

◆ The Wave Eater ◆

Volume 6, Issue 3

September 1, 1998

Editor Noise

Just a few brief notes for you this time! One... if you MOVE... we are good but we are NOT psychic! Nor does bulk mail follow you!

Two, if you know someone who has moved, ask them if we have their new address

Three, if you have news of interest for the newsletter, as always... send it in!

Four, when registration renewal rolls around, please take care of it.

Five, for those travelling to National meets in the 1998-99 season, PLEASE do not call the registrar the night before the deadline and request a card. What if the registrar is out of town?

Remember in all things... Procrastination on your part does not constitute an emergency for every one else!!

Happy Laps!!

PRESIDENT's CORNER

By Donald J. Kroeger

How time flies! It seems as if spring was just around the corner and I was looking forward to summer. Now, August is here and it's time to set up for the Fall Schedule. First, before I talk about the Fall Schedule, I am going to reflect over the last three months of what has happened in Michigan Masters.

To start, in the May/June issue of Swim Magazine, the 1997 Pool All-Americans and the 1997 USMS Long Distance All-Americans were listed. The state of Michigan had seven of its swimmers listed in the Pool All-Americans and four in the USMS Long Distance All-Americans. Plus we also had four swimmers on the 1997 Long Distance All-Stars. Congratulations to all!

In May, 87 Michigan Masters Swimmers participated in the National Short Course Nationals in Indianapolis and finished third over all as a large team.

June came and saw four from Michigan travel to Casablanca, Morocco, for the VII FINA World Championship. No team scores were kept, but each of the swimmers finished in the top ten for the events they swam. We also had our first Long Course Meet In Ann Arbor with about 30 in attendance. In July, we had our annual picnic in Dearborn following the second Long Course meet of the summer with approximately 40 Masters swimmers.

August is here and Marilyn here and Marilyn will have hosted her Harbor Springs Coastal Crawl swim and the National Long Course Championship will be over in Ft. Lauderdale, Florida, before this newsletter edition reaches you.

Now for our fall schedule. We have four Masters Swimming meets scheduled. They are: Harbor Springs in Oct.; Monroe YMCA and Saginaw YMCA in November and the final meet of the '98 season will be at MSU in December. On the National scene we have two events, the 3000 and the 6000 yard National Postal swims and our Great Lakes Zone Meet in Indianapolis, Indiana in late October.

Finally in September the council will be meeting to setup the winter schedule and hopefully will have a site for the State Meet and a date set.

If you have any questions or would like to host a Masters Meet this year, give me a call. For now, keep on swimming!

Don't forget to visit our Master's website:

<http://www.flash.net/~kgutowsk/mmasters.htm>

SUMMER FITNESS

By Jennifer Parks

It's still summer and I'm writing about continuing to be fit for the swimming year ahead. Some of you are working harder than ever because of the good weather, getting ready for Nationals or Triathlons. Some of us are just trying to hang on to our fitness as the summer winds down. Remember mental fitness is really important so savor the beautiful sunsets in August and September, the opportunity to be outside, the soft summer air, and the special camaraderie of family and friends. Also, as we prepare to go inside, try to work on stroke techniques as well as conditioning. It's important to build gradually so you don't injure shoulders or knees. Cross training is good for variety and our bodies.

Walking is excellent for stalling osteoporosis and for looking at beautiful fall finery. Strength training is valuable to protect joints, reducing body fat percentage, boosting metabolism so try it a couple to times a week, too. And try that 3,000, (or 6,000, if you're in good shape in September or October) event. I often wait 'til the end of October when I think I'm in better shape!

Fitness Event Move

We are thinking of moving the postal 1650 to December, from February when we compete with other fitness events (Feb. is Fitness month). The proceeds

would go to the American Red Cross. Please let me know what you think of this idea, and maybe give us some ways that we could punch it up a bit and get more participation. And if you have other ideas about fitness events and such, just let me know. **Get involved with Masters - we need new ideas!**

LYNNE AWARD

By Jennifer Parks

We did not award the "Lynne" at Dearborn. We would like to introduce this award at the State Meet next spring. In the meantime, if you have nominees for this award, please send their names and their story to me. The awards will be for "courage and tenacity," overcoming illness or injury or disability, and continuing to participate in this best of all sports, swimming. There may be multiple awards each year. There are many quiet heroes out there and it's important to hear about them. (My address is on the newsletter or send via e-mail: JenSwims@aol.com)

You can't swim
fast in meets by
swimming slow
in practice.

TIMES PAST

By Skip Thompson

For the past seventeen years I have had the great fortune to have trained and competed with many masters swimmers from the South Oakland Seals. I have known many great outstanding masters swimmers from SOS but Lynne Weir stands out to be especially remembered. When Lynne passed away on April 7, 1998 she had just turned 57. She started swimming as a youngster in Indiana and qualified for the 1956 Olympic Trials in the 100 and 200 Breaststroke. She started masters swimming in 1974. Some of her friends and competitors at the time were Jennifer Parks, Joyce Burrell, Carolyn DeLuca, Peggi Wirth, and Carol Rhudy. At the 1975 USMS Short Course Nationals at age 34; Lynne placed 4th in the 1650, 5th in the 500 Free, 100 Breast, and the 200 Breast, and 7th in the 50 Fly. Also that year she volunteered to be Secretary of Michigan Masters Swimming Association. In 1976, aging up to the 35-39 age group she won 3 National titles at the Long Course Nationals taking the 100, 400, and 1500 Meter Freestyles and taking 2nd place in the 50 and 200 Freestyles. In the 1976-77 Short Course Yards season she set National Records in the 50 and 200 Yard Freestyles and would have had one in the 100 Yard Free but was beaten out by Michigan Masters teammate Joyce Burrell from Lansing who got that National Record. Lynne ended up winning the 500 Yard Free and was 2nd in the 1650 Free. She ended up with 6 First Place times

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Staying Young with Frost!

As Elmer Frost, age 75, has been quoted as saying, "The secret to life is in the doing, it's the journey that counts." And this is a man who having had triple by-pass and artery surgery in the past 5 years should know. Mr. Frost has been swimming for 60 years. Endurance has always been his forte even when he was an AAU champion in 1944 while in the Army. In fact, at age 53 in 1976, at the Michigan Masters State meet Elmer decided to swim all the events. All, you say? Yes... ALL 17 of them. A funny thing happened the following year. There was a new rule created limiting the number of events a swimmer may swim. He took home eight medals from this year's State Meet at EMU.

*... he swam
and logged
215,000 yds.
(more than
115 miles)...*

1992 brought perhaps proof of his ongoing stamina when in the month of February for the annual February Fitness Challenge (postal event) he swam and logged 215,000 yds. (more than 115 miles) leaving his closest competitor more than 50 miles behind.

Upon graduation from Wayne State (in his 30's) Elmer became a teach and coach. Teaching math and coaching swimming for 20 years, mostly at Cody High School in Detroit. Today he swims about 1200 yds two or three times a week at the Livonia Family Y and stays he thinks he knows the key to healthy living. "Exercise, rest and diet."

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in the National Top Ten for 1976-77. She was also Meet Director of the 1977 Michigan Masters State Championship Meet at West Bloomfield High School along with King Yeager and was appointed Women's Records Chairman at the Annual Meeting.

