

THE WAVE EATER

Volume 5 Issue 2

Spring 1997

Editor's Notes

Some of you may or may not have recognized the fact that the newsletter is running behind its published schedule. There are two reasons for this: 1) Due to the fact that I have had a serious illness in the family to deal with and 2) because the summer meet announcements had not arrived by the deadline with the exception of the announcement of the Queen's Birthday Party Meet in mid-May. Which brings me to my next 2 points. I would like to thank Charlie Sullivan for getting his announcement to me in a timely fashion. Since A2QUA's meet is in May and I know we have members who are interested in being in attendance I imposed upon Mark Lambert at Canham Natatorium to bail me out of doing a mailing. Consequently, I was able to spend time where I was needed and the announcement as well as some of the winter meet results were mailed. That mailing was first class and NOT funded by Michigan Masters. I would also like to take this space to publicly thank Bill Reid for doing the mailing labels for every mailing and Mark Lambert for always personally assisting me in the production of the newsletter as well as loaning a couple interns for manual labor when he can. Without all of them, I would be lost.

I would also like to congratulate Bob Heritier on being this year's recipient of the Lawrence Award. This award is given each year to one swimmer who has proven to be an outstanding swimmer in his or her own right.

Lastly, I would like to say that I am honored to have been awarded the Chetrick Award for outstanding service to Michigan Masters. I can honestly say that I do what I do with the newsletter and the meets that I get involved with because I honestly enjoy the process. But beyond that and more importantly I enjoy the friendships that I have made with many of the Michigan Masters.

To those of you who read the newsletter, I apologize for it's "lean-ness" this issue for items other than meet announcements and results. Unfortunately, I have been otherwise occupied, but will plan to have more items in the next issue.

Policy Change

Policies on Team recruiting and affiliation for State Meets to come...

Enough is Enough. I've received too many comments, complaints, and protests concerning team competition at the State Meet for me to condone another year of the same practices. For nine years I've swum the Michigan Masters State Championships and originally enjoyed the rivalry between "teams" within the LMSC of Michigan swimmers. Methods of recruiting, combining, and strategic age/gender/event selection have gone beyond shrewd in the recent years to bordering unsportsmen-like conduct. The "laissez fair" attitude or absences of regulation has promoted an activity now that causes more division and harm than good. My pride goes in the dumpster when I hear of unfair play. For this reason I will be proposing emergency legislation regulating activities in the area of recruiting, and individual declaration of team affiliation along with sanctions for unfair play. Comments and proposals to this action should be made

(Continued on page 2)

Everything
that is,
is
within

(Continued from page 1)

in writing prior to May 31, 1997 and addressed to Andy Donato, 355 Connecticut, Marysville, MI 48040. Such policy change will be voted on by elected officers, implemented in our Meet Handbook and completed prior to the 1998 State Meet. Changes will be printed in the next newsletter.

One Hour Workout

Try?
Try not!
Do or
do not.

Tom Halmi sent the following workout to me to be included in The Wave Eater for your "enjoyment".

Item No.	Repetitions	X	Distance Yards	Interval	Description
1.	1	x	500	None	Warm-up
2.	1	x	500	1.1 x best 500 time	Pull
3.	5	x	100	1:45	Kick, pull, swim 2
4.	9	x	75	1:15	Slow, Med., Fast...
5.	1	x	25	Easy swim	
6.	10	x	50	60,55,50,45, 40,40,45,50, 55,60	
7.	1	x	300	Cool Down	
Total Yards			3000		

This workout should fit into one hour.

1. Easy warm-up, ease into the warm-up, steadily building speed as you warm-up.
2. Now warmed-up, work on a good 500 practice swim.
3. Continue concentrating on the 500, now broken into 100 yard intervals.
Modify the interval time to a pace that is moderate for you.
Kick with the pull buoy in your hands one length, pull one length and drop off the pull buoy and swim two lengths. Repeat 5 times.
4. Three repetition of slow, medium and fast. Fast should be 95%.
5. Swim easy back to the other end of the pool.
6. Small ladder, going hard at the mid point
7. Easy cool down.

The key
to being
an expert
is to
complicate
the simple.

Michigan Masters Swimming Inc., 1997 Annual Meeting - April 12, 1997 @ Eastern Michigan University

President Andy Donato opened the meeting at 12:20 p.m. in the "Club Room" of the IM building at EMU. By-laws and meet information were distributed. Gail Dummer was designated as parliamentarian so that business could be speedily expedited and swimmers could get back to the meet. She gave some basic meeting rules about the number of times one individual could speak on a topic. Acting Secretary, Jennifer Parks asked that all present sign in and designate the local club they each represented. (That list is attached).

