

# The Old Sternwheeler

Carries the Minnesota Master Swimming News across the waters...

**Volume 30 Number 3, Summer 2004**

## 2004-05 Minnesota LMSC Upcoming Events & Meets

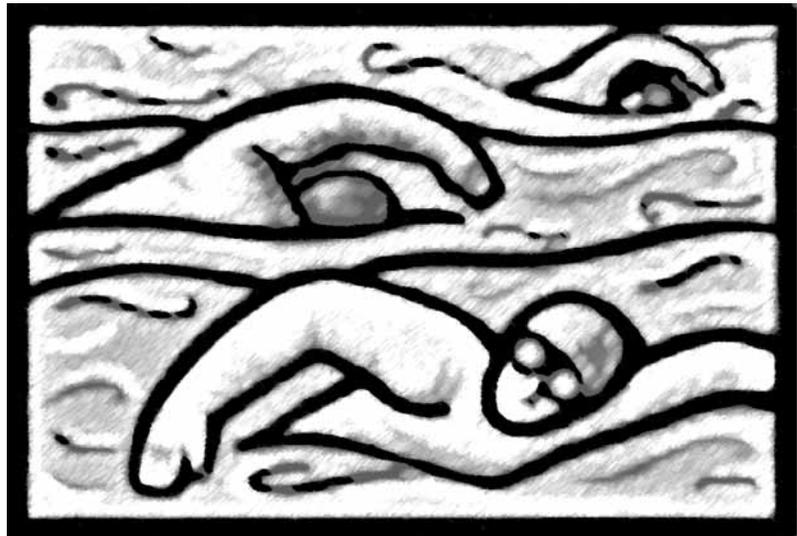
### 2004

- Now-December 15 Postal Pentathlon
- August 14: Minnetonka Challenge-Wayzata, MN
- August 21: Perch Lake 1 & 2 mile swims-Hudson, WI
- Nov. 7: Northfield Pentathlon (entry form on page 8)
- Dec. 5: U. of Minnesota Aquatic Center (entry form on page 8)
- Dec. 15: Reindeer Relays- Southdale YMCA; 6:30 pm warm-up, 7:00 swim, and dinner afterwards ~ 8:00pm.

### 2005

- Jan 23: U. of Minnesota Aquatic Center
- Feb. 27: Midtown YMCA Meet- Minneapolis
- March 19 (Saturday): Southdale YMCA Spring Meet-3:00 pm warm-up, swim 3:30-7:30 pm.
- April 9 & 10: MN State short course meet- U. of MN Aquatic Center
- May 19-22: USMS short course nationals- Ft. Lauderdale, FL.
- May 20-23: Canadian Nationals- Etobicoke (Toronto area)
- July 22-31: World Masters Games- Edmonton, Alberta, Canada
- July 31: State long course meet- U. of MN Aquatic Center
- August 10-14: USMS long course nationals- Mission Viejo, CA

(see USMS web site link  
[www.usms.org/comp/calendar.htm](http://www.usms.org/comp/calendar.htm))



## The EDITORS CORNER

*by Ralph S. Bovard*

Welcome to any & all new members to Minnesota Masters Swimming. For our some 600 regulars, the transition over the past year following Wayde Mulhern's death has made us realize how much Wayde did for the organization. Maureen Mook stepped in expertly as interim newsletter editor, and her timely service has been greatly appreciated. Jason Rysavy & Michael Gerwe of Catalyst Studios donated many hours in layout and organization of the publication. Many thanks to all.

Working closely with Chair Tina Neil and the MN LMSC (local masters swim committee) officers we want to provide a newsletter that provides the information you need during the year for training, coaching tips, competitions, results, medical information, profiles of new members, and honors individuals in our swim community for dedicated service, role-modeling, or performances. We will try to offer some creative writing and hopefully dashes of inspiration now and then.

Whether your swimming is recreational or competitive, we all share a love for "the feel" of water. Ron Johnson's lovely article republished from SWIM captures this sense keenly. In a society

*(continued on inside front cover)*

### Olympics time schedule:

**August 13-28, 2004.** Swimming events are slated for Saturday the 14th through Saturday the 21st. For details see NBC TV schedule at: [www.nbcolympics.com/swimming/index.html](http://www.nbcolympics.com/swimming/index.html)



(continued from front cover)

struggling with health care costs and lack of personal fitness contributing directly to the burden of chronic disease, the benefits of swimming are myriad. We want to expand our membership, bring others into the swimming family. We would like to push our membership from the current 600 to a thousand in the next few years. Tell your friends what we are all about. If each person could bring in one new member we would be there. Enlist your family and co-workers. Call old swim team members. The cost is small; an annual \$35 USMS membership. The benefits of starting on a path of habitual exercise with the support of like-minded adults is rejuvenating. A list of pools and swim clubs in our Breadbasket Zone is available on the MN website and through the USMS website. Participation is the key. The friendships that evolve are icing on the cake (which you can then eat with all the calories you are burning).

Ideally, the newsletter will be available on the website ([www.minnesotamasters.com](http://www.minnesotamasters.com)) concurrently with its mailing. Our site is designed and maintained by a dedicated Scott Ennis. Thank him when you see him! Some of you may prefer to receive the newsletter electronically and can notify registrar, Sarah Hromada, when you renew annually. We welcome all suggestions, thoughts, and comments. If you have concerns, questions, or an article you'd like to see or submit, please contact me at [rsbovard@mac.com](mailto:rsbovard@mac.com) or one of our officers at the email addresses listed in the back.

Blue skies & black coffee,

*Bovard*



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## Look out here come the youngsters

The following swimmers who will be aging up during the months of September, October and November. Just when you thought you were king of the hill in your age group you get these dang youngsters. Look out because the following people are aging into your age group.

### SEPTEMBER

HERNANDEZ, ALLISON	F	25-29
LEE-BURNS, JENNIFER R	F	30-34
WRIGHT, SCOTT N	M	30-34
WESTIN, DAWN M	F	40-44
ANDERSON, DONNA M	F	45-49
WIDMER, MARISE A	F	45-49
ARNTZEN, STEVEN M	M	50-54
FRANZEN, GREG J	M	50-54
ZVOSEC, COLLEEN K	F	50-54
BOUCHEE, DICK G	M	60-64
BURK, MICHAEL R	M	60-64
BEARD, TRAVIS N	M	65-69
STANWAY, JAMES W	M	70-74

### OCTOBER

OCHS, FELICIA M	F	25-29
VERMEDAHL, JON A	M	25-29
WAATAJA, JON J	M	25-29
DRAGSTEN, JEFF C	M	30-34
TRIPPS, SCOTT P	M	35-39
HARRIS, JEFFREY W	M	40-44
JOHNSON, CHERYL ANN	F	40-44
LEE, ANNE H	F	45-49
SCHMAEDEKE, GREGG W	M	45-49
CONDON, LARRY M	M	60-64

### NOVEMBER

MADLAND, JON N	M	25-29
OVERGAARD, STACY J	F	30-34
YOUNGBERG, BECKY E	F	30-34
FOSS, JON G	M	40-44
FRIESZ, JOANNA S	F	40-44
ZACHMAN, PAMELA	F	40-44
BALLARD, BARB	F	45-49
OLSON, THEODORE M	M	45-49
BRADFORD, VINCENT J	M	50-54
PLANK, LEE R	M	50-54
REYNOLDS, KAREN S	F	50-54
SELLS, MARK K	M	50-54
DYKOSKI, BOB E	M	65-69



# “Why I Swim”

by Ron Johnson

I have been a swimmer for 56 years of my life. Each day the inexplicable compulsion to caress the water—and on many a day to push myself until the pain receptors scream for mercy—still escape logical reason. The more I swim, the more at peace with myself I become, and the more I discover who I am.

My dog, Jack, needs to move...to run until his tongue is lolling out of his mouth. I feel the same basic need. So I am part animal.

Most of my workouts are totally by myself in an empty 50-meter pool. What joy! What lack of distraction and what an opportunity to contemplate, to think and to have creative thoughts. So I become part artist.

We need to play, especially at 71 years of age, so that brings me back to my childhood. I am part child.

And, finally, I relish the challenge, I appreciate the opportunity to find out if I am a wimp or a coward. What can I taste without fear or sustain without yielding? Admittedly, this facet of training and competing is not as keen as it was when I was still able to do triathlons. However, it exists in my workouts and in a 200 meter but-

terfly or a 400 meter IM race. In my own mind's eye, do I measure up? Swimming allows that. I can be a hero—at least to myself.