From 1977 to 1981 Lynne coached the Oakland Community College (OCC) Women's swim team and was responsible for getting the SOS team workouts moved from the Birmingham YMCA to OCC on weekends and two years later getting the annual SOS swim meet at that location. SOS is still practicing at OCC to this day. Lynne did not compete in the 1978-79 season because of coaching responsibilities at OCC. In 1981, Lynne was the Meet Director of the first Short Course Yards Zone championship held in Michigan at OCC. She also aged up to the 40-44 age group and won the 50 Meter Free and the 100 Meter Free setting a National Record in the latter at the Long Course Nationals In 1982, she was Meet Director of the 1982 Michigan Masters State Championship Meet along with Ed Gray and helped lead SOS to their first State Championship. This was about the time I joined the SOS team and I remember the first time I met Lynne Weir. It was at the Cranbrook Swim Club and I was their for the first workouts of the summer. Bo Rhudy introduced me to the members of the team. I remember reading about the SOS team in the newspaper and they were the largest team in my local area. The people that were their that day were: Dennis and Connie Carter, Bo and Carol Rhudy, Ed Gray, Matt Kanzler, Tom Spear, Tom Koenig, Pete Morrissey, Paul Ciske, Ray Martin, Ed Brown, Ed Campbell, Ian Pesses, Dennis Laurish, David Harell, Joan Runkel, Barb Church, Barb Dreher, Gayle Champagne, Sue Thoms, and Berge Najarian. I remember the workout we did and it was so hard. I remember being sore and tired but I showed up the next day at Beachview Swim Club and Tom Spear put us through a grueling IM workout. I didn't know most of these people but they were a powerful group that captured by imagination because they worked out so hard and did very challenging workouts and that was my style. Lynne Weir was one of the best that day and did the whole workout with everybody else.

I remember going to a Labor Day party in 1982 at Bo & Carol Rhudy's house. There were 30 or so people there and they seemed to be very friendly and nice besides being very good swimmers. It was apparent to me that Lynne was one of the leaders of this group of swimmers. The fall season would start and our team would begin workouts at OCC and Seaholm High School. The first meet I swam in was at OCC that the SOS team sponsored. All the people swimming in the meet got together at Pete Morrissey's house for a big party afterwards. They had accommodations for about 100 people. The party was a lot of fun. The next meet I remember going to was at Brighton High School on December 5, 1982. I remember Bo Rhudy getting a bus and everybody meeting at Lynne Weir's house to go to the meet together. About 20 people went. We had about 20 people from SOS go to the 1983 USMS Short Course Nationals at Fort Lauderdale to represent Michigan Masters. The team had a party at Tom Koenig's brother's house, which was great fun. Lynne went to the meet and was disappointed because she got three 2nd, and three

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3rd places. I though she did real well and compared to myself I did not place in the Top 10 in anything. She was the Michigan Masters Women's High Point winner for the meet. The things I remember most about my first 7 years of swimming was the meets and the socials that followed. It seemed the Rhudy's, Weirs, and Spears always had parties after SOS had sponsored meets for all Michigan Masters swimmers who swam in the meet. I got to know Lynne very well in the next 4 years.

From 1984 to 1986, Lynne swam in the YMCA Nationals and in the 3 years took 21 1st place wins. The only other person I remember winning all their events for 3 straight years from Michigan Masters was Bob Jennings from 1991 to 1993 and he took 18 1st places. The only relay that I was on that set a YMCA National Record was with Lynne, Barb Dreher, and Tom Spear all teammates from SOS. This was in 1985 at the Justus Aquatic Center in Orlando. Lynne also went to the first International World Masters Swimming Championship in New Zealand and won the 200, 400, 800, 1500 Freestyles and took 2nd place in the 50 Free, 200 Back, and 200 IM. She took 3rd place in the 100 Free. In 1984, Lynne won the Chetrick award for outstanding service and commitment to Michigan Masters. At the time she was serving as President-Elect/Vice President of Michigan Masters to succeed President Mike Murphy in one year Besides being Meet Director for many local and state championships and being Secretary and Records Chairman, she also served on the USMS Championship and International Committees.

The year of 1986 seemed to be a special year for Lynne. I remember Lynne hardly ever missing a workout, she taught classes at OCC so she was around the pool a lot. I remember her picking up the intensity in the workouts that we did as a team. She was swimming in the first of 3 groups of workouts which is the most yardage and has the toughest intervals to make. A lot of the training SOS did at OCC was distance based training and Lynne seemed to thrive on that. Back in those days it was common to go 6000 Yards for both Saturday and Sunday workouts. Our team would have workouts from 8:00 AM to 10:00 AM and would always never be done early. We'd go to the local restaurant and catch breakfast and do some socializing to recover. I think almost everyone had to take a nap to get through the day.

I remember the whole team really looking forward to her swimming really well at the World Championships in Tokyo.

Lynne would be aging up to the 45-49 age group in April so she was working extra hard for goals she wanted to achieve. Lynne and Bill Weir had several swimming parties at their home and entertained quite a bit. The one party that I will never forget and I haven't been to one like this since. Lynne Weir and Barb Dreher were going to turn 45, I believe Barb is 3 days older than Lynne so they could celebrate together. They decided to have the party at "Larry Bridges Bar" (a former masters swimmer who died of cancer) in Mexican Village in Detroit under the Ambassador Bridge that goes into Canada. I remember walking in and seeing about 100 people mostly swimmers from all over the state. Lynn and Barb were celebrating getting into the new age group and in the next 6 weeks would be attending the Y Nationals in Indy and the USMS Nationals in Florida. In two months they would be off to Tokyo, Japan for the 1986 World Championships along with Ed Gray. I think Lynne was really waiting for this moment. I know we all kin of go on this ritual when we age up as masters swimmers. I remember the whole team really looking forward to her swimming really well at the World Championships in Tokyo.

At the 1986 USMS Short Course Nationals in Fort Pierce, Florida, Lynne won all six of her events. She won the 50, 100, 200, 500, 1650 Freestyles and the 400 IM. She set USMS National Records in the 500 and 1650 Freestyles. Nobody in Michigan Masters swimming history has ever won 6 events at a USMS Nationals or taken 1st place in all freestyle events from 50 to 1650 distances. In Tokyo at the 1986 World Championships Lynne took 1st place in the 400 Free, 800 Free, and the 200 IM. All of the swims were USMS National Records and the 800 Free was a World Record. She also took two 2nd places in the 100 and 200 Free. When the Top Ten for 1986 Short Course Yards came out, Lynne won 8 events, took 2nd in 3 events and 3rd in 2 events. She won the 50, 100, 200, 500, 1000, and 1650 Free and the 200 IM and the 400 IM. She set USMS National Records in the 500, 1000, and 1650. When the Top Ten for 1986 Long Course Meters came out she won 2 events, the 100 Free and the 400 IM. For the year she had a total of 10 1st place times in her age group. To top off the year she swam the USMS 10 Kilometer National Postal Swim and set a USMS National Record of 2:47:07.36 which lasted until 1995. She accomplished

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all this while being President of Michigan Masters. 1986 would be the last year Lynne would ever compete for SOS and Michigan Masters.

In 1987, Lynne decided to take a well deserved break from masters competitive swimming but most of the people swimming on the team figured she would be back in a couple years working hard and setting some challenging swimming goals. Her term was up as President and our teammate Tom Spear became the new Michigan Masters President. I became Treasurer of Michigan Masters at this time so I started to get more involved and she started to get less involved. I took Lynne place on the Championship Committee after my first USMS convention in 1989 and became more involved with coaching and organizing workouts for SOS at OCC with Tom Spear that Lynne used to do. Between 1987 and 1989, our club SOS went through a lot of changes with people moving away or dropping out of swimming and with the new people coming in it was like a whole new group of people with about 10 regulars left from 1981-82. Lynne still practiced with

the team and I figured it was her willingness to keep the irons in the fire until she decided to compete again. Her husband Bill began to get quite interested in working out with the team and we always encouraged him. He was one of the swimmers in the Gator lane with Bonnie Spear, Beth Rice, Carol Rhudy, Jo Faul, Lois Nochman and Ray Mondro. Lynne stopped practicing with the team in 1990. I got the sense that her enthusiasm for competitive swimming is tempered by the realization that she already made big statements. Lynne started to get involved in other interests such as Historical Preservation of Buildings and Structures. I remember her spending a lot of time in Kalamazoo and me talking to her about the historical buildings on Western Michigan University East Campus where I went to college. She was also involved in showing her dogs at competitions.