Andy reviewed the minutes of last year's annual meeting at Saginaw Valley. These minutes were published in an earlier newsletter. Gail Dummer moved to accept the minutes as read/distributed; Lois Nochman seconded the motion. A vote was taken and the motion passed.

Treasurer Don Korten reported that there was \$10,918 in the bank account at present, as compared to \$6,349 last year, 1996, at this time. He said that part of that was due to the fact that Bill Reid is doing registrations without any cost to Michigan Masters, in fact, has saved us approximately \$2,050. He also said that this was the biggest state meet ever - 325 swimmers this year, 206, last year. And he explained that last year he was asked to look into putting some money into CDs but that he did not do so because of our hosting the National Championships, and our financial responsibilities. The next treasurer may wish to follow up on this. It was mentioned that there was a good supply of medals. Skip Thompson moved and Edith Glusac seconded the motion to accept the treasurer's report as distributed and discussed. The motion passed.

Andy then reviewed the 1996 results and congratulated all Michigan Masters swimmers, particularly those who participated in the Long Course Nations Championships where we won the overall large team title, also men's and women's large team titles, 53 individual events, 5 relays, while 72 relays finished in the top ten. Several other high place finishes were mentioned in various meets including the World championships in Great Britain, a Short Course Zone Meet and others.

Bids for the 1998 State Meet were discussed, in particular the bid from Michigan State University. Juan Tavares, who is acting in the capacity of Aquatics Director was unable to attend the Annual Meeting. There were no other bids. It was moved by Don Kroeger and seconded by Skip Thompson to accept the bid. The motion passed with one abstention, by Gail Dummer, who earlier had mentioned that she and Wally Dobler would not be willing to be meet directors.

By-law Changes: The proposed by-law changes had been proposed and distributed by Andy Donato at least one month previously at the Brighton and Midland meets per the by-law time frame. Amendment to Article VIII. Championships 8.2 was passed. (This will formalize the "Rotation" system, so that all sections of the state will have a chance to bid for the state championships). Gail Dummer moved and Skip Thompson seconded the motion to accept. Discussion ensued. It was also suggested that at least one cycle of rotation history, four years, be included for reference. The motion carried.

Amendment to Article IV, Officers 4.3 was passed. (Officers will begin their term of office on
(Continued on page 4)

sleep and
rest is
the heart
of good
conditioning

(Continued from page 3)

June 1, instead of October 1, after election at the Annual Meeting.) An amendment to that motion "to begin their term immediately after election" - moved by Gail Dummer and seconded by Lois Nochman was not passed. After explanation by Skip Thompson, questions about "staggering" of officers by Shirley Dacey, the first motion that had been moved by Don Kroeger and seconded by Skip Thompson was passed with one abstention, by Gail Dummer.

Relay Proposal: Don Kroeger moved that Michigan Masters follow the United States Masters Swimming Rules, presently this relay format states that the youngest swimmer on the relay defines the age group, rather than adding up ages as we in Michigan have been doing for several years. Charlie Moss spoke in favor of being consistent with USMS. Lois Nochman seconded the motion and the motion passed.

Election of New Officers: There were two nominees for President-elect (who becomes President in two years). Tom Moyer of Saginaw and Eric Nordlund of Bloomfield Hills. Tom withdrew his nomination and offered to do sanctions. Ralph Davis was the nominee for Treasurer, Jennifer Parks, the nominee for Secretary, Bill Reid as Registrar, and Tom Moyer as Sanctions chairman. Edie Glusac moved that the nominees be elected by acclamation; Shirley Dacey seconded the motion. The motion carried.

Unfinished Business: Skip Thompson presented a motion to audit the 1996 National Championship financials, speaking about differences in a preliminary budget presented two years prior at the 1994 USMS convention in Kansas City, and the post meet final report. He cited the use of a financial officer in previously run National Championships and prepared handouts to illustrate his point. He also spoke of discontentment with the profits returned to the LMSC. Andy Donato objected to consideration of this motion indicating that Skip Thompson was a member of the committee that developed the final budget early 1996, was absent at many meetings, and to argue philosophical differences now with a written handout was too late and pointless. Andy spoke further on the development of the budget, meeting minutes, and the outstanding accounting detail done for that meet. Gail Dummer spoke in support of Andy's statements. Ralph Davis spoke to the fact that both points of view were valid. "We should have budgeted profit ahead of time, but we did receive the sanction fees." Leonard Brockhahn seconded the motion to do an internal audit. Discussion continued. Jennifer Parks recommended that the new and "old" Treasurers evaluate the report. Andy Donato recommended that we have no further committees. Mary Williams, Charlie Moss, Bob Heritier and Shirley Dacey all spoke in favor of internal audits as a way to protect organizations as a matter of course. The motion passed.