I start as a body. “Be a good animal,” wrote Emerson. I am. We are. To be pared down to bone, muscle and twang leather is a vitality that is animal in its self-appreciation. I don't do it to look good; I do it to feel good. This ruthless agitation of the body is as necessary as food and rest. I am an animal.

Those who do not understand the pleasure of blocking some sensory perception while enhancing others will not know the secrets of the swimmer. By barricading myself from sound and smell, I am able to escape into an inner world of feel and awareness of my body and my thoughts. I become an artist there as surely as a dancer or a musician. I am an artist in my movements with and through the water. I have become an improviser of skill, style and efficiency.

When we are children, we do things we want to do. We do them without payment or reward. That is why it is so much more difficult to achieve this childlike quality for the professional athlete than it is for the pure amateur who plays for pleasure. As a Masters swimmer—with no illusions of gain or much

fame, but playing for the pure pleasure of it—I am allowed to be part child. I do this for an hour per day. Maybe I log 4,000 yards, maybe only 1,000. It's my choice, it's my game and it's my childlike pleasure. I am part child.

Racing and training to my limits allow me to find out how courageous I am. Sometimes I am a bitter disappointment to myself, but at other times, I am my hero. I don't have to tell anyone what wonderful things I have just done—as if they cared! But it allows me to become my own hero. I can compete with myself and find the “old boy” is still pretty tough, even though in my solitary training, no one has seen a single minute of it—nor would they care if they had. I am my hero—at least on some days.

Search for your sport, your challenge, your own self-resuscitating obsession, and you will find the person you have a passion to be.

Ron Johnson, former coach of Sun Devil Masters, is the only coach honored as “Coach of the Year” at both the collegiate and Masters levels. As a Masters swimmer, he has set world records in all four strokes and the individual medley.

*[Reprinted with permission from SWIM (September/October 2002:37)]*



## Canadian Nationals in Edmonton, Alberta:

Bruce McRae our intrepid, itinerant, and international ambassador, represented MN masters at the long-course meters Canadian Nationals as a warm-up for the FINA meet. He finished 2nd in the 200 fly & 400 IM, 3rd in the 100 fly, 4th in the 400 free, and 5th in the 200 free. Well done Bruce!

# Reflections on USMS Short Course National Indianapolis, Indiana April 22-25, 2004

by Tom Emison- MMSC President

**A**ging up is a great once-every-five-year treat, isn't it? I turned 45 June 27, 2003 and had made a commitment months earlier that when the USMS Short Course National Championships come to pass in 2004, I would be ready to exploit my relative youth. As the 2003 Winter months passed by, I worked through an aerobic conditioning phase, anaerobic phase, sprint phase and finally, by late March, a taper. I used the Minnesota State Short Course Championships (April 3-4) as a trial and turned in some okay times. So, I felt like this year's Short Course Nationals would be a good meet for me.

In October, 2003, I'd had "minor" heart surgery to repair an electrical problem (atrial fibrillation treated with angiographic electrical ablation) and I was a little nervous about pushing myself too hard. But with my doctors clearance, the "Y's Guys" (clever team nick name dubbed by Curt Wood, from the downtown Minneapolis YMCA noon training group) really helped get me ready, forcing me through some aggressive training the last six weeks or so before the big meet. Weight training, cross training, flexibility training – I did the whole enchilada. Tapering was heavenly, as always.

So, much sooner than I imagined possible, I found myself on a flight bound for Indy – shaved, tapered, and ready to rock. I felt like a caged animal. The rest portion of the taper is sooo important and it was working, I could tell. Several other USMS swimmers from around the country were on the same flight into Indy from Minneapolis that day, April 21. As

folks were boarding the plane, you could easily pick out swimmers: Speedo logos, flip-flops (used to call those thongs when I was a kid, but now "thong" means something else entirely), freakish blond/green hair on a few, TYR gym bags.

I am fortunate to have a cousin Lark living in Indy and stayed with her and son Andrew in their nice home. So much nicer to be with family than in a hotel. Their place is in a little suburb and each day I would drive to the meet, warm up, compete, cool down, and drive "home".

Instead of recounting for you how the meet went, which you can easily read in the latest issue of



SWIM magazine, I want to tell you something else: going to and competing in a USMS national swim meet is one of the most inspiring, entertaining, and really fun things in swimming life. All of us as swimmers, at any level, male or female, regardless of age, owe it to ourselves to go and participate. If you have never done this before, you will find that the qualifying times are not that challenging. The meets are only competitive if you want them to be. Most swimmers are there to have fun, see old friends, establish new ones, and perhaps crank out swim quick swims. These meets are big, usually 800-1200 competitors or more. It's crowded, noisy, and has all the passion and

excitement of most large-scale amateur sporting events. At the elite level, you will see adult swimmers delivering competitive swims that rival our young American Olympic hopefuls. In fact, in the 4 x 100 Men's Medley Relay this year, a USMS team came close to beating a team with Muhammad Sabir and Gary Hall, Jr. – both Olympic hopefuls with their eyes set on Athens. Sabir and Hall were stunned at how fast USMS swimmers are moving through the water.

From Minnesota, we had a paltry four swimmers show up. This from the same state that in 1999 hosted the USMS Long Course National Championships. I am not certain why so few of us from Minnesota go to nationals each year, but I for one would like to see that change. It would be so much more fun to send a large team of 20-30 who really want to have a great time, work as a team, and see how we stack up with other USMS organizations. 2005 Short Course Nationals will be in Ft. Lauderdale at the Swimming Hall of Fame Pool! Do you want to go?

Anyway, enough of my appeal to your senses. I had a great meet, bettering all my times from the state meet a few weeks prior. I took third in my age group in the 500 Free and 1,000 Free and fourth in the 200 Free. My times were not what I hoped for, but I guess six months after heart surgery that's to be expected. Next year. Yeah, next year I can go even faster. I will see old friends. Make a few new ones. Learn more about the latest in swim technique. Be inspired by feats of courage and tenacity. Maybe even leave my own mark, if I'm lucky.

# Making TIME to Swim

by Tina Neill- LMSC Chair

**W**e are all running around with a busy schedule that leaves us sometimes low on motivation and little time to train sensibly- Try this.

## **PRIORITIZE**

Make sure everyone at work knows you have made a commitment to swimming. Schedule as many meetings as possible around "your swimming time".

## **SWIM EARLY**

If you swim in the morning, regardless of what happens the rest

of the day, you've already had your swim.

## **BE FLEXIBLE**

Sometimes the unexpected comes up. Be happy with getting a little swimming in rather than non at all.

## **WEAR A FUN AND COMFORT-ABLE SUIT**

There are so many styles, fabrics and prints to choose from. Treat yourself to a fun suit that motivates you to get in the water.

## **FIND RELIABLE TRAINING PARTNERS**

If you have a group to swim with- stick with them. If you swim alone find someone of similar ability and start working out together a couple of times a week. You may find more people will join you.

Today, the goals are about achieving a life that is rich in spirit; a searching for independence, a sense of continual self-discovery, an embracing of a healthy, physical existence. Today, life is about really living it.

## Medical Corner: "Of Body Suits and Breathlessness"

RS Bovard MD

**B**ody suits have become popular in both competitive pool racing and triathlon lake swims. Some of the insulated triathlon suits provide a certain degree of floatation. Suits used in pool competition in theory do not give the swimmer a buoyant advantage, although most swimmers do feel that while the fabric may not itself float, that some air-trapping may occur to increase floatation. Times typically are faster.

One of the issues not frequently discussed regarding body suit use is the chest compression that may occur to varying degrees. Women have experience in this sort of thing; for men it can be a new sensation that may produce anything from a mild sense of snugness to a panicky constriction that compromises breathing. There may be a physiologic basis for this phenomenon.

We know from serial pulmonary function testing, that if an individual gains weight or signifi-

cantly increases chest muscle mass that this can reduce the lung's forced vital capacity (FVC), or volume of exhaled air, relative to the amount of air one can expel via an elastic one-second blow-out (FEV1). When the lung's volume FVC is reduced relative to this FEV1, we call it a restrictive pattern. Certain pathologic conditions (occupational or inhalational damage) can cause this as opposed to an "obstructive" pattern that occurs in smoker's, emphysema, asthmatics. This is due to the loss of lung elasticity in the context of normal or increased volume due to air trapping.

I have heard and read of triathletes who have worn body suits for the first time doing open water swims and developing variable constrictive sensation of the chest that caused them to stop, unzip the suit, or quit the race. My brother, who was a Big-8 swimmer, had this happen in a meet last summer in Idaho. He said that it was his most frightening experience ever in the water;

the zipper draw-string had been tucked into his suit and he could not reach it and struggled before someone helped him. Another friend described a similar circumstance. At least one excellent swimmer in his forties using a body suit has drowned of unknown causes (presumed cardiac arrhythmia) during a swim. It makes one wonder.

