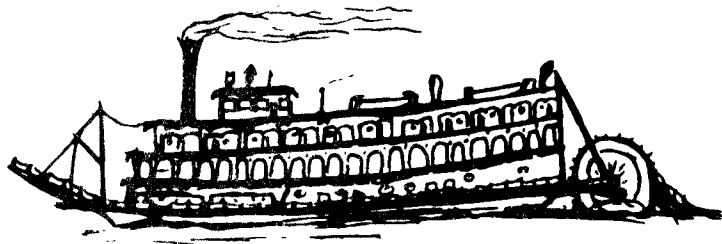


OLD STERNWHEELER'S

Masters Monthly



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UNMATCHED PROPAGANDA

June 1, 1980

SPECIAL "SUNSHINE ON MY SHOULDERS MAKES ME SUNBURNED" ISSUE

Hello again, sea nymphs! Here we are again, on the verge of another mosquito season, and (well, I don't mind telling you) I'm just beside myself with excitement and anticipation. I just got out of the water where I went a grueling 400 yards (100 Free, 100 Back, 100 Kick, and 100 Free) took a 20 minute shower and retired to my typewriter with a cup of coffee.

Special congratulations to Marsha Soucheray who just returned from the Short Course Nationals in Ft. Lauderdale with two 3rds, a 4th, a 5th, and a 7th! She had big personal records in the breast stroke and IM, and swam very well in her fly and free considering that she was sick in bed for the week just before the meet.

Also congratulations to Ray Hakomaki, who for a fleeting moment, had a National Record in the 50 Free until it was discovered that the electronic timing device had malfunctioned.

If anyone else would like to be congratulated, just send your name and accomplishments to the Old Sternwheeler, 5 Oriole Lane, St. Paul, MN, 55110

SUMMER SCHEDULE Please save this schedule for future reference!

Sun. June 22	NORTHEAST YMCA	Schedule Open B, 50m pool, starts approx. 4:00 PM
Sat. June 21	ALEXANDRIA LAKE SWIM	½ and 1 mile lake swim.
Sun. June 22		
Sat. July 19	AQUATENNIAL RUN-SWIM	1½ mi. run, 300 yd. swim Cedar Lake, Mpls.
	9:00 A.M. - Noon,	Entries may be had from the Aquatennial Office,
	702 Wayzata Blvd.	Mpls. MN 55403. 337-4621.
Sun. July 27	St. PAUL CLASSIC	Schedule Open E 50m Pool, starts approx. 2:00 PM.
Aug. 30-Sept. 1	LONG COURSE NATIONALS	Santa Clara, CA.

The joggers keep at it. Just the other day, in Bloomington, a swimmer was sitting next to a jogger in a tavern, replacing lost body fluids. In a sporting mood, the swimmer turned to the jogger and said, "I have a little game for you. If you can solve this riddle, I'll buy you a beer. But if I stump you, you have to buy the beer for me."

"Well, said the jogger, "that sounds okay to me," and so the swimmer gave the riddle: "My parents had only one child. It wasn't my sister, and it wasn't my brother. Who was it?"

The jogger thought and thought, scratched his head, and gave up.

"It was me!" shouted the swimmer. The jogger paid for the drinks and happily admitted that he'd been stumped.

But the jogger never forgot the riddle, and the next time he was with one of his fellow runners, he tried out the gambit. "I'll buy you a beer if you can answer this riddle: my parents had only one child. It wasn't my sister and it wasn't my brother. Who was it?"

The blank stares from the other joggers prompted the riddler to answer, "It was some swimmer from Bloomington!"

Like those jogger jokes? Well, wrap your eyeballs around this one:

A jogger was given a pair of water skis for Christmas. Now he is out looking for a lake that sits down the side of a hill.

I really want to be into the Disco Look. I bought a white linen suit. Now I look like a refrigerator.

DEAR OLD STERNWHEELER

I felt it my responsibility to announce to the world the results of the first annual Rosie Ruiz 500 Free. This event, which is expected to someday attract the finest unknown athletes in the world, was held Friday, May 10 at the Plymouth Rock Junior High and was sponsored by the New Hope-Crystal Masters team.

In keeping with the high standards this event proposes to maintain, each participant had to pass the following prerequisite requirements: (1) be able to count from one to twenty in any fashion at all; (2) be capable of feigning exhaustion, agony, and honesty; (3) have poor judgement in identifying strangers who can be trusted with personal secrets; and (4) be able to run 26 miles without sweating. Although several unknown athletes attempted to qualify, only five were able to make the field.

The race itself was run under rather special and demanding circumstances: starter Bill Notlatebut, the timers, and the swimmers readied themselves in the fully darkened pool while the tension mounted. Once the race had begun, timers had to listen for the swimmer in their lane to scream with exhaustion, agony, and honesty to know when the swimmer had finished, since they could not see the finish.

We're sure that several records were set, but because the lights were out, the watches were reset before the times could be recorded. The final placings are known, however, and in the true spirit of Minnesota State High School League sports-man-ship? the race finished in a five way tie for third place. Thus, finishing in third place were: Dick Homestead, Bob & Jamie Sono David, Tom O'McDelancy, and Judy Bowandarrowdin.