In 1991, Lynne started spending more time at her home in Big Pine Key, Fla. About 1992 was when a lot of us heard the news that she had been diagnosed with lymphoma cancer. In 1993, Bill Weir retired from TRW and they sold their home in Michigan. I know in the last 5 years she fought this disease very hard and seemed to be coming out ok. In 1997, she swam the Tampa Bay Open Water 5 kilometer swim and won her age group and also swam 12 miles around Key West that summer. I remember talking to Jean Garbus and Tom Koenig (swimmers from Michigan who live in Florida) at the Nationals in Orlando last summer about Lynne and she seemed to defeat this disease. I was really happy everything was working out. I talked with Carol Rhudy and Jennifer Parks, who both visited Lynne recently and they said she seemed to be in fine health. Then she was diagnosed with a tumor in early March and died shortly thereafter.

I was talking with Jennifer Parks sometime in 1997 and we both commented that Lynne should have received the Lawrence Award, which is given to a Michigan Masters swimmer that achieves outstanding performances in USMS Masters swimming representing the Michigan Masters Club. 21 different people have won this award since 1978. Once you win the award you are not eligible to win it again. She got passed over somehow not intentionally it just kind of happened. I remember thinking in 1986, that for sure she will get that award someday because she was only 45 and had many years of swimming left. Boy was I wrong! This past year was the 25th anniversary of the formation of the SOS team and the winning of our 10th straight State Championship title. Our team has decided to institute an annual award devoted to an SOS swimmer whose service contributions, athletic performance, and dedication that best exemplifies the spirit, desire, and commitment for the advancement of Masters Swimming. Our team is going to present this at either the State Championship Meet or the Annual SOS Long Course meet in the summer at where a picnic usually takes place afterwards.

Carol Rhudy and myself nominated Lynne for this award in February 1998. We were hoping that she could come to the 25th reunion of the SOS team at the State Championship at Eastern Michigan University. With the Easter Holiday coming up she could not make it. Most of us did not know at that time about Lynne's current diagnoses, so it was a real shock when we heard of her death. Regretfully, we will not be able to present her this award. SOS has had 38 All-Americans and at least 25 volunteers and officers that have contributed to the success of the SOS team and the Michigan Masters LMSC/Club organization. The day has come to give Lynne Weir her well deserved place in SOS history. On July 12, 1998 she will officially be the first one to receive this award.

How will Lynne be remembered: As a person who loved her family, got along with well with many people,

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*...Lynne's time
in the 1650 at
1986 YMCA
Nationals at
Indianapolis
would have won
the 1998 USMS
Nationals...*

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and had a variety of interests. A person who got involved and cared about the development of masters swimming. A swimmer who possessed talent, who worked hard to achieve goals and usually did, because she had worked so hard during her journey to attain them. She will go down as one of the best swimmers ever in Michigan Masters history. I am among those fortunate enough to have been influenced by some of things Lynne did and the SOS team benefits today by them. Her spirit and influence will live on with SOS and Michigan Masters. On behalf of the SOS team, we send our sincere condolences to the family and friends of Lynne Weir.

Accomplishments-Records

·Only swimmer in Michigan Masters History to win 6 events at a USMS Nationals - 1986 Short Course Nationals. ·Won more events in the Short Course Yards Top Ten than any swimmer in Mich. Masters History (8 events). ·Only swimmer in Mich. Masters History to set USMS National Records in all freestyle events from 50 to 1650. 50 and 200 -1976, 100 -1981, 500, 1000, and 1650 1986. ·Had 10 Top Ten 1st places in Short Course Yards/ Long Course Meters seasons which ties Jewell Cooke for most titles in Mich. Masters History for a season. ·In 11 years won 21 USMS National Titles. ·USMS All American 8 total times 1976, 77, 81, 84, 86, and USMS Long Distance All American 1979, 84, 86. ·FINA World Record Holder - 800 Free 45-49 age group 1986. ·In 2 World Championship Meets 1984 New Zealand, 1986 Japan took 7 firsts, 5 seconds, and 1 third. ·Has 29 Michigan Masters Records dating back to 1986. ·Had the longest standing Open Water Long Distance National Record in Michigan Masters History (10K National Postal Swim) 1986 to 1995. ·Lynne's

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time in the 1650 at 1986 YMCA Nationals at Indianapolis would have won the 1998 USMS Nationals at Indianapolis by 7 seconds, twelve years later. *She is and will be missed.*

Editor's note: Please read the piece on the Lynne Award, herein and consider who you know that qualifies!

GRAND HAVEN

By Ken Danhof

The 4th annual Grand Haven 1.75 mile open water swim in Lake Michigan took place on Saturday July 18, 1998. Ideal conditions greeted the 74 swimmers. Water temp was a pleasant 68 degrees and the skies were clear. 35 minutes and 42 seconds later the first swimmer crossed the finish line. Danny Binkowski of Grand Haven age 17 was the overall male winner. His sister Andrea Binkowski was the overall female winner at 40:16. ***SHE IS 11 YEARS OLD!!!!*** Lest you think there was no competition, think again, Andrea beat 15 other swimmers in the 19 and under age bracket and 37 women in total.

Other notable finishers were Erika McKee, winning the female age 20- 29 in 43:40. Amanda Schuster winning the 30-39 in 41:02 with Andrea Funk in second at 42:11. Susan Bova won the 40-49 in 55:42. Jennifer Parks won 50-59 in 51:17

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Mens results include: Alec Mull winning the 20-29 in 36:12. Todd Mercer winning the 30-39 in 36:11 with Peter Shireman second in 41:49. Closest race of the day had to be mens 40-49 with Paul Crea-son narrowly edging Dave Shepard by 36:12 vs 36:13 That's right just one second!! Robert Tesch took the men's 50-59 in 44:28 and Dave Seibold at age 71 took the 60 and over in a remarkable 1:01.15

This is fun event with increasing participation each year. It is a point to point swim which means no turns or doubling back. Make it part of your summer workout schedule to swim in Grand Haven in 1999. This event sponsored and run by the

***Andrea
Binkowski was
the overall
female winner
at 40:16.
SHE IS 11
YEARS
OLD!!!!***

Former Teammates

This past spring at the SC Y Nationals 3 former teammates took Gold, Silver and Bronze in the 200m Freestyle (65+). They were Don Hill from the Olympic Club in San Francisco, our very own Michigan Master swimmer, John Ries and Illinois Masters swimmer Wayne Leegran. These three Masters swam together on the University of Michigan team in 1953.

Isn't it great to see old friends and develop new friendships?

Two Michigan Swimmers Head For New Zealand in World Games

by Phyllis Reid

*... she
piked
a dive
bit too
deeply
and
Cheryl*

In 1990 at the disabled summer national Jason Wening first introduced himself to disabled swimming. On and off during the preceding 5 yrs he had been swimming with an able bodied team. (Jason is a 23 year old double below-knee amputee and a Masters swimmer, as well.) In 1988, while reading about the disabled games in Seoul, he set the goal to qualify for the Nationals. During the summer of his first Nationals he upped the ante on his goals, deciding to make the 1992 Paralympic team as well as setting the record in the 400m freestyle. The summer of 1991 brought him his sought after world record. Success was again his when he swam a 4:52.54 in the 400m free. Second place in that race was a 4:52.6, but third place was in the neighborhood of 5:20. Jason says, "In 1996, it was much closer and I think Sydney will be even closer than that. I think swimmers like myself and some of the other international standouts really pushed the sport into the elite level in 1992 and it's only gotten better since."