My own experience at the recent short course nationals meet in Indy last April 2004 is illustrative, I think. I had used 3/4 length suits and a leg/chest (Farmer John) style suit for sprint races up to 100 and 200 meters since 1998. I had had no problems at these distances. I decided to enter the 500 freestyle on a bet with my brother, and decided to wear the new \$200+ suit that I had just purchased. This suit was a bit tighter than the previous one that I had owned. I used it in the 100 freestyle with no problem. It felt chic and pretty slick. At about 150 yards into the 500 I began to feel a sense chest con-

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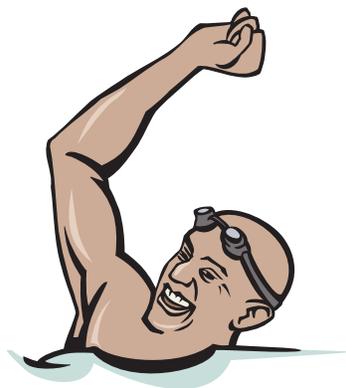
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striction, and rapidly progressed to what I can only describe as shortness of breath, unlike anything I had ever had swimming. (I have no history of asthma, exercise induced bronchospasm, or cardiac disease; nor is there a family history of these maladies). This sense of “air hunger” rapidly worsened over the next 50 –100 yards. I actually felt panicky; like I was suffocating. I stopped at the end of the pool and had my lap counter unzip my suit. I pulled the top down to my waist; all this added about 30 seconds to my time. My breathing seemed again comfortable and I finished the race at a pace similar to my first 150 yards.

My explanation for this phenomenon is that I bought a suit that was just a bit too tight in the chest. I believe that even a barely perceptible reduction in the expansive ability of the chest wall may significantly interfere with the volume of air inspired, and more importantly with the oxygen-gas exchange at the alveolar membrane. There have been studies on police and military use of Kevlar flack jackets demonstrating that an increase in extrapulmonary pressure can reduce oxygenation. I think too that this is highly exertion related; as one approaches one’s anaerobic threshold, I believe that this sudden limit to one’s oxygen supply can alter that critical threshold and put one into a sudden anaerobic debt. One-and a half to two minutes or 150-200 yards is the point at which most athletes will reach this threshold. To test this one would need to perform maximal exercise stress testing (V02 max) with and without suits of various degree of extrapulmonary chest compression. I did have our clinic spirometry technician perform pulmonary function tests on me with and without my suit. There was a slight decrease in my FVC and FEV1 over 6 tests, but

the results at rest did not show a statistically significant (ie > 5%) decrease.

The additional possibility is that the compression on the legs may decrease the amount of blood flow normally distributed to exercising muscles in the extremities. With exercise the muscles demand more oxygen and the blood vessels vasodilate to accommodate increased flow. If that blood flow is compressed, or prevented from going to the extremities, then it will stay in the central or core volume. Emergency rooms use MAST suits/trousers of heavy inflatable material in traumatic situations when a person may have sudden



drops in blood pressure due to shock or massive blood loss to squeeze the blood out of the lower extremities back to the central organs; a self-transfusion of sorts. When one is exsanguinating that is usually a good thing; when one has normal blood volume, that increased blood flow to the lungs and heart, when one is trying to maximally exercise or exert oneself, may actually produce abnormally increased pulmonary pressure or right heart pressure that could mimic an acute congestive episode. The lungs are very sensitive to overload pressures and if an abnormally increased extrapulmonary compression further limits the lung’s normal expansion, this might lead to, in essence, an acute incipi-

ent pulmonary hypertension.

After watching my race from the stands, a new friend, Dan Willard from Jackson Hole came over and asked if I was ok. He knew that I had had a rotator cuff repair seven months before and was concerned that I had re-injured my shoulder. He had seen me stop at the end and flail backwards with my arm several times, and then keep swimming. “The way your left arm was slapping the water, I thought you had hurt your shoulder again and couldn’t figure out why you kept swimming.”

“Ah, thanks Dan,” I replied. Actually, that’s my normal stroke. The shoulder feels fine; and the surgery was on the right. My suit was too tight.”

He raised his eyebrows. “Ah...” and ever the diplomat. “Well, nice swim.”

Conclusion: My recommendation is that if you are new to body suits, try one out if possible before buying. A suit rep told me that Tom Malchow had tried 14 different suits before he found one that felt right. If getting a new one, as I did, don’t get it so tight in the chest that you are puckered up like a Jimmy Dean tube-sausage. You may be compromising your cardiopulmonary potential at the least, or creating a panicky race situation at worst. There is little risk of a serious accident in a pool setting (unless one has an underlying cardiac problem to boot), but I remain concerned that in long lake swims, that this may in some instances have contributed to swimmers experiencing distress or having a near drowning situation, possibly from panic and/or hypoxia. I would be interested in hearing from others having a similar experience. [Next issue: “Sports Drinks, Hydration, and Hypo-natremia”.

# FINA World Masters Meet in Italy

By Bruce McRae

This year the 10th FINA World Masters Championships were held in Riccione, Italy during the first of June. Riccione is an Adriatic coastal town on the East side of Italy and North of Rome. It is a very popular beach with many Europeans attending from all countries. Being relatively young (in my age group) and swimming pretty well, I wanted to experience a competition like the Worlds. In the past Minnesota has been represented by a small contingent. This year Minnesota was represented by myself, Jim Pelissier (a World Championships veteran), and Don, Bob & Perry Brown, Jon Foss, Jeff Dragsten, and Karie Bassett. Sadly absent, for the first time in many years, was Wayde Mulhern.

First of all the meet is BIG. Just the swimmers alone totaled over 8,000! Heats seem to go on forever, especially in the events like the 50s and the 100 free. The packed 25m warm-up pools were chaotic bordering on mayhem with so many swimmers going with different speeds and strokes and with so many different backgrounds of etiquette. Sometimes it seemed more water polo than a warm-up pool. About the only English to be heard was the announcer calling the heat in dulcet Italian tones: "Fifty-ah Freestyle-ah."

Swimming was wonderful in the two big 50m pools. One was inside and the other outside. Men and woman alternated each pool daily. It is imperative that you plan way ahead of time in a meet so large. Generally on the longer events a 10-person heat is in the water, one in the chairs behind them, another in chairs still further back and the next 5 heats lined up in the calling room. Sprint events could only be described as hectic.

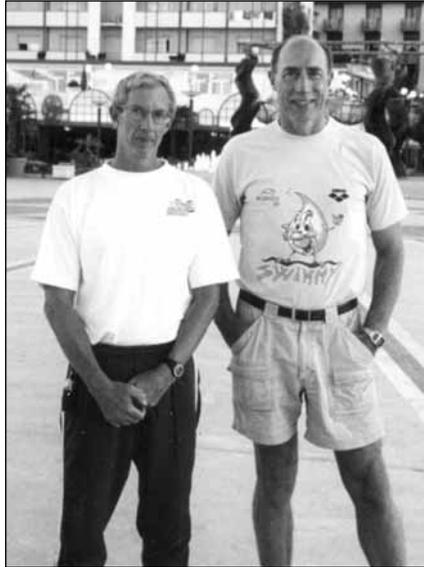


Photo IDs in a large plastic envelope were required to be worn everywhere. One poor Aussie woman forgot and dived in with hers on. It opened like a big sea anchor and dragged her head down!

Jim Pelissier, aging up long course to the 60-65 bracket, brought great credit to Minnesota finishing in the top 10 in all three breast stroke events, the 200 IM & 200 back. [Jim was also busy out of the water with trips to Venice, Florence, Pizza, and Rome.] Unfortunately, I didn't have any top 10 finishes. Putting it in perspective: I usually can finish in the top 10 in at least one event in a US long course National Championship. In a Canadian National Championship I can get into the top 5 in multiple events. In Italy the best I did was 13th of 22 registered in the 200 fly and 39th of 58 registered in the 200 free. There are so many excellent swimmers from so many countries that it must be experienced to really appreciate the quality. You must submit qualifying times to enter. It is a wonderful event and highly recommended. The 11th FINA World Masters Championships will be held in 2006 outside of San Francisco.

## State Long Course Masters Meet: U. of Minnesota; Sunday, July 18, 2004

**"PRETTY AMAZING!":** We had 45 records broken at our meet, including 2 World and National Records by Trip Hedrick in the 50 and 100 Fly for Men 50-54. Some really OLD records were broken, also, including: Sarah Hromada's 25-29 50 Back from '89, Marilyn Lentz's 50-54 100 Back from '83, Phyllis Staige's 60-64 400 Free of '85 and Mamie Brown's 70-74 100 Free record of '78!