As per the rules of this special event, one week after the meet, the results were declared inoperative by the meet officials. All the competitors gathered for a final meeting at which each refused to give up his/her third place ribbon and then everyone had a cry. It's rumored that Mr. Homestead is planning to write a book about his experience.

Keep watching your Old Sternwheeler for announcements regarding the next annual RR 500. It's to be sponsored by the Minnesota Procrastinators Society. They were to meet in June to discuss their plans, but that meeting has been postponed.

May your goggles never leak,

Jim Notlatebut

Special thanks to Frank Earshleybottom and his buddy Jim Earley for forwarding this report of the Rosie Ruiz 500 Free.

Went to this fancy restaurant, ordered the whole meal in French. I know I just amazed the waiter, especially since it was a Chinese restaurant...

NEW PLACE TO SWIM!

Greg Anklam sends word of a new lap swim opening for the summer at Edina West Jr. High. Although still in the planning stages, it will probably cost only 25-50¢ per swim, and be held in the mid-afternoon. I would call the Edina area recreation department or community education offices for more information. Or if you are down at Anklam's Aquatics check with Greg.

MASTERS BARS This recipe is from Marianne Schulze, and makes the best tasting bars on this hemisphere. They disappeared in 43 seconds at the State Meet.

1 Cup brown Sugar or honey

½ cup margarine or butter

1 egg

½ cup peanut butter

1 teaspoon vanilla

½ teaspoon soda

½ teaspoon salt

1¼ cups unbleached flour

1 cup quick cooking oats

½ cup nonfat dry milk

½ cup raisins or dates

Cooking Instructions:

Heat oven to 375 degrees. Grease a 13 by 9 inch pan. Combine all ingredients. Spread dough into pan and bake 15 to 20 minutes.

Eating Instructions:

Hold bar in hand. Raise toward mouth in arc of 225 degrees. As bar nears mouth, open same and envelope bar. Masticate and dispatch to stomach through esopogus. Enjoy for 20 minutes.

Como Meet Results

5/17/80

MEN-S UNDER 25			
50 FREE	SCHULZE, CARLOS F	20	33.66
100 FREE	SCHULZE, CARLOS F	20	59.31
50 BACK	NELSON, DANIEL R	22	31.18
	GIMPL KELVIN W	23	35.52
100 BACK	GIMPL KELVIN W	23	1.18.51
50 BREAST	NELSON, DANIEL R	22	33.79
	ENG, RODNEY T	22	2.30.30
100 BREAST	NELSON, DANIEL R	22	1.13.90
50 FLY	SCHULZE, CARLOS F	20	27.97
	NELSON, DANIEL R	22	30.27
100 FLY	ENG, RODNEY T	22	1.16.98
	GAUSMAN, JAMES P	23	1.26.78
200 IM	SCHULZE, CARLOS F	20	2.22.67
	GAUSMAN, JAMES P	23	2.47.50
MEN-S 25 TO 29			
50 FREE	OLSON, TIM C	25	24.68
100 FREE	SORENSEN, DUANE	25	54.72
	OLSON, TIM C	25	55.21
50 BACK	OSADCHUK, DAN M	25	34.28
50 BREAST	OSADCHUK, DAN M	25	36.37
	VAN DYKE, DICK	25	38.44
100 BREAST	SORENSEN, DUANE	25	1.13.73
50 FLY	SORENSEN, DUANE	25	27.78
	OLSON, TIM C	25	27.84
100 FLY	SORENSEN, DUANE	25	1.04.09
200 IM	OLSON, TIM C	25	2.26.76
MEN-S 30 TO 34			
50 FREE	DANNENBAUM, JED	33	25.71
	JOHNSON, WILLIAM	30	25.82
	SCHULTZ, LARRY	33	31.77
100 FREE	SCHULTZ, LARRY	33	1.14.94
500 FREE	DANNENBAUM, JED	33	6.32.20
	SCHULTZ, LARRY	33	8.53.20
50 BACK	JOHNSON, WILLIAM	30	35.37
50 BREAST	JOHNSON, WILLIAM	30	36.08
200 IM	DANNENBAUM, JED	33	2.41.00

MEN-S 35 TO 39			
100 FREE	SIMPSON, JERRY	38	1.02.03
50 BACK	GARRETT, HUGH	36	35.27
100 BACK	LITMAN, MARK	35	1.03.30 S N
50 BREAST	PELLISSIER, JAMES L	36	31.88 N
50 FLY	SIMPSON, JERRY	38	28.97
200 IM	SIMPSON, JERRY	38	2.36.35
400 IM	PELLISSIER, JAMES L	36	5.19.96 S N
MEN-S 40 TO 44			
500 FREE	COHEN, CHARLES	43	6.41.32
200 IM	BOSVELD, ROGER L	40	2.38.59
	COHEN, CHARLES	43	2.50.93
MEN-S 45 TO 49			
50 BREAST	HARMON, JAMES V	48	42.42
100 BREAST	HARMON, JAMES V	48	1.41.55
MEN-S 50 TO 54			
50 FREE	CLARK, JOHN	50	40.10
50 BACK	CLARK, JOHN	50	58.45
50 BREAST	CLARK, JOHN	50	48.93
100 BREAST	CLARK, JOHN	50	1.48.11
50 FLY	CLARK, JOHN	50	55.10
MEN-S 55 TO 59			
50 FREE	HAKOMAKI, RAY	59	25.89
50 BACK	HAKOMAKI, RAY	59	37.02 N
200 IM	HAKOMAKI, RAY	59	2.47.73 N

