

# FLÖRIDA

n e w s l e t t e r

Vol. XV, No. 1

Local Masters Swim Committee, Inc.

February 1998

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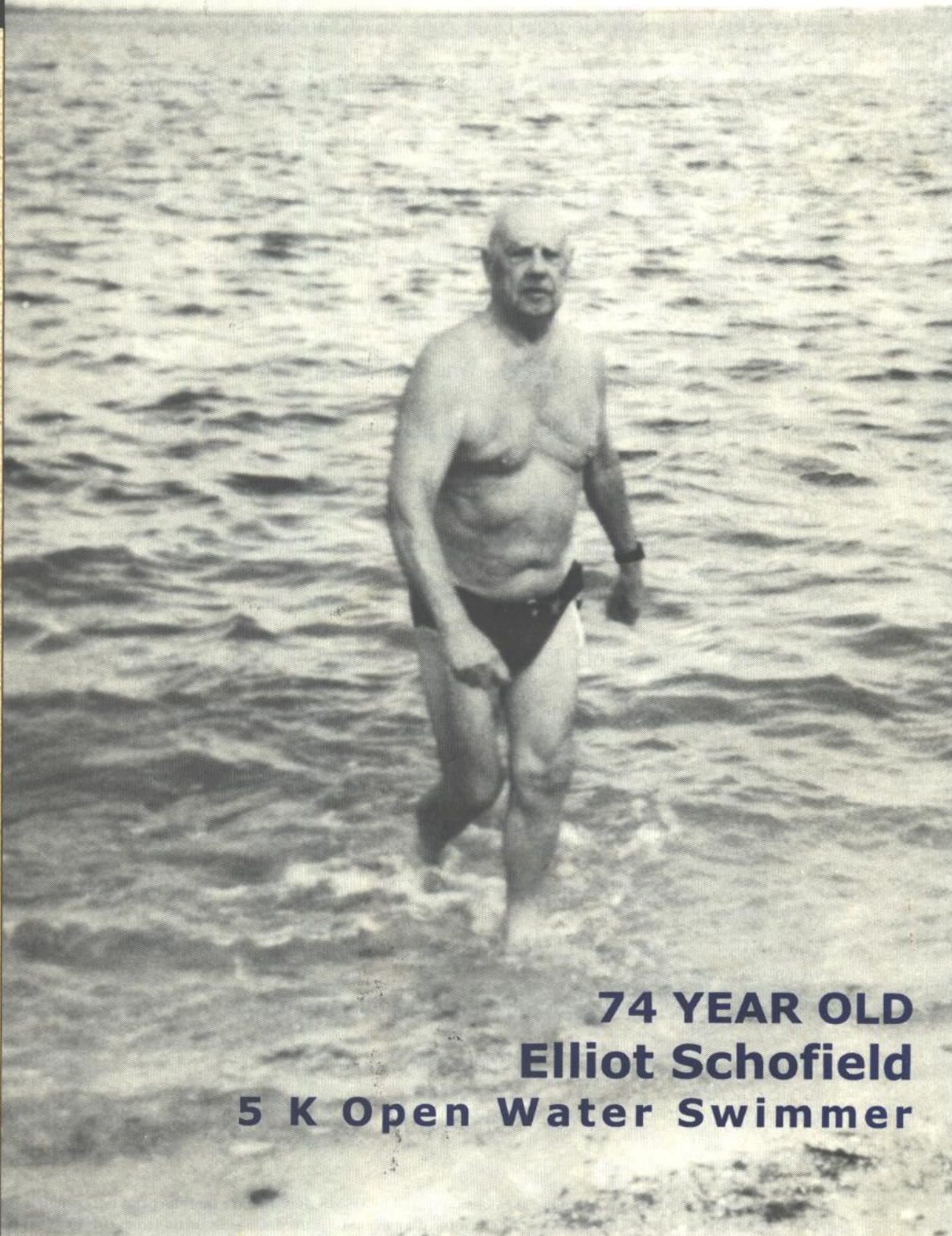
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**74 YEAR OLD  
Elliot Schofield  
5 K Open Water Swimmer**