Mary Beth Windrath, Chair  
Top Ten/Records Committee

## Star of the North Games;

**June 19, 2004:** A number of masters swimmers participated in this competition held at the Highland Pool and hosted by STAR swim club. It was an excellent, fun meet with the old timers swimming against the young whelp age-groupers and sometimes coming out on top. Thanks to STAR!

## Breaking News:

**Congratulations to Jim Stewart, Rochester, MN, for winning the National 10K Open Water Championships in New York. Jim won with a time of 2:20.42. Way to go!**

# Breakthrough Workout

by Kevin Polansky

In all of my years coaching swimmers, be it high school, college or masters the one set I keep coming back to is what I call "Breakthroughs". This set is 10 x 100 yards on a 2 minute interval. When coaching on a regular basis I would do this set once a week during the season. Yes, it is redundant but it was a good tool to measure several things:

1. Endurance
2. Stamina
3. Intensity
4. Aerobic capacity
5. Anaerobic capacity

I would ask the swimmers to come within 10 seconds of their

best time during the season and average it for all 10. For example, if they do a 52 sec 100 free they will have to average 102 for the set. Their goal was to breakthrough the 10 second barrier and to lower that mark by one second and average it all the time. Then their expectation could be to go 51 for the 100 the next time they raced. The swimmer can choose the stroke, but can only change after 5 to get a better reading on their progress.

The set does not give them all the rest they need, but will give them enough for they to work both the anaerobic and aerobic systems at the same time.....especially numbers 7,8,9, and 10. If I have swimmers that can not get a mini-

mum of 30 sec. rest I will have the them go 75's instead, still on a 2 min. send off. As a coach I would use this set as a real confidence builder. For me, I would be on the deck really getting everyone fired up and getting in their "grill" about going fast and not letting up.

Ed. Note: Kevin Polansky is a member of Rocky Mountain Masters. He is a past national and world masters champion and record holder. He swam at Mason City High School in Iowa (teammate of Roger Bosveld, Bovard, and the Hugos) and was the first inductee into the Minnesota (Mankato) State University Swimming Hall of Fame. He lives in Loveland, Colorado.

## New Member Profile/Spotlight:

### *John Hugo*

John Hugo, 43, moved to Minneapolis in April 2004 from Colorado where he was a member of Rocky Mountain Masters. Hugo is the new financial controller for Lifetime Fitness in Eden Prairie. He, his wife Brenda, and 3 children lived in Denver for some 17 years (with a 1 year stint in Paris), and now reside in Shorewood. Hugo trains at the Wayzata/Lifetime pool with Mark Anderson and crew. John lured his mother and two brothers (see meet results) to the state long course meet where they teamed to thrash the Bovards in several "family relays". Unfortunately (or fortunately) they were disqualified in nearly every race for mixed state membership. Still, it was a wonderful family affair. Pictured below: Charlie Hugo, John Hugo, Zoe Hugo (matriarch), Steve Hugo, Sally (Bovard) Tye, Ralph Bovard, Gil Bovard, &

Nancy Hugo. [Ed. Note: Steve Hugo was an All-American high school swimmer in 1975 and the first Iowa prep to break a minute (:59.5) in the 100 yd breast stroke; his time would have won the Big 10 collegiate championships that year.] Other out of state visitors included Trip Hedrick (Iowa), Sean O'Toole (Kansas City), and a passel of young buck Madison cheese-head swimmers (fast ones!).

"Old age and treachery will defeat youth and vigor (most of the time)". GK Bovard



# SUMMER 2004 RESULTS:

## LAKE HARRIET SWIMS

June 12, 2004 sponsored by Macalester Masters Swimming and the Minnesota LMSC

### 2 mile results

1. Karen Zemlin	48:07
2. Mike Burns	48:50
3. Rebecca Martin	49:53
4. Christina Welzien	50:02
5. Kim Parkinson	50:21
6. Bryan Erdman	50:26
7. Cary Robinson	52:31
8. Anthony Sarrack	53:39
9. Jane Hansen	54:02
10. Jon Waataja	54:28
11. Sheila Nelson	54:43
12. Bruce Engelsma	55:15
13. Suzanne Permeth	55:26
14. Mike Waataja	55:38
15. Jerry Farrell	55:48
16. Donna Anderson	56:04
17. Melissa Froehle	56:13
18. Kathy Guinn	56:21
19. Peggy Kratz	57:32
20. Jared Griffin	59:56
21. John cook	1:00.00
22. Roger Bosveld	1:00:50
23. Yvonne Grievson	1:01.22
24. Bob Schroeder	1:01.22
25. Tim Oolman	1:03.56
26. Scott Snyder	1:07.18
27. Marise Widmer	1:07.43
28. Jim Ritz	1:08.19
29. Robert McCollor	1:09.30
30. Beth Rhode	1:10.12
31. Judy Boudreau	1:12.23
32. Jon O'Kane	1:15.04
33. Bob Boldus	1:19.11
34. Steve Mclaughlin	1:20.11
35. Jeff Yue	1:27.32
36. Ryan Naatjas	1:28.32
27. Larry Condon	1:30.46

### 1 mile results

1. Mike Burns	21:57
2. Karen Zemlin	22:42
3. John Reinartz	23:18
4. David Thompson	23:38
5. Dawn Vanedeerbek	26:08
6. Chris Schmitz	26:28
7. Katherine Ewald	26:36
8. Jerry Farrell	26:44
9. Cherly Ramancionis	26:50
10. Kathy Guinn	27:06
10. Matthew Stay	27:06
12. Ryan Collins	27:13
13. Roger Bosveld	29:33
14. Alan Fine	29:50
15. Heather Schwartz	29:57
16. Jeffrey Stoeber	30:01
17. Jessi Suomala	30:29
18. Thomas Morrison	31:26
19. Katie Zwolski	31:33
20. Marise Widmer	32:01
21. John Cook	32:13
22. Ann Freira	32:20
23. Mallory Duquesne	32:46
24. Scott Ennis	32:58
25. Robert McCollor	33:39
26. Ralph Bovard	33:49
27. John Masiulis	34:06
28. Craig Swanson	34:19
29. Kris Ensuid	36:54
30. Bill McGuire	39:44
31. Erik Ensuid	40:16
32. Herbert Rorke	40:41
33. Mary Gosselin	57:15

## Northfield Pentathlon Meet

St. Olaf College

Northfield, MN

**Sunday, November 7**

Meet Director: Brian Cohn

Warm ups: 10:00 am

Competition: 11:00 am

Entry Fee: \$7 by October 27

Mail or email to : **Pentathlon entries**

C/o Brian Cohn  
413 Afton Drive  
Northfield, MN 55057  
bdcohn@charter.net  
\$10 Race day entries

### Order of Events

A1. 50 Fly

B1. 100 Fly

C1. 200 Fly

A2. 50 Back

B2. 100 Back

C2. 200 Back

A3. 50 Breast

B3. 100 Breast

C3. 200 Breast

A4. 50 Free

B4. 100 Free

C4. 200 Free

A5. 100 IM

B5. 200 IM

C5. 400 IM

Sanction # 304-008

There will be 20 minutes  
before the start of each  
"A" event.

A. Sprint Pentathlon

B. Middle Distance  
Pentathlon

C. Distance Pentathlon

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## Minnesota Masters Winter Meet

University of Minnesota

Aquatic Center

**Sunday, December 5**

Meet Director: Mike Burns

Mike\_Burns@Malt-O-Meal.com

612-824-0688

Warm up: 8:00-8:45 am

Competition: 9:00 am-1:00 pm

Entry Fee: \$7

**Race day entries only**

### Order of Events

1. 100 Fly

2. 200 Free

3. 100 IM

3. 200 Mixed Free Relay

4. 100 Back

5. 50 Breast

6. 500 Free

7. 100 Breast

8. 50 Back

9. 200 Fly

10. 200 Mixed Medley  
Relay

11. 400 IM

12. 100 Free

13. 50 Fly

14. 200 Back

15. 50 Free

16. 200 Breast

17. 200 IM

18. 1000/1650 Free  
(time permitting)

Sanction # 304-009

There will be a 5 minute  
break before all relays

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# The importance of streamlining

by Tina Neill

The streamline position is used while the body is submerged during starts and turns and during each stroke cycle. The head position is most important in minimizing drag. The most streamline position is with the ears between the arms, head in line with the rest of the body, abs tight, back straight. Just a slight motion of lifting the head up or dropping it down, can double the drag from the water.