Other: Software: Ric Chaney asked about the purchase of software. Andy said "Team Manager" was purchased but never used; there wasn't a definitive answer to whether we should purchase "Workout Manager."

Announcements: Edie Glusac mentioned the Senior Meet at Saginaw Valley, June 17-20. Gail Dummer told about the Olympian reception being held Sunday at U of M, including Master's swimmer and Gold medal winner, Sheila Taormina; Annette Salmeen, gold medalist and Rhodes scholar; as well as the Michigan Men's Team contingent, including John Piersma and Eric Namesnik. Marily Early announced that the 1, 2 and 3 Mile Swims would be held on August 3,

(Continued on page 5)

(Continued from page 4)

1997. Skip spoke to the low (3 people) turnout from out-of-state at this designated State/Zone Championship and the reevaluation of the zone meet concept/philosophy.

Don May moved that we adjourn and we did so at approximately 1:30 p.m.

The worst
bankruptcy
is the
person who
has lost
his
enthusiasm.

Pumped Up but Calm and Quiet

(Editor's note: I found this over at the Canham Natatorium recently.... have no idea of its origin but decided to pass it along to the membership.)

I sometimes refer to this as the "soft energy". The distinguishing characteristic of positive energy is the accompanying calmness. You can be pumped with energy and still think clearly and remain calm. Negative energy has exactly the opposite effect. Being negatively pumped invariably means a racy, fast, accelerated mental state. From the inside, it's like playing a 33rpm record at 78 rpms. Everything is too fast, and focusing on what's important is nearly impossible.

Positive Energy

Joy
Fun
Love
Challenge
Optimism
Determination
Enjoyment

↓
Calm Mental State
Good Concentration
Relaxed Muscles

↓
High-Level Performance

Negative Energy

Anxiety
Anger
Hate
Fear
Negativism
Frustration
Distrust

↓
Fast and Frantic Mental
State
Poor Concentration
Tight Muscles

↓
Low Level Performance

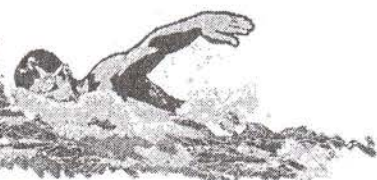
Everyone experiences the right energy a little differently. It also varies from sport to sport. The accompanying feeling, the intensity and the character and dimension are often and individual experience. What is not individual is the calmness> Like the eye of the hurricane around which frenzied winds swirl, the right energy enables you to maintain a calmness and a stillness in action that is indispensable to top performance.

*Aim at the stars. If you don't hit them,
you'll land pretty high anyway.*

DATE	SITE	CITY	State	MEET DIRECTOR	PHONE NUMBER
June 7	Elizabethtown Firness Center (LCM)	Elizabethtown	KY	Joanne Tingley	502-454-3029
June 7/8	Ellen Shapiro Natatorium (SCM)	Wooster	OH	Pieter Cath	216-248-8270
June 24-29	Pan Pacifics Championships (LCM)	Maui	HI	Paul Windrath	612-388-8524
June 27-29	Great Lakes Aquatics Solstice Invitational	Kalamazoo	MI	Vince Gallant	616-349-9873
July 5/6	Keating Natatorium Marlins (LCM)	Cincinnati	OH	Chris Gilligan	513-232-0382
July 13	Leavgood Park - Dunworth Pool (LCM)	Dearborn	MI	Skip Thompson	810-683-2191
July 19-20	LCM Zone Championships	Canton	OH	Pieter Cath	216-248-8270
July 20	JCC 7th Annual LC Meet	Pittsburgh	PA	Jimmy Goldman	412-683-0856
Aug 3	Lake Erie 1&2 Mile Open Water Swim	Cleveland	OH	Maryann Brogan	216-835-0142
Aug 8/9	Lakeside Masters Long Course Champ	Louisville	KY	Joanne Tingley	502-454-3029
Aug 14-17	USMS LC Nationals YMCA Aquatic Cntr	Orlando	FL	Larry Peck	407-647-7793

3RD ANNUAL YMCA LAKE MICHIGAN SWIM GRAND HAVEN, MICHIGAN

Saturday, July 19, 1997



THE COURSE

The swim course is a 1.75 Mile, open water, point to point, swim. Swimmers will begin at the North Pier and will proceed in a northern direction toward North Beach Park, ending at the North Beach Pavilion.