# ***DISTANCE MATTERS***

## **CALENDAR OF EVENTS**

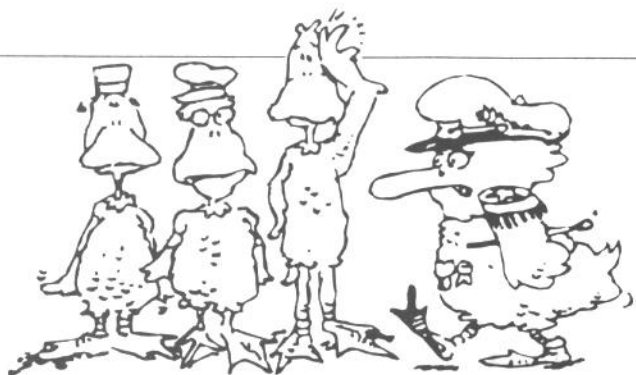
By Ron Collins

02/01/98 to 02/28/98	Postal February Fitness Challenge	Scott Rabalais (504)766-5937
02/01/98	St. Petersburg, Florida SCY Developmental Meet	Harold Ferris (813)896-0250
02/14/98 to 02/15/98	Clearwater, Florida CAT Masters SCY Swim Meet	Nancy Durstein (813)784-5780
02/27/98 to 03/01/98	Ft. Lauderdale, Florida ISHOF SCY Swim Meet	Stu Marvin (954)468-1580
03/01/98	St. Petersburg, Florida SCY Developmental Meet	Harold Ferris (813)896-0250
03/14/98 to 03/15/98	Duluth, Georgia Dixie Zone SCY Championships	Lisa Watson (770)497-1901
03/27/98 to 03/29/98	St. Petersburg, Florida St. Pete Masters SCY Swim Meet	Nancy Eaddy (813)347-0565
04/11/98	Indiatlantic, Florida 3K Open Water Swim	Sam Freas (407)773-3367
4/18/98 to 04/19/98	Ft. Pierce, Florida 9th Annual Stanton C. Craigie SCY Meet	Tom Harmon (561)465-8385
04/23/98 to 04/26/98	Ft. Lauderdale, Florida YMCA Masters Nationals	Stu Marvin (954)468-1580
04/25/98 to 04/26/98	Pensacola, Florida SCY Swim Meet	GPAC (904)484-1312
April TBA	Ocala, Florida Lake Weir 4 Mile Open Water	Jane Pheil (352)821-3565
05/02/98	Tampa, Florida Bay Open Water Challenge 3 Mile Swim	Toby O'Brien (813)896-5320
05/07/98 to 05/10/98	Indianapolis, IN USMS National SCY Championships	Sharon Wise (317)247-7129
05/15/98 to 09/30/98	USMS 5K and 10K National Postal Championships	Elin Zander (509)448-5250
05/23/98	St. Pete Beach, FL 2.4 Mile Hurricane Man Open Water Swim	Bruce Day (813)345-1629
05/23/98	Pensacola, Florida Pensacola Sound 5K Open Water Swim	GPAC (904)484-1312
06/13/98	Delray Beach, Florida Aqua Crest LCM Swim Meet	Scott Barlow (561)278-7174
06/13/98	Key West, Florida 22nd Annual Swim Around Key West	Randy Nutt (954)755-3318
06/13/98	Atlanta, GA USMS National Two Mile Cable Championship	Bill Black (770)698-8020
06/19/98 to 06/25/98	Casablanca, Morocco 7th FINA World Masters Championships	Traci Grilli (603)537-0203
06/20/98 to 06/21/98	Sarasota, Florida 21st Annual LCM T-Shirt Swim Meet	Deb Walker (941)923-3540
07/10/98 to 07/12/98	St. Petersburg, Florida LCM Championships	Nancy Eaddy (813)347-0565
07/31/98 to 08/02/98	Coral Springs, Florida LCM Swim Meet	Michelle Bekoff (954)897-3940
08/20/98 to 08/23/98	Ft. Lauderdale, Florida USMS National LCM Championships	Stu Marvin (954)468-1580

**NOTE:** All events listed on this calendar are not sanctioned by USMS, Inc. and are therefore not necessarily covered by insurance. Swimmers are advised to check with event directors to determine if an event is insured. USMS sanctioned events are covered by USMS insurance and can be recognized by the following statement on the entry form: "Sanctioned by (LMSC name) for USMS, Inc. Sanction Number \_\_\_\_\_."