Streamlining throughout each stroke cycle can be improved in free and back by rotating the hips and shoulders. This reduces frontal drag and mimics the V shaped bottom of a boat versus being flat mimics the

flat bottom of a barge. In breaststroke and fly, the angle of the trunk during the breath can effect streamlined positioning. Swimmers who lift their body out of the water for a breath tend to drop their knees during leg recovery and increase frontal drag. Don't look to your arms and legs to work hard and make changes, strengthen your abs and back and over the course of a few months you will see the difference. The more you rely on the flexibility of a great streamline and the power of your body core, the more fluid, smooth and effortless your swimming will be. You will float through the water.

## SPECIAL THANKS:

Roger Cercine has been our starter and referee for many years. His selfless and always good-natured giving of time and energy has kept our meets running smoothly and efficiently. We don't know what we would do without him. Let Roger know how much we appreciate him at our next meet! Below is a picture of Roger with MN master's legend, Ray Hakomaki at the 2004 long course meet.



## Water Related Movies (for film buffs):

- The Swimmer- Burt Lancaster wandering the backyards of suburbia to swim in neighbors pools; if he had lived in the TC he would have had to contend with Tina Neill and 10,000 lakes!
- The Abyss- Ed Harris goes mano y mano with a viscous denizen of the deep; way cool notions of liquid-ventilation.
- Big Blue- Jean Reno as a Greek free diver in an amazing film; with one of the Arquette sisters for a backdrop.
- Swimming to Cambodia-the late Spaulding Gray waxes eloquent.
- Jaws- - Richard Dreyfus vs. a dentally challenged piece of cartilage
- Waterworld- A web-footed Kevin Costner battles Dennis

Hopper on jet skies in his Exxon Valdez hideaway.

- Little Mermaid & Searching for Nemo- Not just for kids!
- The Last Wave- Astounding Peter Wier film set in Australia to Aboriginal legend starring Richard Chamberlain.

*[send in your favorites!]*



Aqua Vitae, the water of life!

The End

## Quick tips:

- If you have problems with your goggles fogging up (despite their being "no-fog", keep a small plastic bottle/vial of baby shampoo diluted 50:50 with water. A quick squirt, rinse, and you are set to go. Pretty reliable, cheap, and no burn for the orbs.
- When doing lake swims, don't fuss with goggles (unless you wear contacts or have prescription goggles-obviously). There are no lane lines, you can't see anything looking down anyway, the ppm of chlorine should be zero, and your ability to see the big orange buoy on the horizon is usually better.

**DATE 07/18/2004**

**U of MN State/Zone Meet Results**

**WOMEN UNDER 25**

50 M FREESTYLE			
POGUE, MIA N	21	:34.91	
100 M FREESTYLE			
TITCOMBE, KRISTIN K	24	1:11.26	
POGUE, MIA N	21	1:19.88	
100 M BACKSTROKE			
POGUE, MIA N	21	1:27.39	
50 M BREASTSTROKE			
TITCOMBE, KRISTIN K	24	:37.64	SR
100 M BREASTSTROKE			
TITCOMBE, KRISTIN K	24	1:25.17	SR
200 M BREASTSTROKE			
TITCOMBE, KRISTIN K	24	3:08.69	SR
50 M BUTTERFLY			
POGUE, MIA N	21	:38.29	

**WOMEN 25 TO 29**

50 M FREESTYLE			
CARNEY, JESSICA L	28	:29.44	
100 M FREESTYLE			
CARNEY, JESSICA L	28	1:07.45	
50 M BACKSTROKE			
EWALD OLSON, KATHERINE	27	:34.77	SR
CARNEY, JESSICA L	28	:56.46	
100 M BACKSTROKE			
EWALD OLSON, KATHERINE	27	1:17.23	SR
50 M BREASTSTROKE			
CARNEY, JESSICA L	28	:40.54	
50 M BUTTERFLY			
CARNEY, JESSICA L	28	:32.14	
EWALD OLSON, KATHERINE	27	:33.58	

**WOMEN 30 TO 34**

50 M FREESTYLE			
BRASSARD, DELINA	34	:37.72	
800 M FREESTYLE			
VANDERBEEK, DAWN R	30	11:21.42	
50 M BACKSTROKE			
BRASSARD, DELINA	34	:45.00	
50 M BREASTSTROKE			
VANDERBEEK, DAWN R	30	:39.74	
BRASSARD, DELINA	34	:51.84	
100 M BREASTSTROKE			
VANDERBEEK, DAWN R	30	1:27.59	
200 M BREASTSTROKE			
VANDERBEEK, DAWN R	30	3:07.38	SR
50 M BUTTERFLY			
BRASSARD, DELINA	34	:40.76	
400 M INDIVIDUAL MEDLEY			
VANDERBEEK, DAWN R	30	6:15.35	

**WOMEN 35 TO 39**

50 M FREESTYLE			
NELSON, SHEILA A	36	:31.74	
PREUSSER, PAMELA J	39	:33.63	
100 M FREESTYLE			
Rietz, Heather	36	1:06.58	
PREUSSER, PAMELA J	39	1:16.54	
200 M FREESTYLE			
Rietz, Heather	36	2:29.58	
50 M BREASTSTROKE			
NELSON, SHEILA A	36	:42.42	
50 M BUTTERFLY			
NELSON, SHEILA A	36	:34.70	
100 M BUTTERFLY			
NELSON, SHEILA A	36	1:23.00	
200 M INDIVIDUAL MEDLEY			
Rietz, Heather	36	3:04.74	

PREUSSER, PAMELA J 39 3:20.36

**WOMEN 40 TO 44**

50 M FREESTYLE			
HROMADA, SARAH	43	:35.29	
Hugo, Nancy K	40	:39.58	
KLEIN-BROWN, JENNA L	40	:46.61	
100 M FREESTYLE			
Hugo, Nancy K	40	1:30.68	
200 M FREESTYLE			
GREEN, LINDA	40	2:42.17	
Hugo, Nancy K	40	3:18.36	
800 M FREESTYLE			
GREEN, LINDA	40	11:51.14	
50 M BACKSTROKE			
HROMADA, SARAH	43	:42.81	
GONZALEZ, ANITA M	41	1:08.19	
KLEIN-BROWN, JENNA L	40	1:34.88	
100 M BACKSTROKE			
KLEIN-BROWN, JENNA L	40	1:58.18	
200 M BACKSTROKE			
GONZALEZ, ANITA M	41	5:05.16	
50 M BREASTSTROKE			
HROMADA, SARAH	43	:48.46	
100 M BREASTSTROKE			
GONZALEZ, ANITA M	41	2:25.37	
200 M BREASTSTROKE			
GONZALEZ, ANITA M	41	4:58.17	
50 M BUTTERFLY			
HROMADA, SARAH	43	:39.60	
KLEIN-BROWN, JENNA L	40	:57.21	

**WOMEN 45 TO 49**

50 M FREESTYLE			
SENN, ANN C	46	:31.02	SR
100 M FREESTYLE			
SENN, ANN C	46	1:13.03	
WHITNEY, JILL	47	1:13.61	
800 M FREESTYLE			
KRYKA, NANCY L	49	13:01.01	
50 M BACKSTROKE			
SENN, ANN C	46	:41.09	
100 M BACKSTROKE			
SENN, ANN C	46	1:30.57	
50 M BREASTSTROKE			
WHITNEY, JILL	47	:40.82	
100 M BREASTSTROKE			
WHITNEY, JILL	47	1:32.39	
200 M BREASTSTROKE			
WHITNEY, JILL	47	3:29.59	
50 M BUTTERFLY			
SENN, ANN C	46	:36.58	

**WOMEN 50 TO 54**

50 M FREESTYLE			
HAKOMAKI, SUSAN	53	:46.11	
SKALLMAN, LINDA S	53	:51.77	
100 M FREESTYLE			
WINDRATH, MARY BETH	51	1:19.81	
HAKOMAKI, SUSAN	53	1:48.53	
200 M FREESTYLE			
TYE, SALLY	51	3:13.11	
HAKOMAKI, SUSAN	53	3:54.92	
400 M FREESTYLE			
TYE, SALLY	51	6:53.86	
800 M FREESTYLE			
TYE, SALLY	51	14:09.62	
50 M BACKSTROKE			
SKALLMAN, LINDA S	53	1:09.00	
100 M BACKSTROKE			
LEE-SHERIDAN, SHARON	52	1:32.79	SR
50 M BREASTSTROKE			