DATE AND TIME

Saturday, July 19, 1997 - 8:15 a.m.

AGE DIVISIONS

Male & Female

19 & Under, 20-29, 30-39, 40-49, 50-59, 60 & Over

ENTRY FEE

Entry Fee is \$15.00 per person. Entries will be accepted by mail or in person. All mail-in entries must be postmarked on or before Friday, July 11. Make checks payable to Tri-Cities Family YMCA. T-Shirts will be guaranteed to all participants.

LATE REGISTRATION

After the July 11th deadline, the entry fee will be \$20. Late Registration will be accepted until Friday, July 18.

THERE WILL BE NO REGISTRATION THE DAY OF THE RACE AND T-SHIRTS ARE NOT GUARANTEED!

SWIM INFORMATION

All swimmers who begin the race must report to the finish line regardless if he/she completes the swim. Swimmers may not use aids, i.e. fins, snorkels, etc. **GOGGLES AND WET SUITS ARE PERMITTED.** Swim caps and numbers will be used to identify swimmers.

The U.S. Coast Guard will be monitoring boat traffic. Private boats and lifeguards will provide surveillance along the swim course to provide assistance to swimmers, if necessary.

Depending on the number of swimmers, a staggered start may be used.

The Tri-Cities Family YMCA reserves the right to cancel the swim due to inclement weather, rough water or cold water temperature. In such case \$10 of the entry fee will be refunded to all participants.

RACE DAY INFORMATION

7:15-8:00 A.M. Check - In
8:00-8:15 A.M. Mandatory Meeting
8:15 AM Swim Begins

AWARDS

Trophies will be awarded to all age group winners. Awards ceremony will take place immediately after the race.

Registration Deadline - Friday, July 18, 1997

LAKE MICHIGAN SWIM

I'll be there!
T-Shirt Size

☐ S

☐ M

☐ L

☐ XL

☐ XXL

Last Name

First Name

M.I.

Address

City

State

Zip Code
Circle One

Phone

Age

Sex

M or F

Waiver: I know that swimming a race is a potentially hazardous activity. I will not enter and swim unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with swimming in this event, I for myself and anyone entitled to act on my behalf, waive and release Tri-Cities Family YMCA, race sponsors, their representatives and their successors from all claims or liabilities arising out of my participation in this event. I grant permission to foregoing to use any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose.

Date: _____ Entrant's signature: _____

If under 18, parent or guardian signature: _____

In case of emergency, Please notify: _____

Relationship: _____ Phone: _____

Detach this entry (this form may be duplicated for extra entries) and send with correct payment to the Tri-Cities Family YMCA, 1 Y Drive, Grand Haven, MI 49417. All entries must be postmarked by July 18, 1997. Sponsored by the Tri-Cities Family YMCA.

For more information call (616) 842-7051

One Y Drive, Grand Haven MI 49417



3ND Annual YMCA Lake Michigan Swim Grand Haven, Michigan Saturday July 19, 1997

PARKING

Parking is available at the fisherman's parking lot at the North Pier for the start of the race and also at the North Shore Park at the finish of the Race.

DIRECTIONS

From Muskegon.

Take U.S. 31 South toward Grand Haven. Take the Ferrysburg exit, turning right onto 3rd street. Follow 3rd street until you reach the Ferrysburg Fire Station. Turn left there on to North Shore Rd. follow North Shore Rd. to the very end. Turn right into the fisherman's parking lot for the North Pier.

From Grand Rapids.

Take I-96 to Spring Lake exit (M-104). Go through Spring Lake and take the Ferrysburg exit to your right. Turn left at the blinking light on to 3rd street. Follow 3rd street until you reach the Ferrysburg Fire Station. Turn left there on to North Shore Rd. follow North Shore Rd. to the very end. Turn right into the fisherman's parking lot for the North Pier.

From Holland.