# THE CHAIRMAN'S CORNER

by Harold Ferris



**H**appy New Year Florida LMSC swimmers. Have you renewed your registration for 1998? If not, you are no longer covered by USMS insurance should you be injured or cause injury to someone else. Contact your club registrar right away, or, if you prefer to register as unattached, **Charles Kohnken**, our LMSC Registrar.

The Short Course season has begun on a note of disappointment. **Ocala** and **Winter Haven** both worked hard and put on good meets, but attendance should have been greater. Then the **Tampa** meet scheduled for January 17 and 18, 1998 was cancelled due to lack of enough entries. Expenses were incurred that cannot be recovered. If we don't support each other's meets, we will soon find ourselves with fewer and fewer meets. Perhaps some encouragement from team captains and coaches would help to increase the number of entries in future meets. Please check the swim calendar and get your entries in on time for future meets.

The first **1998 LMSC meeting** will be held on March 28, 1998 at North Shore Pool in St. Petersburg at the conclusion of the 400 I.M. All LMSC Officers should be in attendance, as well as a representative from each team. ■

## Letters to the Editor.



Mr. Donnelly:

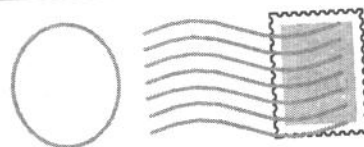
My name is José de Jesús and I am the vice-president of the **Puerto Rico Masters Swimmers League**. Mrs. June Krauser gave me your address so I could take the initiative of inviting all masters swimmers that your newsletter and/or organization reaches to the **Puerto Rico Masters Short Course Invitational**. This meet will take place from Friday March 6th thru Sunday March 8th, 1998. We are inviting teams from the U.S., the Caribbean and Central American regions to participate.

The Puerto Rico Masters Swimmers League is a non-profit organization, affiliated to the local FINA federation, the Federación Puertorriquena de Natación. We currently have ten teams and approximately 300 masters participating in swimming, water polo and synchronized swimming. The times registered at this meet will be validated for **FINA Masters TOP TEN rankings** and **FINA**

**Masters Swimming  
world records for a 25  
meter pool.**

If you have any questions please feel free to contact me by Fax or telephone at (787) 758-3858 Mondays thru Thursdays from 1:30 P.M. - 5:30 P.M. (remember we are 1 hour ahead of eastern Standard Time!)

Sincerely, José R. De Jesús, D.M.D.



*(Ed. note: I can fax the entry forms, hotel list, and master team list to anyone interested. Deadline is Feb. 27, 1998. Meet will be held in Salina's Olympic Housing, located in Puerto Rico's South coast, only 40 min. from San Juan, in the North part of the Island and 30 min. from Ponce's city in the South. It sounds like a fun meet!)*

# NEWS FROM AROUND THE LAMSC



## CAT MASTERS

Every year as the holidays end we turn our attention to our **Valentine Swim Meet**. This time the meet will be held on February 14-15 at the Long Center Pool that we call home. Hopefully everyone will be able to attend and this year's meet will be the biggest ever.

We're also looking forward to hosting the 2nd Annual **Tampa Bay Open Water Challenge** on May 2nd. Last year's inaugural event was a huge success with 230 swimmers completing the 5 kilometer course. **Elliot Schofield** was the oldest participant at 74 years of age and says he plans to come back to dish out more at this year's event.

Finally, and most importantly, we're sure everyone will join us in supporting our team captain, **Nancy Durstein**, as she wins her battle against cancer. Look for her as she flawlessly directs our Valentine Meet!