WOMEN-S UNDER 25			
50 FREE	BROWN, JANA M	23	33.05
	MELSEN, JEAN	23	37.60
100 FREE	MELSEN, JEAN	23	1.09.60
	NELSON, KRISTAL F	23	1.40.42
500 FREE	O'BRIEN, PEG	23	6.24.59 S
	KUSZ, BETH	23	6.54.84
	NELSON, KRISTAL F	23	9.54.51
50 BACK	O'BRIEN, PEG	23	35.64
100 BACK	O'BRIEN, PEG	23	1.17.56
50 BREAST	BROWN, JANA M	23	37.04
	KUSZ, BETH	23	39.89
100 BREAST	KUSZ, BETH	23	1.27.74
50 FLY	MELSEN, JEAN	23	38.28
200 IM	O'BRIEN, PEG	23	2.46.02
	SEIKKULA, WENDY	23	2.59.80
WOMEN-S 30 TO 34			
500 FREE	LAUX, JANN	30	7.12.77 S
50 BREAST	SIMPSON, SHARON	33	47.62
100 BREAST	SIMPSON, SHARON	33	1.43.28 N
WOMEN-S 40 TO 44			
500 FREE	SHERIN, SUE	40	6.58.20 S N
	SCHULZE, MARIANNE	42	7.26.68
50 BACK	SHERIN, SUE	40	39.12 N
100 BACK	SCHULZE, MARIANNE	42	1.28.47 N
WOMEN-S 45 TO 49			
100 BACK	OLSON, NANCY	46	1.45.73
50 BREAST	OLSON, NANCY	46	47.21
100 BREAST	OLSON, NANCY	46	1.42.44 S
WOMEN-S 75 TO 79			
100 FREE	BROWN, MAMIE	75	2.39.20 N
100 BACK	BROWN, MAMIE	75	3.01.50
MEN-S UNDER 25			
200 FREE RELAY	SEMS - SORENSON,		1.42.11
	SIMPSON, OLSON, NELSON		
WOMEN-S UNDER 25			
200 MEDLEY REL	NSAC - O'BRIEN, MELSON		2.23.34
	KUSZ, BROWN		
200 FREE RELAY	O'BRIEN, BROWN, KUSZ,		2.09.82
	MELSEN		

NOTES ON THE ALEXANDRIA MEET

At Alexandria, they are swimming the ½ mile for Masters on Saturday, June 21. The Masters 1 Mile will be on Sunday the 22nd. The entry form, waiver, meet information form, and maps etc, are too voluminous to reproduce here, so we recommend that you send to Alex for the meet information packet. Write to Mrs. Arnie (Jo) Lee, West Lake Darling, RR 1, Alexandria, MN 56308. The Lake swim events won't start before 1:00 PM each day, so there's plenty of time to drive up or recover or whatever before the swimming starts.

SAMPLE WORKOUTS As is our passion, these are written for about 2000 yards.

500 Swim	400 EZ	10 x 50 EZ Warm-up	500 Swim
4 x 50 Kick (:20)	400 Moderate	10 x 50 Alt K & P	400 IM Kick
200 Pull	400 Fast	10 x 50 Non-specialty	600 S- even # 100's RB,
200 RB- breathe every	200 Kick	10 x 50 Descending set	odd # 100's EZ
3rd pull	100 Pull		5 x 50 on 2:00
5 x 200 - 4th & 8th	20 x 25 (:15)		6 x 25 on :45
lengths change stroke			
600 EZ K,P,& S	500 EZ Swim	300 Swim	1200 yds. "On the House"
4 x 125 (:30)	200 Kick	20 x 25 on :40	warm-up
4 x 75 on 2:00	1650 non-stop	200 EZ Kick	Broken 500 swim, rest
5 x negative split 100's:	for time if	20 x 25 on :30	:10 between 100's
(2nd 50 faster than 1st	you wish.	200 EZ Pull	(subtract :40 to get
50)			your 500 time)
6 x50 on 1:10			300 Cool Down
200 EZ Cool Down			

Got a dog for my girlfriend the other day. Best trade I ever made.

I want to publicly thank Gary Bastie (and Wes & Debbie) for the semi-constant stream of great letters from the Shining State of Florida. Gary never fails to keep us informed and amused. My only regret is that most of the jokes that he sends along can't be printed in this "family oriented" periodical. I never seem to find the time to write (to anyone) and I do want to thank Gary for thinking of us up here in the Frozen North. Keep up the good work, Beast, I especially liked the joke about the Klingons!