Take U.S. 31 North through Grand Haven. Go over the Grand River Bascule Bridge and take the Ferrysburg exit. Take a left onto 3rd street. Follow 3rd street until you reach the Ferrysburg Fire Station. Turn left there on to North Shore Rd. follow North Shore Rd. to the very end. Turn right into the fisherman's parking lot for the North Pier.

ACCOMODATIONS

Khardomah Lodge	1-(616)842-2990
Best Western	842-4720
Days Inn	842-1999
Holiday Inn	846-1000
South Shore Motel	842-7720

EATERIES

Snug Harbor 311 S. Washington, Grand Haven
Bil-Mar, 1223 Harbor, Grand Haven
Chicago Hot Dog, 112 Washington, Grand Haven
Dee Lite, 24 Washington, Grand Haven
Kirby Grill, 2 Washington, Grand Haven
Pavilion Deli, 16 Washington, Grand Haven
Portabello's, 41 Washington, Grand Haven
Tip a Few, 10 Frankin, Grand Haven

LONG COURSE SWIM MEET

Sanctioned by Michigan Masters for USMS, Inc.
Sanction #: MM005399

SUNDAY, JULY 13 1997

DUNWORTH POOL

LEAVGOOD PARK -
DEARBORN

8:00 A.M. WARM-UP - Swimmers must enter the pool feet first in a cautious manner.
Diving will be permitted only from the designated sprint lane.

9:00 A.M.	EVENT #1.	200 FREE	BREAK
	EVENT #2.	50 BACK	EVENT #10. 100 FREE
	EVENT #3.	100 FLY	EVENT #11. 200 CHOICE
	EVENT #4.	50 BREAST	EVENT #12. 100 BREAST
	EVENT #5.	400 CHOICE (free or IM)	EVENT #13. 50 FREE (2)
	EVENT #6.	100 BACK	EVENT #14. 800 FREE
	EVENT #7.	50 FLY	(as time permits - possibly - 2 per lane)
	EVENT #8.	50 FREE	
	EVENT #9.	RELAYS - 200 - 400 - 800	

ENTRIES: COST \$12.00 ALL EVENTS WILL BE DECK ENTERED. A SWIMMERS MAY ENTER A MAXIMUM OF (4) EVENTS AND (1) RELAY. THE COST ALSO INCLUDES A LUNCH "PICNIC" FOLLOWING THE END OF THE MEET.

ELIGIBILITY: ONLY REGISTERS 1997 MASTERS SWIMMERS MAY COMPETE IN THIS MEET. ALL SWIMMERS SHOULD HAVE THEIR USMS CARDS IN THEIR POSSESSION AS THE MEET FOR VERIFICATION. REGISTRATION WILL BE AVAILABLE AT THE MEET FOR \$25.00 AND WILL BE EFFECTIVE UNTIL 12-31-97.

THIS WILL BE A "TIME YOUR OWN MEET". YOU WILL BE EXPECTED TO BRING A STOP WATCH AND TIME AND/OR COUNT FOR OTHER SWIMMERS.

DIRECTIONS: Pool located at the west end of Denwood and Sheridan. SEE MAP.
INFORMATION: Skip Thompson (810) 683-2191





10K•2 10,000 METER 2 PERSON POSTAL MEET RELAY

1997

Sanctioned by The LMSC for Virginia for USMS, Inc. Sanction # 127-0006.

Eligibility: Open to all USMS and USS swimmers ages 13 and older.

Event: Contestants swim a total of 10,000 meters in the pool of their choice. Team members must swim consecutive lengths of no less than 50 yards per relay leg. Concurrent swimming is not permitted. One swimmer must reach the wall before the second swimmer leaves. Dive starts are permitted.

For example, swimmers may wish to divide the 10,000 meters as follows: Swimmers A and B alternate 200 meter swims until each has completed 15 separate 200 meter swims (of 3,000 meters apiece). Then swimmers A and B alternate 15-100 meters swims each for another 1500 meters; and close with 10-50 meter swims each.

- In a 20 yard pool, *each contestant swims 274 lengths

- In a 25 yard pool, **each contestant swims 219 lengths
- In a 25 meter pool, each contestant swims 200 lengths
- In a 50 meter pool, each contestant swims 100 lengths

For the purposes of this competition, 5480, 5475** yards = 5000 meters.

Age Groups: Men's, women's, mixed teams in the following age groups: 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+.

Team age determined by youngest swimmer's age on the day of swim.

Timers and Counters: Please pay strict attention to the laps swum. We urge you to use a check-off system.

