE 53.20
 100 FREE TOUSIGNANT, PEG 1.17.50 N
 URBACH, JOANNE 1.17.90
 200 FREE TOUSIGNANT, PEG 3.04.50
 1650 FREE URBACH, JOANNE 28.29.30
 50 BREAST MONROE, JAN 41.00
 100 BREAST BAKER, RUTH 1.27.90
 MONROE, JAN 1.30.40
 100 IM BAKER, RUTH 1.23.40
 URBACH, JOANNE 1.23.50
 TOUSIGNANT, PEG 1.40.20
 200 IM BAKER, RUTH 3.10.20
 URBACH, JOANNE 3.14.90

WOMEN-S 35 TO 39
 50 FREE HEDBERG, JUDY 37.70
 HANKE, MARY 38.30
 MC KINELY, JANE 39.80

WOMENS 35 to 39
 200 FREE SHERIN, SUE 2.25.80 N
 500 FREE SHERIN, SUE 7.18.70
 50 BACK HANKE, MARY 46.40
 200 BACK SHERIN, SUE 2.58.10 S N
 50 BREAST HEDBERG, JUDY 46.00
 MC KINELY, JANE 55.60
 100 IM HEDBERG, JUDY 1.45.40

WOMEN-S 40 TO 44
 200 FREE SCHULZE, MARIANNE 2.55.80 S
 50 FLY SCHULZE, MARIANNE 42.00
 100 IM SCHULZE, MARIANNE 1.28.60 S

WOMEN-S 45 TO 49
 100 FREE NELSON, BARB 1.29.20
 200 BREAST NELSON, BARB 3.30.00 S N
 200 IM NELSON, BARB 3.46.50

WOMEN-S 60 TO 64
 100 FREE MATCHETT, ELEANOR 2.28.40
 50 BACK MATCHETT, ELEANOR 1.10.50
 50 BREAST MATCHETT, ELEANOR 1.13.50

200s 25 & OVER
 200 FREE RELAY URBAN W.--SWERDLOWE
 MYERS, HOLMES, HENDRIX 2.10.80

MEN-S 35 & OVER
 200 FREE RELAY NSAC- COHEN, BUSHONG,
 KOCI, MEDELMAN 1.52.30

WOMEN 35 & OVER
 NSAC- SHERIN, NELSON,
 SCHULZE, HEDBERG 2.21.40

UND&OVER
 200 MIXED RELAY NH-C-- MOLNAU, EARLEY
 HOURIGAN, HEINRICH 2.07.70
 LAKE- HANKE, DYKOSKI,
 MCKINLEY, WALLACE 2.18.00

25 & OVER
 200 MIXED RELAY URBAN W.--LINDERMAN
 MYERS, MONROE, SWERDLOWE 2.21.60

1979 Minnesota State Meet

MINNESOTA ASSOCIATION OPEN AAU MASTERS SWIM MEET

* SHORT COURSE *

SUNDAY, MARCH 18, 1979 - 8:30 AM on

HOSTED AND
SPONSORED BY:

MINNESOTA SWIM CLUB

SANCTIONED BY:

MINNESOTA ASSOCIATION OF THE AAU

WHERE:

Cooke Hall
University of Minnesota
Minneapolis, Minnesota

Cooke Hall is located at the open end of Memorial Stadium. As you park in any of the lots around Cooke Hall, regard the parking regulation signs.

MEET DIRECTORS:

Judy Myers (379-2582) and Lynn Doyle (724-7073)

WHY:

To promote FITNESS, FUN, and FELLOWSHIP through swimming

WHO
CAN
SWIM:

Masters competition is open to all registered athletes who have a current AAU membership card. AAU registration is \$3.50 and is good until December 31, 1979. Registration blanks will be available at the entry table at the meet. Insurance is \$1.50 extra.

TIMES TO
REMEMBER:

Registration will open at 8:30 AM; warm-ups will start at 9:00 AM. The meet will start at 10:00 AM or as soon as entries are completed. Please complete your entries before warming up.

MEET
FEES:

There will be a \$5.00 meet entry fee in addition to the same low-cost charge of 50¢ for each individual and relay event.

THE POOL:

Indoors, 6 lanes, 25 yards, with starting blocks, lane lines, and backstroke flags. Timing will be by watches. Remember that Cooke Hall pool is FAST, with a depth of 7' at the "shallow" end and flat end walls.

WHAT YOU
CAN WIN:

Everyone will receive a Masters Swimming Patch for participating in the state meet. Ribbons will be awarded for 1st, 2nd, and 3rd places for both individual and relay events.

WHAT YOU
CAN SWIM:

ORDER OF EVENTS * SCHEDULE 'B'

- | | | |
|--------------------|----------------------|--------------------|
| 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 | |

MASTERS' MAILING LIST ****

The \$5.00 entry fee at the State Meet includes \$3.00 to be on the mailing list for a year and receive "Old Sternwheeler's Masters' Monthly", meet notices, results, records and other good news. This form is only for those of you who, UNFORTUNATELY, are unable to attend the March 18th State Meet, but (and pay attention to this...) either wish to receive monthly propaganda or want to expire--from the mailing list, that is. Please check one of the inappropriate statements below, fill in the info. on the right, and mail to: Sue Sherin, 3735 Highland Avenue, White Bear Lake, MN 55110. Make all checks payable to "MASTERS SWIM COMMITTEE"

_____ I can't attend the State Meet, but want to stay on the mailing list. I'm enclosing \$3.00, which should keep both of us happy for another year.

_____ I no longer wish to remain on your mailing list, so kindly remove my name. It's been great! Thank you!

_____ Enough is enough!! Enclosed are \$3.00 to remove my name from your ridiculous mailing list.

**** Disregard this form if you plan to attend the State Meet on March 18th, or if you've paid to be on the mailing list since January 1, 1979.

*** Make those checks payable to MASTERS SWIM COMMITTEE. (Clip & Mail)

Name

Street

City - State - Zip

Phone

Birthday (including year)

Swim Club

Favorite Cookie (for the Refreshment Comm.)

Sue Sherin
3735 Highland Avenue
White Bear Lake, MN 55110

Non-Profit Org. U.S. POSTAGE PAID Wayzata, Minn. Permit No. 81
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