**Amy Vari** ■



## FLORIDA MAVERICK MASTERS

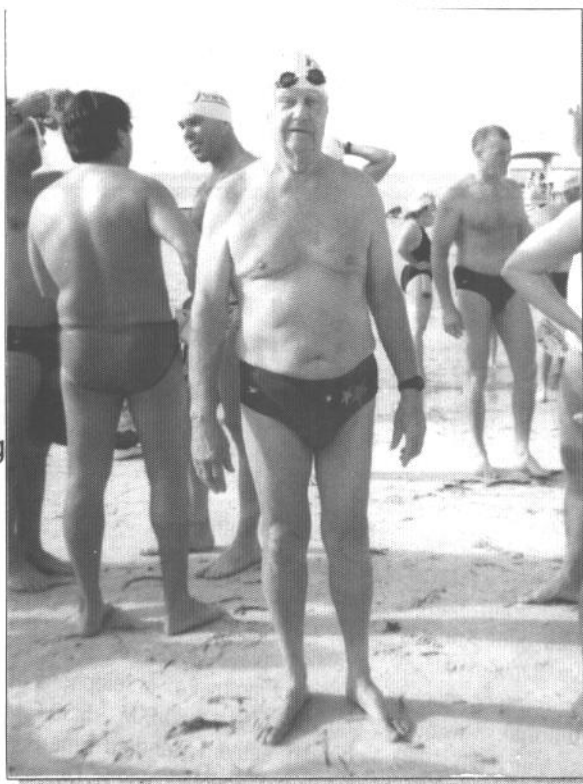
**Charlie Gray, Elmer Luke, Al Maloney, Pat Painter and Doris Prokopi** competed in the Florida Senior Games State Championships, in **Sarasota**, on December 3-4.

The Maverick foursome of **Paul Hutinger, Bob MacDonald, Joe Kurtzman and Al Maloney** traveled to Coral Springs, December 5-7, and set their second **world record**. This one, in

short course meters, also was in the 200 m medley relay, in a time of 2:31.12. that broke the world mark of 2:33.74 in the 280-319 age group, set by a Japanese team in 1992. A team from Oregon, set the American record of 2:36.92, in 1990.

Our team is planning their schedule of pool training for 1998, be it for competition, rehab or to improve or maintain his/her level of physical fitness. If you do not keep a daily log of your training, you are missing an important aspect of Masters swimming. **Scott Rabalais** wrote an excellent article, "**Tracking Your Swimming**", in the Jan./Feb. 1998 issue of **SWIM Magazine**, to give you ideas on how to plan your practices and meets for the year. Use

the 1998 Planner included in **SWIM** to organize your days and months. Include such items in your log as times for various sets, dry land training, record performance times, list of achievements (lost 10 lbs., finished Swim to Key West, etc.) heart rates and goals for the year. Periodically, review your swimming efforts and evaluate your progress on the goals you have set. **Paul Hutinger** ■







# SPACE COAST MASTERS

WRT  
 avertime for practice has been limited due to repair work on the Gleason Park-Indian Harbour Beach pool. We have some activity at the Brevard Community College and Satellite Beach H.S. pools.

**Bunny Cederlund, 75**, who recently established USMS National Records (50, 200 Back),

made TOP TEN LCM in 9 events, including 5 firsts. **Al Chipman, 75**, had a 7th in the 1500 Free and **Al Rogerson, 72**, gained a 10th place spot in the 1500 Free.

**Lester Bell, 75, Karen Halford, 30, Bob Segersmith, 73, and Phil Lindsley, 64**, placed high in the September Delray Aqua Crest meet while Lester, Al Rogerson, **Angie Sinacore, 67**, and **Tom Bliss, 43**, managed top high point honors, helping SPCO to a third place team standing at the November, Winter Haven meet. **John Sinacore, 73**, (making a rare appearance with the team), **Martha Henderson, 60**, and **Dick "Strong Back" Robecki, 67** scored well.

**Bernie Sher, 58**, placed

9th in his age group in the October World Ironman Triathlon Championships, held in Kona, Hawaii, with a 2.4 mile swim, 112 mile bike ride and a full 26.2 mile run, in the time of 12 hours 14 minutes and 30 seconds. **Congratulations Bernie** for a tremendous accomplishment.

At our Annual Holiday gathering, Tom Bliss was elected President of SPCO. As Dick Robecki stated "a lot of people were running (which way Dick?)