WINDRATH, MARY BETH	51	:47.27	
SKALLMAN, LINDA S	53	1:06.72	
400 M INDIVIDUAL MEDLEY			
LEE-SHERIDAN, SHARON	52	6:51.28	SR
CUTTER, ELIZABETH	52	7:22.67	

**WOMEN 60 TO 64**

400 M FREESTYLE			
MADSEN, GRACE A	62	6:50.52	SR
1500 M FREESTYLE			
SMOLLEN, CAROL S	60	29:31.36	SR
100 M BACKSTROKE			
SMOLLEN, CAROL S	60	1:56.26	
MADSEN, GRACE A	62	3:28.21	
200 M BACKSTROKE			
SMOLLEN, CAROL S	60	4:06.28	

**WOMEN 65 TO 69**

50 M FREESTYLE			
Hugo, Zoe R	65	1:03.01	
100 M FREESTYLE			
Hugo, Zoe R	65	2:32.77	
50 M BACKSTROKE			
Hugo, Zoe R	65	1:06.40	
50 M BREASTSTROKE			
Hugo, Zoe R	65	1:20.65	

**WOMEN 70 TO 74**

100 M FREESTYLE			
NELSON, BARB K	71	2:19.44	SR
200 M FREESTYLE			
NELSON, BARB K	71	4:44.45	SR
400 M FREESTYLE			
NELSON, BARB K	71	10:00.72	SR
800 M FREESTYLE			
NELSON, BARB K	71	20:19.36	SR

**MEN UNDER 25**

50 M FREESTYLE			
Ballweg, Kevin	19	:26.36	
100 M FREESTYLE			
Batty, John	21	:57.10	
200 M FREESTYLE			
Batty, John	21	2:09.46	
50 M BUTTERFLY			
Ballweg, Kevin	19	:28.98	

**MEN 25 TO 29**

50 M FREESTYLE			
Rausch, Kyle	29	:25.52	
200 M FREESTYLE			
Rausch, Kyle	29	2:03.10	
50 M BACKSTROKE			
Rausch, Kyle	29	:30.47	
50 M BUTTERFLY			
Rausch, Kyle	29	:27.29	

**MEN 30 TO 34**

50 M FREESTYLE			
JACOBSON, BRIAN L	31	:23.74	SR
Mackey, Brian	31	:26.48	
100 M FREESTYLE			
JACOBSON, BRIAN L	31	:56.42	
50 M BACKSTROKE			
JACOBSON, BRIAN L	31	:30.95	
50 M BREASTSTROKE			
JACOBSON, BRIAN L	31	:32.03	SR
Spellman, Donald P	30	:34.29	
Mackey, Brian	31	:35.43	
100 M BREASTSTROKE			
Spellman, Donald P	30	1:15.76	
200 M BREASTSTROKE			

Spellman, Donald P	30	2:51.40	50 M BREASTSTROKE				<b>MEN 55 TO 59</b>		
50 M BUTTERFLY			Hugo, Steve D	46	:36.85		50 M FREESTYLE		
JACOBSON, BRIAN L	31	:25.72 SR	SNYDER, SCOTT	47	:40.57		ANDERSON, MARC	55	:28.35 SR
100 M BUTTERFLY			100 M BREASTSTROKE				BOULWARE, JAMES W	56	:31.01
Mackey, Brian	31	1:09.46	Hugo, Steve D	46	1:22.92		FLYNN, LOU L	59	:31.72
			SNYDER, SCOTT	47	1:32.05		100 M FREESTYLE		
			50 M BUTTERFLY				FLYNN, LOU L	59	1:14.02
<b>MEN 40 TO 44</b>			Doig, Peter	45	:30.00		200 M FREESTYLE		
50 M FREESTYLE			200 M INDIVIDUAL MEDLEY				ANDERSON, MARC	55	2:25.55 SR
O'TOOLE, SEAN T	43	:27.81	Doig, Peter	45	2:30.78		FLYNN, LOU L	59	2:39.78
Hugo, John M	44	:28.06	HAFDAHL, JIM	49	3:41.56		400 M FREESTYLE		
SHELQUIST, PETE	42	:28.12					FLYNN, LOU L	59	5:49.60
BENACCI, JOSEPH C	42	:29.07				<b>MEN 50 TO 54</b>	NOVAK, DANIEL G	55	7:55.76
Hugo, Charles L	42	:29.53	50 M FREESTYLE				800 M FREESTYLE		
FINE, ALAN R	42	:30.64	HEDRICK, TRIP	50	:25.23 SR		FLYNN, LOU L	59	11:54.79 SR
BROWN, ANDREW P	41	:32.98	LUKENS, JEFFREY A	51	:27.43		1500 M FREESTYLE		
100 M FREESTYLE			BOVARD, RALPH	52	:30.04		ANDERSON, MARC	55	21:42.23 SR
Hugo, John M	44	1:02.72	HEILMAN, JAMES M	53	:31.19		NOVAK, DANIEL G	55	31:16.13
O'TOOLE, SEAN T	43	1:03.79	PEITSO, CHARLES M	54	:31.64		50 M BREASTSTROKE		
DITTENHOFFER, ALEX	44	1:13.34	POGUE, TOM G	50	:32.39		MYERS, SAMUEL L	55	:41.57
FINE, ALAN R	42	1:16.48	SCULLY, TERENCE J	52	:32.82		100 M BUTTERFLY		
200 M FREESTYLE			FINE, GARY M	54	:35.42		NOVAK, DANIEL G	55	2:04.71
O'TOOLE, SEAN T	43	2:20.39	100 M FREESTYLE				200 M INDIVIDUAL MEDLEY		
SHELQUIST, PETE	42	2:24.27	HEDRICK, TRIP	50	:56.49 SR		NOVAK, DANIEL G	55	4:24.85
400 M FREESTYLE			LUKENS, JEFFREY A	51	1:05.64		400 M INDIVIDUAL MEDLEY		
O'TOOLE, SEAN T	43	5:04.22	BROWN, PERRY	52	1:09.34		NOVAK, DANIEL G	55	8:58.82
DUFAULT, ROY J	42	5:31.57	HEILMAN, JAMES M	53	1:09.96				
800 M FREESTYLE			POGUE, TOM G	50	1:15.32		<b>MEN 60 TO 64</b>		
O'TOOLE, SEAN T	43	10:33.51	BOVARD, RALPH	52	1:18.19		50 M FREESTYLE		
1500 M FREESTYLE			JOHNSON, WALT C	50	1:26.37		NELSON, TERRY F	63	:42.06
BURNS, MICHAEL	44	19:51.15	200 M FREESTYLE				100 M FREESTYLE		
50 M BACKSTROKE			BROWN, PERRY	52	2:28.31		NELSON, TERRY F	63	1:37.57
BROWN, ANDREW P	41	:42.47	HEILMAN, JAMES M	53	2:37.44		PELISSIER, JIM	60	1:43.05
FINE, ALAN R	42	:45.45	PEITSO, CHARLES M	54	2:47.88		200 M BACKSTROKE		
100 M BACKSTROKE			SCULLY, TERENCE J	52	2:52.08		PELISSIER, JIM	60	3:05.38 SR
Hugo, Charles L	42	1:14.28	POGUE, TOM G	50	2:57.89		100 M BREASTSTROKE		
50 M BREASTSTROKE			400 M FREESTYLE				PELISSIER, JIM	60	1:25.96 SR
Hugo, Charles L	42	:40.05	BROWN, PERRY	52	5:39.94				
FINE, ALAN R	42	:41.10	1500 M FREESTYLE				<b>MEN 65 TO 69</b>		
BROWN, ANDREW P	41	:46.64	WINDRATH, PAUL	50	21:41.13		50 M FREESTYLE		
100 M BREASTSTROKE			JOHNSON, WALT C	50	31:04.04		BEARD, TRAVIS	65	:48.87
Hugo, Charles L	42	1:28.79	50 M BACKSTROKE				100 M FREESTYLE		
KING, ROBERT E	40	1:29.22	LUKENS, JEFFREY A	51	:33.49 SR		BEARD, TRAVIS	65	2:12.20
DITTENHOFFER, ALEX	44	1:33.01	JOHNSON, WALT C	50	:44.75				
FINE, ALAN R	42	DQ	FINE, GARY M	54	:53.57		<b>MEN 70 TO 74</b>		
200 M BREASTSTROKE			100 M BACKSTROKE				50 M FREESTYLE		
DITTENHOFFER, ALEX	44	3:25.67	LUKENS, JEFFREY A	51	1:12.92 SR		STANWAY, JAMES W	70	:36.62
50 M BUTTERFLY			200 M BACKSTROKE				100 M FREESTYLE		
Hugo, John M	44	:29.14	LUKENS, JEFFREY A	51	2:38.47 SR		ANDERSON, DAVE	73	1:14.13
DUFAULT, ROY J	42	:31.62	WINDRATH, PAUL	50	2:45.48		200 M FREESTYLE		
BENACCI, JOSEPH C	42	:32.11	50 M BREASTSTROKE				ANDERSON, DAVE	73	2:43.12
KING, ROBERT E	40	:34.54	BOVARD, RALPH	52	:37.75		STANWAY, JAMES W	70	3:12.98
100 M BUTTERFLY			FINE, GARY M	54	:45.51		50 M BACKSTROKE		
KING, ROBERT E	40	1:15.35	100 M BREASTSTROKE				STANWAY, JAMES W	70	:46.49
DUFAULT, ROY J	42	1:16.78	BOVARD, RALPH	52	1:33.50		50 M BUTTERFLY		
200 M INDIVIDUAL MEDLEY			FINE, GARY M	54	1:42.47		STANWAY, JAMES W	70	:49.26 SR
KING, ROBERT E	40	2:48.68	200 M BREASTSTROKE						
SHELQUIST, PETE	42	2:49.77	BOVARD, RALPH	52	3:20.40		<b>MEN 75 TO 79</b>		
			50 M BUTTERFLY				50 M FREESTYLE		
<b>MEN 45 TO 49</b>			HEDRICK, TRIP	50	:26.23 SR NR		BROWN, DONALD R	77	:44.25
50 M FREESTYLE			PEITSO, CHARLES M	54	:33.49		PRESTON, FRANK	76	:45.65
Doig, Peter	45	:27.15	POGUE, TOM G	50	:39.73		BOVARD, GILBERT K	77	:51.43
ZUTTER, DANIEL	46	:28.34	100 M BUTTERFLY				100 M FREESTYLE		
50 M FREESTYLE			HEDRICK, TRIP	50	1:00.96 SR NR		BROWN, DONALD R	77	1:48.42
Hugo, Steve D	46	:29.08	200 M BUTTERFLY				200 M FREESTYLE		
100 M FREESTYLE			WINDRATH, PAUL	50	3:11.72 SR		BROWN, DONALD R	77	4:02.31
Doig, Peter	45	1:01.41	200 M INDIVIDUAL MEDLEY				1500 M FREESTYLE		
ZUTTER, DANIEL	46	1:03.26	PEITSO, CHARLES M	54	3:04.75		PRESTON, FRANK	76	39:35.01
200 M FREESTYLE			SCULLY, TERENCE J	52	3:20.44		50 M BACKSTROKE		
GOMEZ, CHRIS M	49	2:48.21	400 M INDIVIDUAL MEDLEY				BOVARD, GILBERT K	77	:59.49
HAFDAHL, JIM	49	3:06.71	WINDRATH, PAUL	50	5:59.22 SR		100 M BACKSTROKE		
800 M FREESTYLE							BOVARD, GILBERT K	77	2:11.86
GOMEZ, CHRIS M	49	12:23.26							