Awards: Medal keychains to the top three team finishers (men's, women's, mixed) in each age group.

Eligibility: Unlike prior years, all swimmers must be registered and must include a copy of their LMSC card.

Entry: Enter as often as you like (\$18 entry fee required for each new team.)

Entry fee: \$18 per team. Event must be swum between May 15 and October 15, 1997. Form must be in the hands of Meet Director by October 31, 1997.

Mail entry form and \$18 entry fee with check made payable to Virginia Masters 10K•2 Relay to:

10K•2
Mike Stott
403 Lakewood Drive
Richmond, VA 23229
(804) 288-8808

Shirts: 10K•2, colorful 100% cotton T-shirt available for separate purchase for \$10 each. Check intent to purchase and adult size on the entry blank.

Verification: I certify that the information above is correct, the time accurate and the distance swum was 10,000 meters. Please sign in the appropriate place.

Timers/Counters _____

Total Time _____

RELEASE

The following release must be dated and signed.

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 risk 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 PARTICI-

PATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS AND DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY 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. (Rule Book Article 203.1)

NAME _____ Date _____

NAME _____ Date _____

OFFICIAL ENTRY - 1997 10K•2 RELAY

Name _____		
Address _____		

Zip Code _____	USMS Reg. No. _____	
Phone _____	Age _____	
Sex _____		
I want a T-Shirt at \$10 each: _____		
My size is circled:	medium (36-38)	large (40-42)
	extra large (44-46)	

Name _____		
Address _____		

Zip Code _____	USMS Reg. No. _____	
Phone _____	Age _____	
Sex _____		
I want a T-Shirt at \$10 each: _____		
My size is circled:	medium (36-38)	large (40-42)
	extra large (44-46)	

Note: All swimmers must be registered and include copies of their LMSC cards.

10K•2 ALL TIMES BESTS AND AVERAGE WINNING TIMES (1984 - Present)

Men's Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	David Stott (17)	Richmond, VA		
	Bill Kloppe (38)	Richmond, VA	1:54.35	1990
	Average Winning Time		2:17.27	
20-24	Scott Erba (21)	Davis, CA		
	Michael Collins (24)	Davis, CA	1:39.59.28	1990
	Average Winning Time		2:25.03	
25-29	Sean Murphy (30)	Palo Alto, CA	1:35.04.55	1
	David Lundberg (32)	Palo Alto, CA	ALL TIME 10K•2 BEST	9
	Average Winning Time		1:59.15	1
30-34	Stephen Stahl (33)	Walnut Creek, CA		
	Greg Remmert (36)	Walnut Creek, CA	1:36.43	1995
	Average Winning Time		1:58.53	
35-39	Kerry O'Brien (38)	Walnut Creek, CA		
	Steve Breiter (38)	Citrus Heights, CA	1:44.14	1994
	Average Winning Time		1:58.16	
40-44	James Montagne (40)	Boca Raton, FL		
	Jim Manchester (41)	Plantation, FL	1:48.16.69	1988
	Average Winning Time		2:11.36	
45-49	Mark W. Lyon (48)	San Rafael, CA		
	Hugh Owen Winn (49)	San Anselmo, CA	1:53.39.67	1991
	Average Winning Time		2:17.08	
50-54	Bill Mulliken (50)	Chicago, IL		
	Sam Kooistra (55)	Chicago, IL	2:04.28	1990
	Average Winning Time		2:30.24	
55-59	Forrest Sullivan (59)	Virginia Beach, VA		
	Francis Hall (62)	Virginia Beach, VA	2:26.40.95	1988
	Average Winning Time		2:31.21	
60-64	Buddy Belshe (60)	Aliso Viejo, CA		
	Frank Reynolds (63)	Santa Ana, CA	2:12.13.36	1995
	Average Winning Time		2:37.19	
65-69	Kenneth R. Kimball (65)	Poway, CA		
	William H. Phillios (67)	Le Mesa, CA	2:16.27.73	1995
	Average Winning Time		3:10.28	
70-74	George W. Etsell (70)	Anchorage, AK		1993
	George E. Hale (76)	Anchorage, AK	3:59.35	
	Average Winning Time			
75-79	John Burnside (79)	Palos Verdes Estates, CA		
	Alfred Guth (80)	San Pedro, CA	4:00.28	1989
	Average Winning Time		4:15.26.50	
80-89	Leonard Chapin (80)	Long Beach, CA		
	Alfred Guth (80)	San Pedro, CA	4:04.00	1988
	Average Winning Time		4:13.30.14	

