OLD STERNWHEELER'S
Masters Monthly

SPECIAL DOG DAYS ISSUE

This is going to be the shortest "Old Sternwheeler" in modern history. But I'll make it up to you in Septober (remember the Laurel and Hardy routine: Septober, Octember, NoWonder. Takes me back to my college days, when I first heard that from Greg Anklam, now of Anklam's Aquatics and Edina Swim Club fame). But I digress.

Good Luck to Marsha Soucheray and Frank Schneider who are planning to attend the Long Course Nationals. We're with you win or tie. Come home carrying your sheild or lying on it. It's not whether you win or lose, but whether the showers are warm afterward.

We hope that all of you are planning to attend the Picnic/Lake Swim on August 24. This sounds like a great time, with some swimming, food, and good times.

And thanks to Jerry and Sharon Simpson and everyone who helped at the St. Paul Classic. Not only was it an international competition, with swimmers from Winnepeg and Iowa (our corn-fed neighbor to the south), but it was great swimming in that tremendous facility with the awesome electronic timing capability of the Minnesota A.A.U. The Nationals have nothing on the St. Paul Classic.

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AQUATENNIAL RUN-SWIM

Although I haven't seen a final summary, I can relate the results of some of our more regular Masters seimmers. Winning in their age groups were Peggy O'Brien and Chuck Cohen. Bill Kansas took a third, and also finishing high were Peg Tousignant and Jim Pelissier.

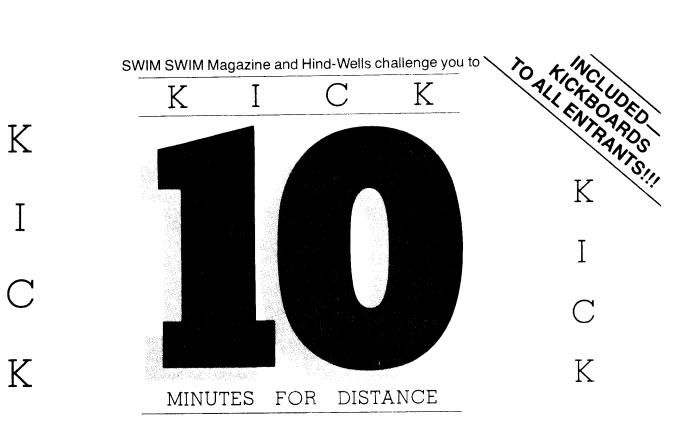***********************

LOOKING AHEAD

We have had offers of pools for fall meets already from Hew Hope-Crystal Masters and the Southeast Metro Sharks. Northern Shores can be counted on for a meet or a couple of mini's, so it looks like we will be busy until Santa Time.

Also in the hopper is the 3rd chapter in the continuing saga of "Chums in the Tank". Look for the tousled, blond head of Buck Bhoard, and the warm, booming voice of Coach Heese as he calls us out for the pre-practice "fungus inspection".

Look for more workouts, stroke hints, and other junk when I have two ½ hours to rub back to back. See you in a few weeks!

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TOM HODGSON
5 ORIOLE LANE
ST PAUL   MN 55110

SWIM SWIM Magazine and Hind-Wells challenge you to

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MINUTES   FOR   DISTANCE

A postal competition

This is a CHALLENGE from SWIM SWIM Magazine and Hind-Wells to do what's really tough: kick for 10 minutes straight, flat out. We allow any kick or combination of kicks: freestyle flutter, butterfly dolphin, breaststroke frog or whip, backstroke flutter or frog, side or trudgeon. With or without a kickboard. Our only restrictions are **no fins, flippers or pulling allowed. Bare leg power only!** Results of the competition by age group will be published in SWIM SWIM.

Entry fee: $5.00 (includes free Hind-Wells kickboard)

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ENTRY FORM
This is your mailing label. Please print clearly.

Entry Deadline: Postmarked by Sept. 1, 1980

Name

Address

City

State _____ Zip

Sex (check one): ☐ male ☐ female

Circle Age Group: 19-24   25-29   30-34   35-39   40-44
45-49   50-54   55-59   60-64   65-69   70-74   75-79
80-84   85-90   90-up

In 10 minutes I kicked a distance of

yards/meters (circle one).

signature of witness

This is not a race—except against the clock! We hope you give it your all but feel it is necessary to warn you that NO one should undertake this swim unless he/she is physically fit and sufficiently trained to participate safely. This involves a yearly examination by a physician and dedication to a regular exercise program. NOTE: You do not need to be registered with the AAU to participate in this event.

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge SWIM SWIM, Inc. and Hind-Wells, Inc. for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participating in said athletic event.

I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate.

signature of swimmer
(Parent's signature required if under 18 years of age)

TO ENTER—Clip this coupon and enclose with $5.00 in