Jason and teammate, Cheryl Angelelli are two of the 30 member U.S. Paralympic team and will be representing the United States at the 1998 International Paralympic Committee World Games in, Christ Church, New Zealand. October. Masters swimmer, Gail Dummer of Michigan State is slated to be the coach of that team. Jason works hard in the water to accomplish and maintain his world class speed. Currently he swims 2 two hour sessions, five days per week and once on Saturday. Each workout, he swims 6000 - 7000 yards. In addition, he will be finishing his Masters in biomedical engineering at U of M in May. He will then pursue his studies for a Ph.D. His plan is to study how the tendons, ligaments and muscles, support and move the shoulder. Having received a fellowship from the Dept. of Defense for his studies over the next three years, I think Jason will be extremely busy.

Also representing the United States at the International Paralympic Committee World Games is 29 year old Cheryl Angelelli of Roseville, Michigan. (Yes, we're recruiting her for Masters as well) Cheryl competed as an age group swimmer with the Macomb Marlins. However, at age 8, during practice she piked a dive bit too deeply and hit the bottom of the pool, breaking her neck and rendering her a quadriplegic. Her thoughts of competitive swimming were sidelined throughout her rehabilitation, High school and college until 1996 when she covered the Paralympics in Atlanta as a reporter. Being around the athletes made her once again long for her racing days. When she returned to Michigan following the meet she got involved in a program for swimmers with disabilities and in 1997 and 1998 she competed in the Michigan Wheelchair Games as well as competing at Nationals. From this years U.S. Championships she brought home a silver medal in the 100m freestyle and a bronze in the 50m free.

Currently training 90 minutes 4 to 5 days per week after work as the media relations coordinator for the Detroit Medical Center, Cheryl also does weight training. She is being coached by Steve Reicher of the Posedion Swim Club, who was also a nationally ranked disabled swimmer. In addition to swimming Cheryl is involved in recreational "quad rugby" which she says is, "sort of like football in a wheelchair" as well as wheelchair tennis. She was named Ms. Wheelchair Michigan and First Runner-Up Ms. Wheelchair America, both in 1991-92. She also is a free lance writer as time allows.

We look forward hopefully, to seeing both Jason and Cheryl at upcoming Masters meets and we wish them both GOOD LUCK in New Zealand!

Editor's note: While Cheryl's accident happened as an eight year old, none of us are infallible and accidents DO happen, which is why Masters swimming has a rule, stating that "during warm-up and warm-down swimmers shall enter the water FEET FIRST." So, swimmers, it's time to take notice of this rule and heed it. You will find at the meets this year that this rule will be strictly enforced. Please, keep yourselves and others safe by following the rules and PLEASE don't bother yelling at the guard or the safety marshal who is merely enforcing the rule. They are doing their part for safety, do yours. If you need a sprint lane and you do not see one, please ask the official or meet host to open one for you. Please do not simply CREATE one, for that's when accidents happen. Yes, the idea is to swim fast, but also to be safe!

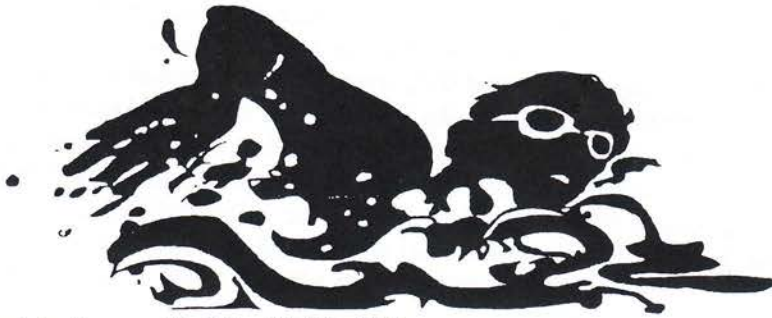
PARTIAL Meet Schedule 1998-99

This is the 1998-99 Meet schedule as it begins to shape up. The fall schedule is closed but there are weekends open for the winter/spring and Tom Moyer is contacting past Meet Hosts. IF (and that is only IF) you seriously would like to host a meet and have a location and a possible date, contact Tom Moyer at 517- 249-0043. The next newsletter will be out around Dec 1st and should have the complete winter/spring meet schedule

Date	Meet	Location	Contact
10-11-98	Harbor Springs	HarborSprings Community Pool	Marilyn Early 616-526-9824
11-7-98	Monroe Pentathlon Meet (Recognized)	Monroe YMCA	Don Kroeger 313-642-7175
11-14-98	Saginaw Meet	Saginaw YMCA	Tom Moyer 517-249-0043
12-6-98	Lansing Masters Meet	Michigan Sate University IM-West Sports Building	Wally Dobler 517-372-8096
1-17-99	Jackson Masters "Dead Weekend" Meet	University of Michigan's newly refurbished Canham Natatorium	Bill or Phyllis Reid 517-592-8908
3-14-99 (possibly 3-21)	Midland Masters	Midland Dow High School	Charlie Moss 517-631-1480

YMCA of Saginaw
1915 Fordney
Saginaw, MI 48601
(517) 753-7721

SWIMMING MEET November 14, 1998



Registration: 12:00 - 12:45 PM
Warm-Ups: 12:30 - 1:15 PM
Meet: Begins Approximately at 1:15 PM
Recognition #: 198014

EVENTS

- | | | |
|------------------------|----------------------|-------------------------|
| 1. 200 IM | 7. 25 Breaststroke | 13. 100 IM |
| 2. 50 Breaststroke | 8. 100 Freestyle | 14. 100 Backstroke |
| 3. 25 Backstroke | 9. 200 Medley Relay | 15. 50 Freestyle |
| 4. 200 Freestyle Relay | 10. 100 Breaststroke | 16. 25 Fly |
| 5. 100 Fly | 11. 50 Fly | 17. 400 Freestyle Relay |
| 6. 50 Backstroke | 12. 25 Freestyle | 18. 400 Medley Relay |

**INDIVIDUAL AGE GROUP
GROUPS**

18-24	45-49	70-74
25-29	50-54	Etc.
30-34	54-59	
35-39	60-64	
40-44	65-69	

RELAY AGE

19 & up
25 & up
35 & up
45 & up
55 & up
Etc.

Entry Fee: \$2.00 per event (5 event maximum, plus relays)

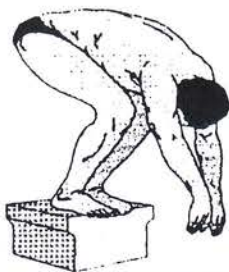
Ribbons awarded to 1st, 2nd, and 3rd place

NT(no time) will swim in the slowest heat

We have a five lane, 25 yard pool and a warm up cool down 20 yard pool.

Swimmers must enter the pool feet first in a cautious manner.

Diving will be permitted only from the designated sprint lane.