Women's Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	Stephanie Rosenthal (18)	Boca Raton, FL		
	S. Carlisle-Sellani (27)	Boca Raton, FL	2:16.30.80	1990
	Average Winning Time		2:32.28	
20-24	Mary Ruckstuhl (21)	Boca Raton, FL		
	Jamie Herrington (24)	Hollywood, FL	2:03.11	1990
	Average Winning Time		2:26.56	
25-29	Wendy Pratt (29)	Davis, CA		
	Nancy Corstorphine (29)	Davis, CA	1:57.27.18	1990
	Average Winning Time		2:19.47	
30-34	Lisa Sheeper (30)	Redwood City, CA		
	Susan Porter (32)	Redwood City, CA	1:52.05	1994
	Average Winning Time		2:16.34	
35-39	Tricia Holm (35)	Coral Springs, FL		
	Gail Rice (39)	Miami Shores, FL	1:58.47	1995
	Average Winning Time		2:35.36	

Woman's Teams (cont')

Age Group	Name (Age)	City, State	Total Time	Year
40-44	Celeste Miller (42)	Incline Village, NV		
	Sally Ann Dillon (46)	Truckee, CA	2:13.45.60	1992
	Average Winning Time		2:46.03	
45-49	Betsy Durrant (45)	Virginia Beach, VA		
	Judy Decker (45)	Virginia Beach, VA	2:27.27	1987
	Average Winning Time		2:53.40	
50-54	Judy Decker (51)	Virginia Beach, VA		
	Betsy Durrant (52)	Virginia Beach, VA	2:26.00	1993
	Average Winning Time		3:18.33	
55-59	Johnnie Detrick (57)	Midlothian, VA		
	Ann Berquist (60)	Ordinary, VA	2:49.36	1993
	Average Winning Time		3:00.35	
60-64	Johnnie Detrick (60)	Midlothian, VA	2:55.29	
	Ann C. Berquist (63)	Ordinary, VA		1996
	Average Winning Time		3:36.43	

Mixed Teams

Age Group	Name (Age)	City, State	Total Time	Year
13-19	Jonathan Ferguson (14)	Winston Salem, NC		
	Suzanne Black (17)	Lewisville, NC	1:59.48.86	1995
	Average Winning Time		2:16.35	
20-24	Karen Heard (24)	Walnut Creek, CA		
	Patrick Duggan (31)	Concord, CA	1:53.50	1994
	Average Winning Time		2:28.24	
25-29	Beth Gardner (28)	Charlottesville, VA		
	Scott Robinson (28)	Eugene, OR	1:46.46.15	1993
	Average Winning Time		2:02.17	
30-34	Steve Breiter (34)	Citrus Heights, CA		
	Carol Lee-Heltzel (35)	Citrus Heights, CA	1:48.17.62	1990
	Average Winning Time		2:19.34	
35-39	Suzanne Heim (36)	Antioch, CA		
	Steve Breiter (38)	Citrus Heights, CA	1:45.17	1994
	Average Winning Time		2:10.33	
40-44	Shirley Loftus (40)	Afton, VA		
	John Shrum (43)	Charlottesville, VA	1:54.57.37	1992
	Average Winning Time		2:15.20	
45-49	Richard Burns (48)	San Anselmo, CA		
	Nancy Ridout (49)	Novato, CA	2:02.02.40	1991
	Average Winning Time		2:36.34	
50-54	Ginger L. Pierson (50)	Portland, OR	2:07.52	
	Karl E. VonTagen (52)	Wilsonville, OR		1996
	Average Winning Time		2:45.45	
55-59	Susan Munn (56)	Davis, CA		
	E.L. Fitchugh (57)	Dixon, CA	2:13.24.49	1995
	Average Winning Time		2:56.57	
60-64	David Radcliff (62)	Hillsboro, OR	2:20.27.46	
	Lavelle Stoinoff	Portland, OR		1996
	Average Winning Time		3:05.10	
65-69	Babs Carter (65)	Hampton, VA		
	Calvin Barnes (65)	Hampton, VA	3:11.34	1989
	Average Winning Time		3:32.59	
75-79	Kay Schimpf (75)	Clearwater, FL		
	John D. Johnston (76)	St. Petersburg, FL	3:32.50	1992
	Average Winning Time		3:32.50	

Harbor Springs, Michigan

HARBOR SPRINGS COASTAL CRAWL

AUGUST 3, 1997

EVENT: 1 mile, 2 mile or 3 mile open water swim in Little Traverse Bay, Lake Michigan.