We are hoping the Gleason Park Indian Harbour Beach pool is in shape for our Hour swim efforts during January.

**Al Rogerson** ■

**19** 97 has been an eventful year for **SWIM Florida**. We have gained more pool sites for workouts and with our merge with the **Suncoast Masters** effective January 1, we are now 150 strong. We should be a team to challenge anyone in 1998.

We had a good group participate at Nationals and they did well -

**five National titles won!** Sixteen of our swimmers made **TOP TEN** over the three courses: 6

made a great trip to the **Pan-Pacific Championships** in Maui, Hawaii; and 2 others traveled to Arizona for the **Senior Championships** and did well, setting two National Records.

SWIM Florida had 16 swimmers listed in the **TOP TEN** Long Course records for 1997 with 5 individuals and 4 relays qualifying.

Relay Top 10ers are: **Martha Liggett, Adrienne Seal, Liz Burchett** and **Laura Albee** in the Women's 200 m Free Relay - 120+; **Dick Brewer, Mike Stollmyer, John Shea** and **Tom Stegeman** in the Men's 200 m Free Relay - 200+; **Kent Ley,**

**Rich DeGalan, Jim Redic** and **Larry Black** in the Men's 200 m Medley Relay- 160+; and **Farrell Devlin, Jean Garbus, Liz Burchett** and **Tom Stegeman** in the Mixed 200 m Free Relay - 200+.

Individuals listed with the number of events in parenthesis were: Larry Black (3), Liz Burchett (4), Sylvia Eisele (7), Jean Garbus (9), and Jack Thomas (5).



**Clara Valdes** and **Joan Gamso** swam in the 5.5 mile open water **Annual Coral Reef Swim in St. Croix in November**. Seventy seven swimmers started from the beach at Buck Island just offshore from St. Croix. Clara finished 16th and Joan 17th with times of 2:23.02 and 2:23.44

respectively. the conditions of the swim varied from relatively choppy waters which allowed navigation by hill tops only, to calmer waters towards the end of the swim.

Turtles, rays and many fish could be seen throughout the race in the incredibly clear water. It was beautiful. If you enjoy distance swimming you might want to add this swim to your calendar next year.

**Larry Black** place 7th overall and 2nd in his 35-39 age group at the 1-mile open-water swim at the Swim Miami competition off Key Biscayne in 23.50. **Jean Garbus & Joan Gamso** ■

**Power of the Mind - Sharks, Hyenas, Adrenaline**  
by Coach George Bole

**P**erth, Australia was the venue for the World Swimming Championships last month. As well as the

Olympic events, there was long distance ocean events included. To the concern of intended competitors and coaches, there had been a spate of shark attacks in the area of competition! To allay the obvious fears, the race competitors would have a support boat as well as back-up crews with rubber dingies. Also, there would be helicopters in attendance, a spotter plane looking for sharks, and a team of scuba divers armed with spear guns!!!

The coordinator said that all these precautions were to stop the swimmers from experiencing fear!!

The question asked by a famous zoologist is: would the swimmers move faster with the fear? This man, a Dr. Murray Watson, is convinced that a fear-enhanced event will beat a drug-enhanced performance. To back up his conviction, he instances an occasion when he believes he broke the world high jump record. This record is not recorded in the Guinness Book of World Records!

In his early studies in Africa, Watson's Land Rover broke down and he decided to walk back to camp rather than stay with the vehicle. Within a few hundred yards, and with the light fading, he found he was being hunted by a pack of hyenas. When the pack leader snapped at him, he decided to seek a hiding place. In desperation, and with the hyenas snarling at his back (one even took a bite out of his shorts) he jumped for the lowest branch of a tree and swung to safety. He sat in the tree until dawn.

At dawn, he was amazed to find that he was 12 feet from the ground. Once down, no matter how he tried, he could not get within 4 feet of that limb, nor could any of his colleagues.

There was another case of the distraught Florida mother, Maxwell Rodgers, who lifted a station wagon off her trapped son and held it long enough for the child to be pulled free. Mrs. Rodgers weighed 123 lbs. and the vehicle 3000 lbs. Trained strongmen, steroid-loaded, failed to match her feat. No drugs for her. Instead she was making use of the great resources available to any sportsman—the power of mind over matter.