50 M BREASTSTROKE		
BOVARD, GILBERT K	77	1:04.64
100 M BREASTSTROKE		
BOVARD, GILBERT K	77	2:23.34

#### MEN 80 TO 84

50 M BACKSTROKE		
HAKOMAKI, RAYMOND	84	:53.10
100 M BACKSTROKE		
HAKOMAKI, RAYMOND	84	1:59.45
200 M BACKSTROKE		
HAKOMAKI, RAYMOND	84	4:35.50
100 M BREASTSTROKE		
HAKOMAKI, RAYMOND	84	2:07.15

#### MEN 85 TO 89

50 M FREESTYLE		
JOHNSON, C.EDWARD	86	:46.78 SR
50 M BACKSTROKE		
JOHNSON, C.EDWARD	86	:56.86 SR

#### MEN 90 TO 94

50 M FREESTYLE		
BERG, RUBEN	91	4:39.13 SR
50 M BACKSTROKE		
BERG, RUBEN	91	2:49.37 SR
100 M BACKSTROKE		
BERG, RUBEN	91	5:41.73 SR
50 M BREASTSTROKE		
BERG, RUBEN	91	5:11.33 SR

#### MEN 76 AND OVER

400 M FREE RELAY		
WISC		3:53.97
Rausch, Kyle	29	
Batty, John	21	
Milberger, Aaron	23	
Ballweg, Kevin	19	

#### MEN 160 AND OVER

200 M FREE RELAY		
MIXED CLUBS		DQ
HUGO, ZOE	65	
HUGO, STEVE	46	
HUGO, JOHN	43	
HUGO, CHARLES	42	

400 M FREE RELAY		
MIXED CLUBS		DQ
BOVARD, RALPH	52	
HUGO, STEVE	46	
HUGO, JOHN	44	
HUGO, CHARLES	42	

200 M MEDLEY RELAY		
MIXED CLUBS		DQ
HUGO, CHARLES L	42	
HUGO, STEVE	46	
HUGO, JOHN	44	
HUGO, ZOE	65	

#### MEN 200 AND OVER

200 M FREE RELAY		
NSC		2:10.24
BROWN, PERRY	52	
POGUE, TOM G	50	
HAFDAHL, JIM	49	
WINDRATH, PAUL	50	
400 M FREE RELAY		
NSC		4:54.43 SR
HAFDAHL, JIM	49	
BROWN, PERRY	52	
POGUE, TOM G	50	
WINDRATH, PAUL	50	

#### MIXED 200 AND OVER

200 M FREE RELAY		
MIXED CLUBS		DQ
BOVARD, RALPH	52	
BOVARD, GILBERT K	77	
TYE, SALLY	51	
HUGO, NANCY	40	

200 M MEDLEY RELAY		
MIXED CLUBS		DQ
BOVARD, RALPH	52	
BOVARD, GILBERT K	77	
TYE, SALLY	51	
HUGO, NANCY	40	

#### SPLITS: WOMEN 60 TO 64

800 M FREESTYLE		
SMOLLEN, CAROL S	60	15:38.71 SR

#### SPLITS: MEN 25 TO 29

100 M FREESTYLE		
Rausch, Kyle	29	:55.98

#### SPLITS: MEN 55 TO 59

400 M FREESTYLE		
ANDERSON, MARC	55	5:37.49 SR
800 M FREESTYLE		
ANDERSON, MARC	55	11:29.42 SR

#### SPLITS: MEN 60 TO 64

50 M BREASTSTROKE		
PELLISSIER, JIM	60	:39.40 SR

## Minnesota 5 mile lake swim results

TIME	NAME	AGE	TIME	NAME	AGE	TIME	RELAY TEAM	CLASS
1:53:32	KRISTIN RIGG	24	2:01:11	TOM EMISON	46	1:57:55	SCHMIDT HEIBERG McMILLEN	WOMEN
2:00:13	DIANE GALATOWITSCH	15	2:02:44	PETER ROCCA	47	2:04:53	LARSON KING REINARTZ	MEN
2:01:26	BARBARA SCOULER	21	2:01:11	MIKE BURNS	43	2:10:26	ANDERSON STRAUSS WERSINGER	MEN
2:01:52	THEA FLEMING	21	2:04:48	CARY ROBINSON	33	2:15:40	BOSVELD ZEMLIN BOSVELD	MIXED
2:05:09	KIM PARKINSON	23	2:07:04	ANTHONY SARRACK	38	2:18:03	LAZARUS LU KIRKVOLD	MIXED
2:07:13	MICHELLE FANGMEIER	26	2:08:27	SCOTT TRIPPS	34	2:19:33	GRIFFEN THIEL COOK	MIXED
2:11:54	PEGGY KRATZ	44	2:08:44	BRYAN ERDMAN	33	2:22:52	LUNDBERG ANDERSON ROSS	MEN
2:12:17	KATELYN HUNT	14	2:10:16	PAUL WINDRATH	50	2:23:06	WAATAJAES 3 EA	MEN
2:12:51	JEANNE ROCCA	45	2:14:21	PETER HANSON	39	2:23:33	TURNER LIEN HARRISON	MIXED
2:17:29	MELISSA FROEHLE	26	2:21:51	KEN FISCHER	43	2:24:56	BURNS DECKNADEL GROEBNER	WOMEN
2:20:18	JANE HUDAAK	38	2:25:52	DAVID COOK	45	2:27:48	SNYDER DAVIS GUNTHER	MEN
2:20:31	DONNA ANDERSON	44	2:28:20	PETER JOHNSON	55	2:29:44	KERSTEN STULKEN CLEBERG	MIXED
2:20:48	KATY DONNDELINGER	18	2:30:21	JASON RYSAVY	30	2:31:52	HORN ALLEN ERICKSON	WOMEN
2:22:07	TINA HACKER	28	2:30:31	BOB SCHROEDER	47	2:37:04	SIEFERT SIEFERT ROSS	MIXED
2:24:24	KATIE MELMER	35	2:38:27	CHARLIE SAWYER	48	2:48:09	MORRISON CLEVELAND SWANSON	MIXED
2:25:43	KARI KOLBA	24	2:41:20	TIM OOLMAN	50	2:48:22	ZACHMAN ZVOSEC CHIN	MIXED
2:27:27	LINSEY HILLESHEIM	27	2:50:00	GEORGE FRASER	47	3:01:58	MELCHERT ERLANDSON KRAFT	MIXED
2:27:32	LORRAINE TURNER	42	2:53:32	ROBERT McCOLLOR	66	3:02:03	FARRAR TURNER TURNER	MIXED
2:29:00	MARY HAUFF	43	2:53:33	TOM PRITZKER	47			
2:31:44	DAWN HOELZEL	28	2:59:47	CHRISTOPHER WILSON	51			
2:50:25	MARTINA CAMERON	27	3:00:20	CRAIG STIMPET	39			
2:51:41	KATHY SMITH	55	3:01:09	STEVE McLAUGHLIN	46			
2:56:16	ANDREA HILAL	26	3:03:14	JOEL PESKAY	65			
2:56:34	JUDY BOUDREAU	56	3:17:01	DAN NOVAK	54			
3:06:39	MEGAN DYKOSKI	24	3:22:02	BRAD SCHROEDER	32			
DNF	JENNY ALFONSO	23	3:37:23	ROB BOND	63			
DNF	JANE HANSEN	43	3:39:09	BOB DYKOSKI	64			
			3:43:14	JOHN WAGNER	50			
			3:55:17	TOM DICKENSON	49			
			DNF	WALT JOHNSON	50			
			DNF	ERNIE KERTSCHER	64			