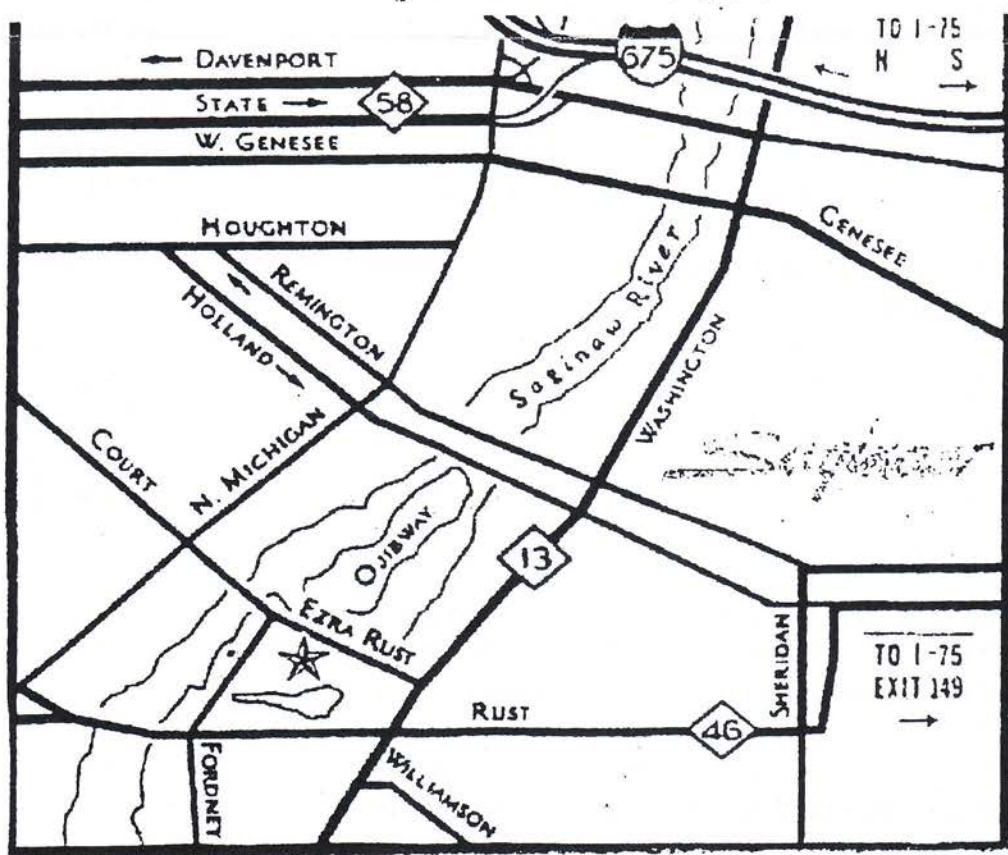


Name: _____ USMS#: _____ YMCA: _____

Release from Liability:

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 of the risks inherent in Masters and YMCA 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 YMCA of Saginaw swimming meet of 11-14-1998 and any activities incident thereto, I hereby waive any and all rights to claims of loss or damages including claims for loss or damages caused by the negligence, active or passive, or the following: United States Masters Swimming, Inc., The YMCA, the Local Masters Swimming committees, the clubs, host Facilities, Meet sponsors, Meet Committees or any individuals Officiating at the meets or supervising such activities. In addition I agree to abide by and be governed by the rules of the YMCA and USMS.

Competitor's Signature: _____ Date: _____



Monroe YMCA Pentathlon Masters Swim Meet

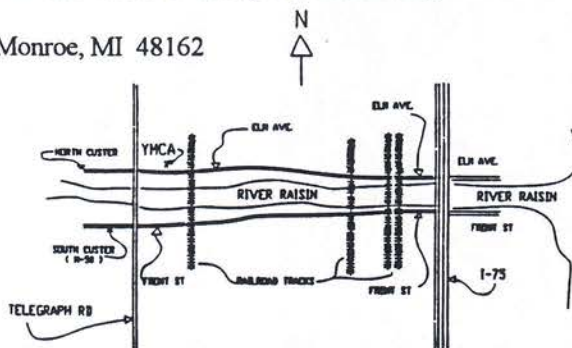
Short Course Yards Recognized by Michigan Masters for USMS, Inc. - 198013

Saturday, November 7, 1998

NOTE: To those swimmers wishing to establish times for Postal Pentathlon Swim Meet, all Sprint Middle Distance Ironman individual events will be swam (see reverse side).

LOCATION:

Monroe Family YMCA, 1111 West Elm Avenue, Monroe, MI 48162



ENTRIES:

Cost \$2.00 per event. All events deck entered. Make checks payable to the Monroe YMCA.

AWARDS:

The first three male and three female finishers in each age group will receive ribbons (19-24, 25-29, 30-34, etc.)

ELIGIBILITY:

Open to all swimmers. Masters Swimmers **"must" have a photocopy of USMS registration card** attached to their entry form to have times recognized for top 10 awards.

REGISTRATION:

11:30/12:00 PM - for 500 Yd Free/400 Yd IM. Note: **Open only to the first 30 participants.**
11:30/1:00 PM - Registration for all other events

11:45/12:15 PM

Warm Up - Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter. Diving will be permitted only from the designated sprint lane.

12:15 PM

Event #1 - 500 Yd Free/400 Yd IM

13:00 PM/13:30 PM

Warm Up - Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter. Diving will be permitted only from the designated sprint lane.

1:30 PM

Event #2 - 200 Butterfly

Event #3 - 100 Back

Event #4 - 50 Breast

Event #5 - 25 Free (40 and over)

Event #6 - 100 IM

*** BREAK 5 MINUTES**

Event #7 - 200 Back

Event #8 - 100 Butterfly

Event #9 - 50 Free

Event #10 - 25 Breast (40 and over)

*** BREAK 5 MINUTES**

Event #11 - 200 Breast

Event #12 - 100 Free

Event #13 - 50 Butterfly

Event #14 - 25 Back (40 and over)

*** BREAK 5 MINUTES**

Event #15 - 200 Free

Event #16 - 100 Breast

Event #17 - 50 Back

Event #18 - 25 Fly (40 and over)

Event #19 - 200 IM

SOCIAL:

There will be a Social beginning half-way through the meet. (Donations will be accepted.)

Donald Kroeger, Meet Director (313) 242-7175. For additional information - Jason Vavrick, Aquatic Director, Monroe YMCA (313) 241-2622

Name _____ Sex _____ Age _____ Birth date _____

Address _____ City _____ State _____ Zip _____

Phone _____ Team _____ USMS # _____

Release by Participant from Liability: 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 Masters 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 SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____ Date _____

Harbor Springs Harbor Masters
Invites you to the
HARBOR SPRINGS FALL MEET

DATE: SUNDAY, OCTOBER 11, 1998

PLACE: Harbor Springs Community Pool
Harbor Springs High School
Harbor Springs, MI 49740

DIRECTIONS: M-119 to Hoyt Street turn right. At Pine St.
turn left. School several blocks down on left.

TIME: Warm-up/Registration 11:00am
Swimmers must enter the pool feet first in a
cautious manner. Diving will be permitted only
from the designated sprint lane. One lane will
remain open for warm-up/warm-down, except
perhaps during the 1000.

1000 Free begins at 11:30am
Second warm-up following the 1000
Remainder of the meet will begin at 1pm.

FACILITY: 6 lane, 25yd pool, hand timing, hot tub,
starting blocks in the deep end.

AWARDS: Michigan Masters ribbons for 1st thru 3rd

ENTRY FEE: \$10.00 per swimmer
(Maximum 5 events plus relay)

ENTRY DEADLINE: Deck entries ONLY - close at 12:45pm
Seeding slow to fast



REFRESHMENTS AVAILABLE THROUGHOUT MEET

AFTER PARTY: TO BE ANNOUNCED AT MEET

USMS Sanctioned: Sanction No. 198012

USMS Registration required:

One registration time fee available - only \$10

- EVENTS:**
1. 1000 Free (Begins at 11:30 am)
 2. 200 Breast (Begins at 1pm)
 3. 50 Free
 4. 100 Back
 5. 50 Fly
 6. 50 Breast
 7. 100 IM
 8. 200 Back
 9. 100 Free
 10. 100 Fly
 11. 200 Free Relay
 12. 200 Medley Relay

For more information call: Marilyn Early (616) 526-9824

* 1998 POSTAL PENTATHLON SWIM MEET *

Sponsors: Minnesota Masters Swim Club and Minnesota LMSC.