There are many sports scientists today who are of the opinion that physical conditioning has reached its limits—that almost all the modern fitness developing machines have made it possible for anyone to acquire tip-top fitness. And so, improvement, or further improvement, in the opinions of these experts, lies



in physiology. What they do know is that the human who attempts the impossible because he is being chased by wild animals is mobilizing an innate fear or fright reaction and dosing himself up on one of the most powerful and ancient of stimulants—adrenaline.

Adrenaline is the most remarkable performance enhancer. If athletes were offered a stimulant that promised to increase the rate and depth of their breathing during competition, boost heart rate and mask pain, the international Olympic Committee would want to ban it! Yet it already exists. When the adrenaline

kicks in, it can fire freak performances from the untrained and spark barrier-breaking records from sportsmen providing tantalizing glimpses of what is possible without drugs.

Sometimes we are privileged to witness the untapped potential of the body within a stadium or a pool. Bob Beaman shattered the world long jump record in 1968 and put it out of reach for nearly three decades. Other examples are Jim Montgomery's sub-50 sec. 100 metres and Janet Evans' fantastic 800 metres record. David Hemery, 400 metres gold medal winner in 1968, states in his book, "Winning Without Drugs" that everything a human might achieve with drug enhancement can be matched using natural and legal training procedures by harnessing the power of the mind.

As Shakespeare said, "that is the question". How does one harness the power of the mind? Make believe, sharks, snarling hyenas in the mind might unlock amazing powers to run, jump or swim? To our ancestors, such sport was really a matter of life or death. Today the consequences of failure are not so dire.

But, I believe even at our own level, we could do some mind harnessing. Not with great white sharks or fierce laughing hyenas, but with some forethought.

Desire to be the best if fierce enough can produce this marvelous stimulant, adrenaline. The will to win, the need to help your relay to win, the search for gold, the yearn for recognition, or just plain dislike of

the opposition—there are many ways to "pump up" the adrenaline.

But, oh—please be sure these adrenaline producing thoughts are developed before competition and forgotten afterwards. Do not ever get on

the starting block free of adrenaline—that's the way to flat performance. How you get the adrenaline flowing is your choice—sometimes with a little help from your coach. But one thing is for sure, that without the sharks and the hyenas, you will be dead last! ■



## Bob Ruth Aquatic Team

**F**inal LC National results showed BRAT in 8th place in our first meet we attended as a team. It seemed everyone had a lot more fun that way than going individually. Further, our finish was upon a non-existent strategy. Everyone just signed up whenever they decided to commit, and by the time we realized we might make a good team showing, entries were already in. So we didn't maximize our potential for scoring team points.

Being the first national meet of any kind for most of us, it makes the accomplishments a little sweeter.

We had 2 national champions—Cris Williams (400 Free) and Mike Tschirret (200 Fly). Both had GREAT SWIMS!

Mark Ebel, Celeste Lind, and Glenn Woodsum had outstanding meets.

Scott Guthrie (despite severe shoulder problems), Annie Kelley, and Wanda Brown all had exceptionally solid performances, while Sally turned in an electrifying relay swim.

Hungry Schlak, Steve Van Sciver, Bill Mrazek, and Bob Ruth contributed mightily to relays that finished extremely well (including 2 firsts), 1 second, and 2 thirds—and one National

Record in the 400 FR, 160+).

One of our most talented swimmers missed nationals, but excels at mega-distance. Karen Sadler broke the LCM National Record, standing from 1993, for the 5K swim this summer. She was also National Champion in 1996.

### Bob Ruth



Mag-Lab head Steve Van Sciver demonstrates his advanced engineering skills w/ the cheap quick-fix for an old lane line whose buoys have cracked & broken; segments of a \$2 noodle float fixes the line just fine.