Recognized by Michigan Masters for USMS, Inc. Recognition # _____ and by
Michigan Swimming # _____. The 3 mile event will be the USS Openwater State Championship

TIME: Mandatory pre-race meeting - 8:00 am
Starts - 3mile @ 8:30am 2mile @ 8:45am 1mile @ 9:00am
Any swimmer still on the course at 10:30am will be pulled from the water.

WHERE: Zorn Park * Bay Street * Harbor Springs, Michigan
Water temperature for August 3rd may be a refreshing 68 degrees

ELIGIBILITY: Open to ALL swimmers. For those under the age of 13 - competency must be verified, in writing by their coach.

ENTRY & FEE: The fee is \$15. Mail check and application to: Hammerhead Swim Club, c/o Chuck Beat, 3621 Quick Rd., Harbor Springs, MI 49740
*** All entries must be pre-registered by July 12, 1997. Registration is limited to the first 150 applicants.
***A picnic lunch, prepared by the Hammerhead Swim Club parents, will be provided to participants and available to spectators for \$5, the day of the event.
***Local artist, Kathy Boyer, will again design a Limited Edition custom T-shirt for the '97 race. These quality shirts sold quickly last year, we will have a **limited** number for sale at the race. Order yours when you register to be guaranteed a T-shirt. (\$15 with pre-registration or \$18 the day of the event!!!)

AWARDS: Commemorative ribbons to all finishers. The first three male and female finishers in each age group will receive medals. Age groups: 12 and under, 13-14, 15-18, USS Open, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, etc. (Age on August 3.)

COSTUME: **NO WETSUITS ALLOWED.** Floatation devices or any devices used to maintain body heat are NOT allowed. Neoprene swimcaps are permitted, however, they shall not extend to protect the neck or shoulders.

CONTACT: Marilyn Early, 1423 Quick Road Harbor Springs, MI 49740 (616) 526-9824

Name: _____ Birthdate: _____ Gender: _____
(LAST) (FIRST)

Address: _____ Phone: () _____

City, State: _____ Zip Code: _____

I plan to swim: ☐ 1 MILE ☐ 2 MILE ☐ 3 MILE

ENTRY FEE: \$15.00

T-Shirt: \$15.00

Size: LARGE ☐ X-LARGE ☐

Total Enclosed: _____ Make checks payable to: **HAMMERHEAD SWIM CLUB**

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 OPEN WATER SWIMMING, including possible permanent disability or death, and agreed to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE HARBOR SPRINGS COASTAL CRAWL 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., UNITED STATES SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE HAMMERHEAD SWIM CLUB, HOST FACILITIES, EVENT SPONSORS, EVENT COMMITTEES, OR ANY INDIVIDUALS OFFICIATING OR SUPERVISING AT THE EVENT. I addition I agree to abide by and be governed by the rules of USMS and USS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature: _____

Parent/Guardian's Signature (if swimmer is under 18yrs of age) _____

THE MERLIN FACTOR

(it's really not magic)

Become More Than Your Self

Your assumptions and beliefs about what is possible for you are based on your conclusions from past experiences. These beliefs become self-imposed limitations.

Acting on the basis of what you already know will at best give you more of what you already have. Outside this predictable "known zone" extraordinary results are possible. To achieve these results you must transcend your self-imposed limits.

Think the Unthinkable

Recognize the boundaries of your current thinking. Ask what breakthrough achievements your current thinking and practices could not sustain. Initiate dialogues on possible breakthroughs. Commit yourself to the biggest possibility you can imagine.

FRANK THOMPSON
2660 LITTLEBELT AVENUE
WEST BLOOMFIELD MI 48324

The Wave Eater
Michigan Masters Swimming
Phyllis J. Reid
128 Marlboro Ct.
Brooklyn, MI 49230

Bulk Rate
U.S. Postage
PAID
Clark Lake, MI
Permit No. 3
Non-profit

NEWSLETTER DEADLINES HAVE CHANGED: (please note)

September 10, 1997

November 12, 1997

January 28, 1998

*(Meet announcements MUST be approved by Tom Moyer and
receive a sanction number before they come to me
for inclusion in the Wave Eater.)*

Upcoming Newsletter DEADLINE: July 10, 1997