Eligibility: Open to all registered masters swimmers for the 1998 or 1999 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 pentathlon 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 15, 1998 to December 15, 1998 and the entries must be postmarked by December 24, 1998, include a copy of your USMS registration card or foreign equivalent. **Incomplete entries will be returned and assessed a \$3.00 (US funds) administration fee. All fees are nonrefundable.**

Age Groups: 19-24, 25-29, ... , 95-99, 100+. Age will be determined by the swimmers' age on December 15, 1998.

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 add \$3.00(US). Certificates of completion are available for \$3.00(US) per course.

Entry Fee: \$7.50(US) per course. Make checks payable in US funds to: **Postal Pentathlon**. All fees nonrefundable.

Send entries to: **1998 Postal Pentathlon**
570 - 96th Lane
Blaine MN 55434 USA

Questions: Wayde Mulhern Phone-Day: (612) 635-5167 Evenings/Fax: (612) 783-1282 E-Mail: Wayde.Mulhern@Unisys.Com

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 : ____/____/____

Entry Fee: \$ _____ Shirt: \$ _____ Certificate: \$ _____ Total Fees: \$ _____ MON /DAY /YEAR

*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 Masters 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 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.

Harbor Springs Coastal Crawl '98

CAP #	NAME	AGE	TIME	RESULTS BY AGE	RESULTS OVERALL
WOMEN					
1 Mile					
38	FUNK, ANDREA	35	0.20.43.0	1	2
37	DIEPHOLZ, KATE	34	0.24.01.8	1	17
36	JOHNSTON, SUSAN	31	0.25.05.1	2	22
45	CLARK, GENNY	41	0.29.07.6	1	37
42	WOLF, JEANNE	41	0.36.34.1	2	53
61	RUGGLES, SANDY	59	0.36.42.3	1	54
44	SPILLARE, KATHLEEN	41	0.39.09.1	3	56
55	LORRAINE	50	0.41.54.6	1	57

2 Miles

77	VANSANT, SUSANNA	31	0.49.03.6	1	5
80	ROSA, ADRIANO	34	0.53.11.8	2	11
90	PARKS, JENNIFER	54	1.00.59.9	1	17
81	MORRIN, DEBBIE	35	1.01.56.5	1	18
74	GREEN, MARY ANN	22	1.03.54.0	1	20
75	RUDD, CARA	30	1.07.03.3	3	24
73	SARAH	22	1.13.54.7	2	26
88	SCHILLER, PEGGY	48	1.17.20.5	1	28

3 Miles

102	WILLISTON, BETHANY	27	1.07.50.8	1	2
105	STETZ, KATHY	34	1.33.30.2	1	9
104	SNOEYENBOS, ANN	33	1.40.56.8	2	14

MEN

1 Mile

50	SZUBA, TOM	44	0.20.47.1	1	3
35	DUNN, MARK	27	0.21.56.2	1	5
47	BASHORE, DAVID	42	0.22.36.1	2	11
54	BULLOCK, JOHN	48	0.23.08.3	1	14
41	SUTTON, JOHN	40	0.23.40.2	3	15
40	PRATT, BOB	39	0.26.04.2	1	23
43	JOHNSON, DAVID	41	0.26.25.3	4	25
60	RUNCIMAN, GEORGE	56	0.27.29.9	1	28
58	SCHRADER, WIN	54	0.27.40.7	1	30
56	SZUBA, RICHARD	50	0.27.46.7	2	31
49	HOLL, STEVEN	43	0.28.15.7	5	33
46	O'BRIEN, RONALD	42	0.29.04.9	6	36

MEN - 1 Mile continued

53	SCHNABLE, JOHN M	47	0.29.15.8	2	39
52	VELTEMA, GREGORY N	47	0.31.49.5	3	40
59	SHEAR, DAVID	55	0.32.22.9	2	42
57	LAPRES, FRED	51	0.32.48.7	3	45
39	REZNICH, JAMES	37	0.33.34.4	2	49
62	DERKS, HAROLD	71	0.36.29.2	1	52
48	BIRDSALL, ROBB	42	0.42.07.1	7	58
63	MAY, DONALD	77	0.49.10.7	1	59

2 Miles

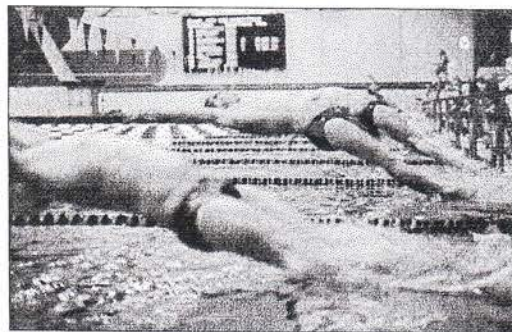
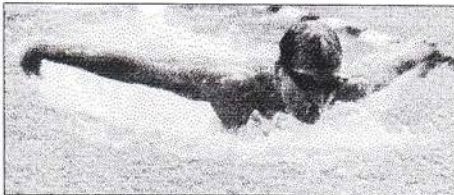
72	BACHELER, DAN	21	0.37.58.0	1	1
71	CLARK, CHRIS	19	0.45.17.0	2	2
70	JOSLIN, JEREMY	19	0.46.42.4	3	3
79	NORDLUND, ERIC	34	0.46.55.0	1	4
91	POHLONSKI, RON	54	0.50.22.5	1	6
82	KOHNNEN, ROBERT	35	0.51.05.9	1	7
83	HERBERT, THOMAS	38	0.52.31.0	2	9
86	DUNASKI, MARK	46	0.52.35.9	1	10
85	REHMANN, CHARLES	43	0.56.23.6	1	13
84	SCOTT, MICHAEL	39	0.59.18.6	3	14
76	BLOMMER, MIKE	31	1.02.01.4	2	19
94	DOBLER, WALLY	64	1.04.53.9	1	21
89	KUHLMAN, JIM	48	1.06.11.3	2	22
78	KEARLY, PATRICK M.	31	1.06.16.1	3	23
92	LANE, JAY	57	1.07.18.4	1	25
93	RECK, GENE	60	1.19.15.7	2	30
95	BIRCH, JAE	69	1.24.39.9	1	31