# 2004 POSTAL PENTATHLON SWIM MEET

**Sponsors: Minnesota Masters Swim Club and Minnesota LMSC.**

**Eligibility: Open to all registered masters swimmers for the 2004 or 2005 season.**

Conduct of Meet: Participant swims the 5 events in a specific course (Sprint, Middle Distance, or Ironman - no mixed courses), preferably in a 25 yard pool, Butterfly, Backstroke, Breaststroke, Crawlstroke, and Individual Medley. All results will be based on a 25 yard course, swims performed in meter pools must indicate that their entries are from a meter pool so their times are converted to a yard equivalent. The meet results will compare each event of the pen-tathlon amongst the participants. It is recommended that the pentathlon legs be swum in the order Butterfly, Backstroke, Breaststroke, Crawlstroke, and then Individual Medley. The events must be swum during the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period. Participants may swim the Sprint, Middle Distance, or Ironman courses. If you desire to swim more than one course you should swim each course on a separate day. **All times must be recorded to the 1/100th of a second. Times not reporting tenths or hundredths will have 9's inserted for the missing digits.** The pentathlon must be swum from September 1, 2004 to December 15, 2004 and the entries must be post-marked by December 24, 2004, include a copy of your USMS registration card or foreign equivalent. **Incomplete entries will be returned and assessed a \$3.00 (US funds) admini-stration fee. All fees are nonrefundable.** Sanctioned by Minnesota LMSC for USMS, Inc. 304-011

Age Groups: 19-24, 25-29, ... , 95-99, 100+. Age will be determined by the swimmers' age on December 15, 2004.

Awards: Winners of each age group will receive a special award. All participants may purchase a participation T-shirt for \$12.00 (US funds), XXL shirts \$15.00(US). Certificates of completion are available for \$3.00(US) per course.

Entry Fee: \$10.00(US) per course. Make checks payable in US funds to: Postal Pentathlon. All fees nonrefundable

Send entries to: 2004 Postal Pentathlon  
c/o Sarah Hromada  
P.O. Box 24602  
Edina MN 55424 USA

Questions: Sarah Hromada  
Phone-Day: (612) 866-1990  
Evenings: (952) 941-5557  
Fax: (612) 866-9517  
E-Mail: PostalPentathlon@usms.org

PLEASE INDICATE SHIRT SIZE WHEN ORDERING A PARTICIPATION SHIRT.

Name: \_\_\_\_\_ USMS or foreign registration #: \_\_\_\_\_

Address: \_\_\_\_\_ Swim Club: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Sex: M F Phone Days: \_\_\_\_\_ Evenings: \_\_\_\_\_

Shirt Size: **S M L XL XXL** Shirt Type: **Sprint Middle Distance Ironman** Birth Date : \_\_\_/\_\_\_/\_\_\_  
Mon/Day/Year

Entry Fee: \$ \_\_\_\_\_ Shirt: \$ \_\_\_\_\_ Certificate: \$ \_\_\_\_\_ Total Fees: \$ \_\_\_\_\_

Enter your times for each individual event. Circle pool type: **Yards / Meters.**

**Sprint course** 50 Yards/Meters each stroke and 100 IM Date Swum \_\_\_/\_\_\_

Fly \_\_\_\_\_ Back \_\_\_\_\_ Breast \_\_\_\_\_ Crawl \_\_\_\_\_ IM \_\_\_\_\_

**Middle distance** 100 Yards/Meters each stroke and 200 IM Date Swum \_\_\_/\_\_\_

Fly \_\_\_\_\_ Back \_\_\_\_\_ Breast \_\_\_\_\_ Crawl \_\_\_\_\_ IM \_\_\_\_\_

**Ironman course** 200 Yards/Meters each stroke and 400 IM Date Swum \_\_\_/\_\_\_

Fly \_\_\_\_\_ Back \_\_\_\_\_ Breast \_\_\_\_\_ Crawl \_\_\_\_\_ IM \_\_\_\_\_

I the undersigned have participated in the Postal Pentathlon having swum the designated events in the recommended time period.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Mas-ters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING THESE ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature: \_\_\_\_\_

Witness: \_\_\_\_\_

**IRONMAN**  
**200 FLY, BACK, BREAST, CRAWL, 400 I.M.**

SPRINT  
50 FLY, BACK, BREAST, CRAWL, 100 I.M.

MIDDLE DISTANCE  
100 FLY, BACK, BREAST, CRAWL, 200 I.M.

## MINNESOTA LMSC OFFICERS AND COMMITTEE CHAIRS:

Chair, Sanctions, Safety, Long Distance	Tina Neill, 651-696-6648, polarswim@aol.com
Registrar	Sarah Hromada, 612-866-1990, johnsonhromada@mindspring.com
Treasurer	Mike Burns, Mike_Burns@Malt-O-Meal.com
Secretary	Paul Windrath, 651-388-8524, windrath@redwing.net
Top Ten/Records	Mary Beth Windrath, 651-388-8524, mbswims@redwing.net
Newsletter & Medical Corner	Ralph Bovard, 651-488-1315, rsbovard@mac.com
Webmaster	Scott Ennis, scottennis@tcinternet.net
Minnesota Masters Swim Club President	Tom Emison, Thomas_emison@rsmi.com
Officials	Roger Cersine

## Membership

Don't forget to renew ! USMS Registration begins November 1, 2005! Contact Sara Hromada, P.O. Box 24602, Edina, MN, 55424, johnsonhromada@mindspring.com for questions. There is an application form in this newsletter or register online through the MN masters website (www.minnesotamasters.com).

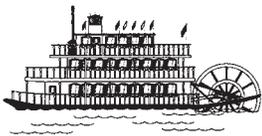
Contact us if questions. Your membership includes SWIM magazine every other month. You will receive the MN masters "Old Sternwheeler" and are automatically insured for all USMS sanctioned meets.

### FEE Schedule

<b>USMS Registration Fee</b>	<b>\$35.00</b>
(valid thru 12/31/04) *includes newsletter	
<b>Club Registration Fee</b>	<b>\$50.00</b>
(valid thru 12/31/04)	
Clubs other than BACM, MDCM, MINN, MV, NHCP, NSC, NSMD, SEMS, STMA, TYR	
<b>Newsletter Only Fee</b>	<b>\$10.00</b>
<b>Meet Sanction Fee</b>	<b>\$20.00</b>
<b>Meet Recognition Fee</b>	<b>\$20.00</b>

*Make all checks payable to:*

MINNESOTA LMSC



**Minnesota Masters Swimming**  
c/o Sarah Hromada  
P.O. Box 24602  
Edina, MN 55424

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