3 Miles

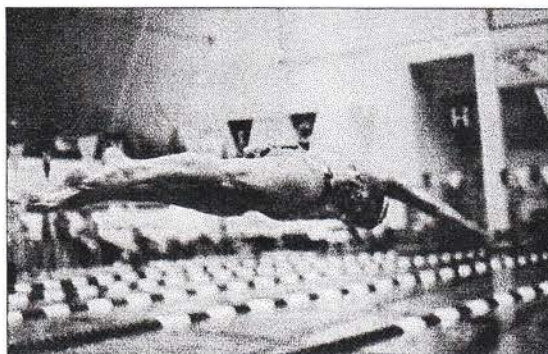
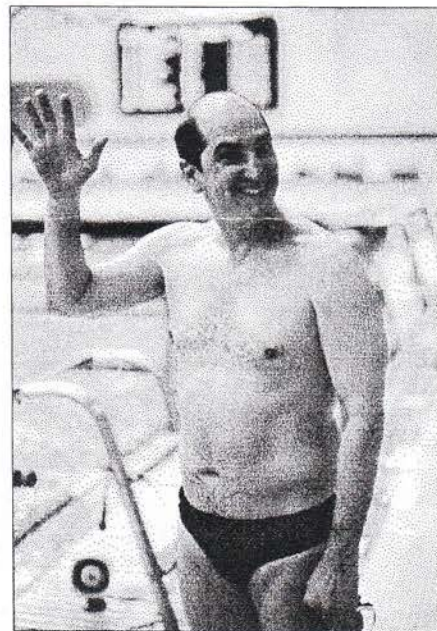
100	GOBLE, RYAN	22	1.06.17.4	1	1
103	STIRLING, MIKE	32	1.09.17.3	1	3
111	LEONARD	48	1.10.28.2	1	4
101	WITT, RICHARD	22	1.15.59.7	2	5
117	WEBSTER, RUSSELL	40	1.19.33.5	1	6
106	BOES, DAVID	37	1.35.31.4	1	10
109	GILL, MICHAEL	47	1.35.47.3	2	11
107	BLANCHARD, PAUL	40	1.36.11.9	1	12
112	HERSHEY, JOHN	57	1.45.53.8	1	15
110	HOLLOWAY, JIM	48	1.49.54.9	3	16
108	FORBRIG, GARY	43	1.50.39.3	2	17

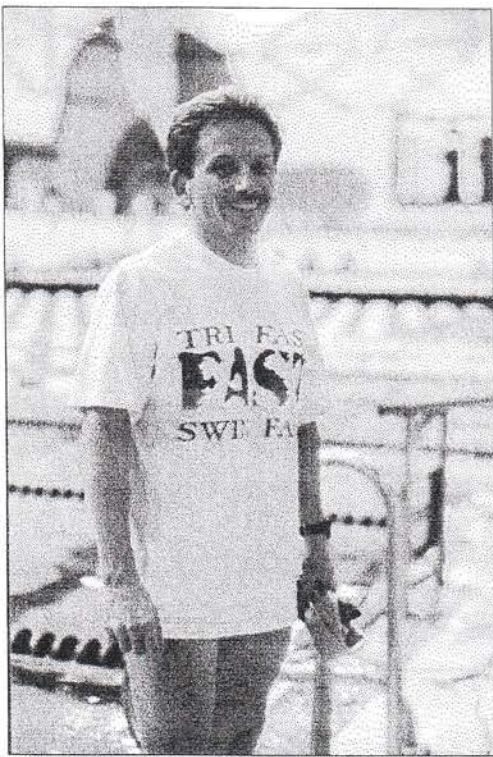


Eastern Michigan University
Ypsilanti, Michigan
March 27 thru 29

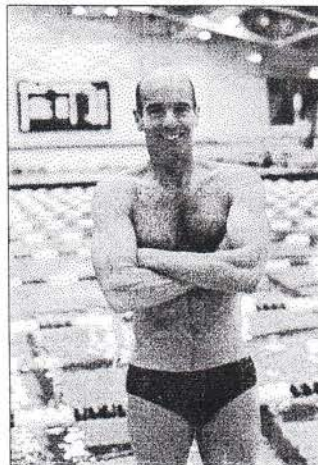
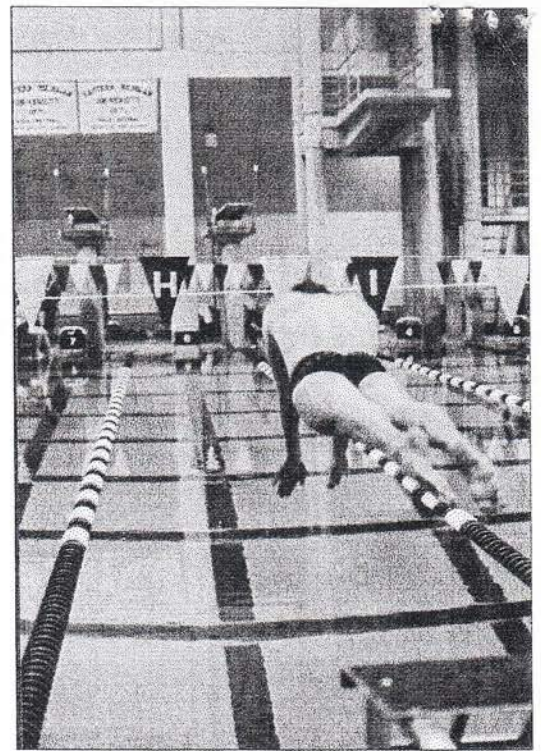


Photography by Dennis McManus

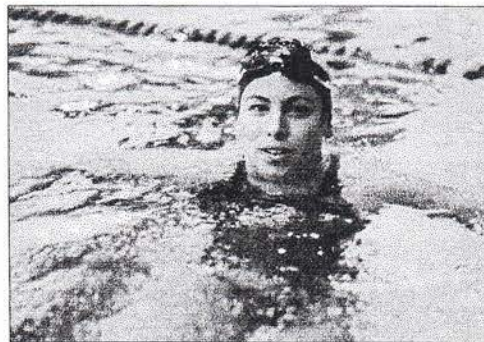
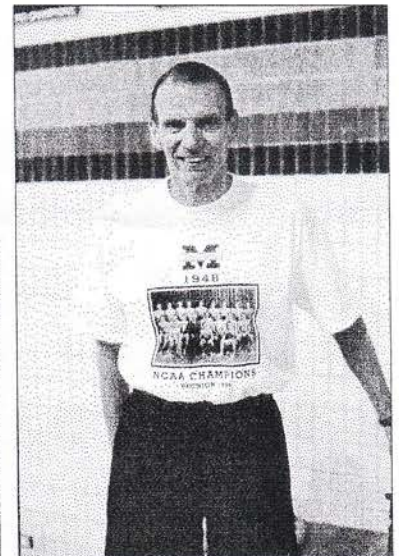


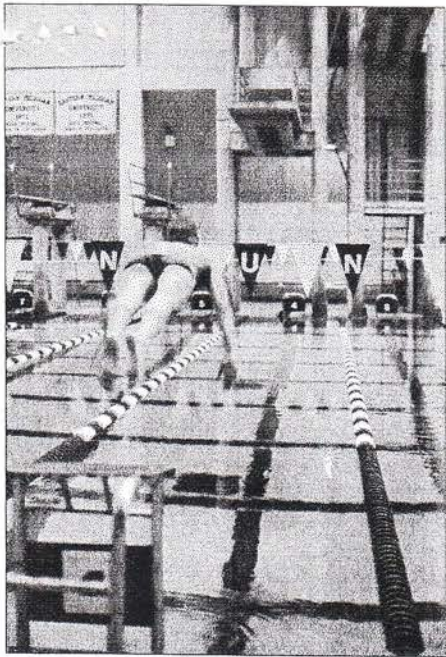


Eastern Michigan University
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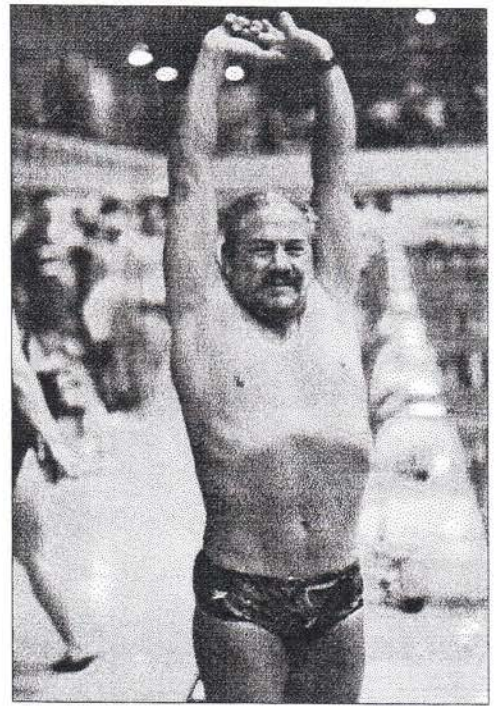


Photography
by
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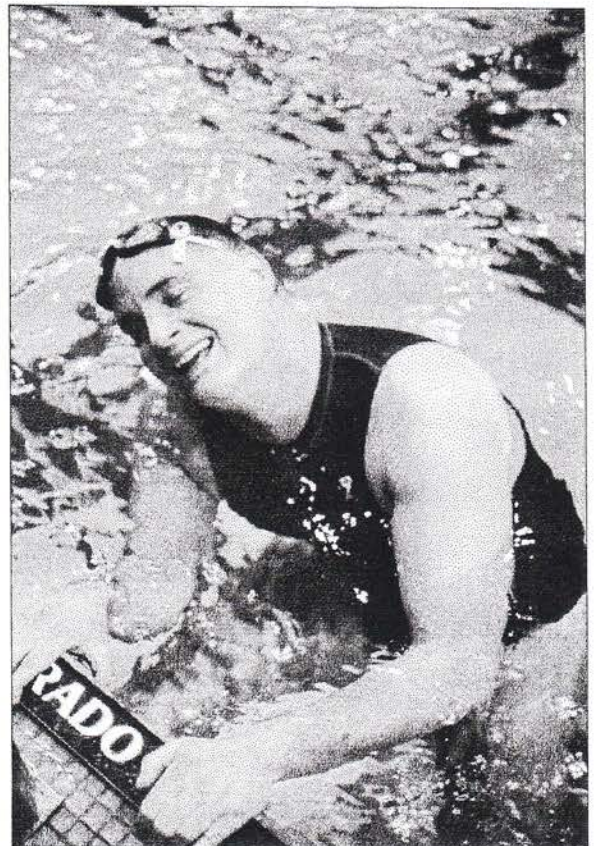
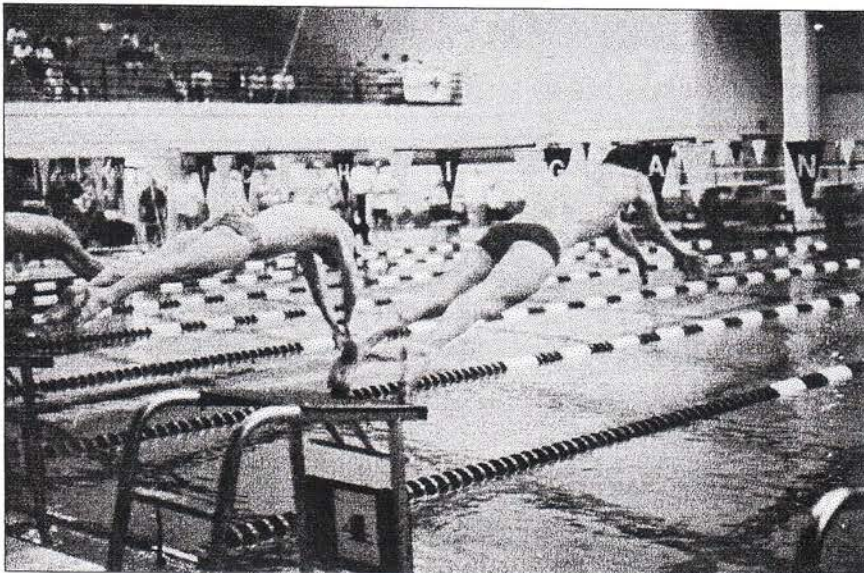
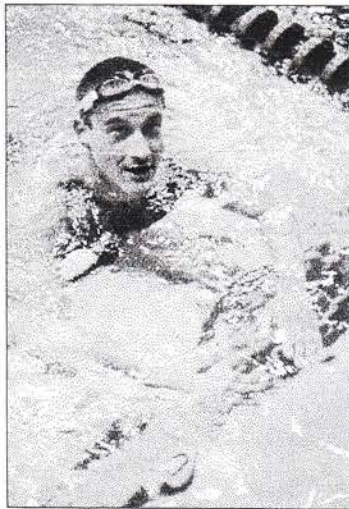
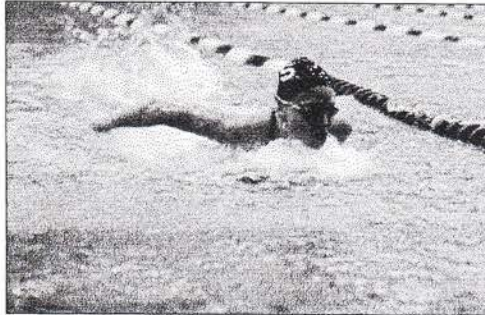
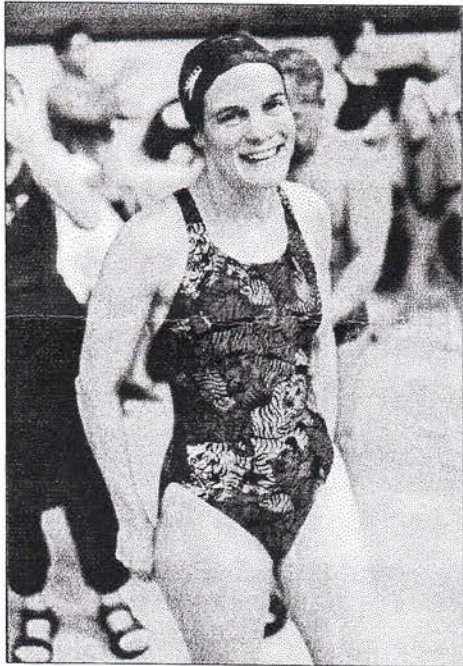


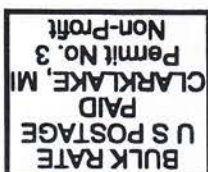


Eastern Michigan University
Ypsilanti, Michigan
March 27 thru 29



Photography by Dennis McManus





MICHIGAN MASTERS SWIMMING
Phyllis J. Reid
128 Marlboro Court
Brooklyn, MI 49230

OFFICERS

President

Donald J. Kroeger
433 Toll Street
Monroe, MI 48162
313-242-7175

President Elect

Eric Nordlund
2738 Berry Drive
Bloomfield Hills, MI 48304
810-334-5989
ericswims@mindspring.com

Treasurer

Ralph L. Davis
20144 Wellesley Court
Beverly Hills, MI 48230
248-642-2108

Secretary & Fitness

Jennifer Parks
219 Hutchison
Big Rapids, MI 49307
616-796-6946
E-mail -
JenSwims@aol.com

Registrar

William T. Reid, III
128 Marlboro Ct.
Brooklyn, MI 49230
517-592-8908
E-mail-
PAS WTReid@aol.com

Sanctions and Safety

Thomas Moyer
3403 Binscarth Avenue
Saginaw, MI 48602
517-249-0043

Top Ten and Records

Paul Wright
25745 Chernick Street
Taylor, MI 48180
313-295-3132
pwright3@e-mail.com

Long Distance

Marilyn Early
1423 Quick Road
Harbor Springs, MI 49740
616-526-9824

Newsletter Editor

Phyllis J. Reid
128 Marlboro Ct.
Brooklyn, MI 49230
517-592-8908
SWIMNEWS@aol.com