### Below are the BRAT swimmers who made the 1997 National TOP TEN Long Course Meters.

#### Annie Kelley 25-29

800 m free	10:31.65	8th
100 m fly	1:13.37	7th
400 m IM	5:45.69	10th

#### Wanda Brown 40-44

800 m free	10:51.11	5th
1500 m free	20:30.28	2nd

#### Laurie Grubbs 45-49

1500 m free	22:34.93	9th
200 m breast	3:29.92	7th

#### Cris Williams 35-39

200 m free	2:05.40	7th
400 m free	4:25.55*	2nd
*(1st place at Nationals)		

#### Doug Schlak 40-44

100m free	57.06	6th
200 m free	2:21.24	8th

#### Glen Woodsum 50-54

50 m free	27.72	10th
100 m free	1:01.26	6th
200 m free	2:22.68	10th

#### Scott Guthrie 50-54

50 m breast	35.05	6th
100 m breast	1:22.22	8th

#### Mike Tschirret 60-64

100 m free	1:10.15	9th
200 m free	2:37.24	7th
50 m fly	34.55	5th
100 m fly	1:27.68	6th
200 m fly	3:18.82*	1st

\*(National Champion / All-American)

#### Relays

##### 160-199 Men

200 FR	1:45.95	3rd
(Bill Mrazek, Bob Ruth, Doug Schlak, Cris Williams)		

400 FR	3:58.31	1st
(Same relay members as above)		

Nat'l Champions, current record holders

400 MR	4:50.92	2nd
(Same) 1st at Nationals		

#### 120-159 Mixed

200 FR	1:56.78	8th
(Williams, Celeste Lind, Annie Kelley, Schlak)		

#### 160-199 Mixed

400 FR	4:25.80	4th
(Schlak, Wanda Brown, Laurie Grubbs, Williams)		





# Indian River

Community College Masters

## News from the IRCC pool!

**S** **ATURDAY!! SUNDAY!!**  
April 18th & 19th at the beautiful  
IRCC Aquatic Center!! **The 9th  
Annual Stanton C. Craigie Memo-  
rial Swim Meet!!**

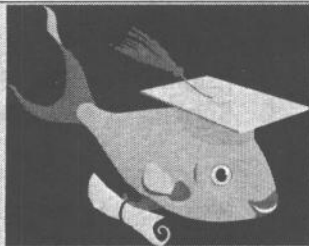
Water, Sun, Fun and Food, Prizes for  
the whole family! Yes, there will be  
BANANAS!

Starting with the 100 Free on Saturday  
morning and going through the last relay on Sun-  
day, there will be excitement for everyone!! Na-  
tional and World Champions will be present.  
Awards and Prizes for everyone participating. Be

there or be square.

Well, I hope you get the idea. Once again  
the **IRCC Masters** are putting on the Stanton  
Craigie Memorial Swim Meet. We will be having  
all of the fun things that has made our meet so  
much fun. On Saturday we will be having the  
**8 person 400 mixed medley relay.** You don't  
need 8 people from the same team, just get  
together your friends and have fun. The winners,  
all 8 of them, will eat free at the BBQ dinner on  
the deck served by Sonny,s. The winner of an  
event that will be chosen at random will receive  
the Anne Wilder Award of Swimming Excellence,  
a \$200 cash prize. We will be having the Alpha  
School of Massage giving free rub downs for one  
and all. Not to mention the beautiful first place  
medals for the winners of each race and team  
and individual awards for high point. We hope  
that you will be able to come and spend some  
time with us.

**Tom Harmon, IRCC Masters Coach** ■



Ask the "Swimming" Doctor  
by Dr. Paul Hutinger

**QUESTION:** I am interested in taking supple-  
ments and would like your opinion on their effects  
to aid Masters Swimmers in their competitive ef-  
forts.

**ANSWER:** My answer includes comments re-  
garding two popular supplements, **creatine** and  
**caffeine.** Two recent articles in the Jan/Feb 1998  
issue of **SWIM Magazine**, "Keeping Up With Cre-  
atine" by Cindy Carroll and "Beyond Training" by  
Edward Nessel, will give you an insight into ergo-  
genics, or substances used to enhance swim-  
ming performances. Several of the top research  
journals in sports medicine have articles relating  
to creatine: **Research Quarterly for Exercise  
and Sport**, September, 1997, "Creatine Supple-  
mentation Enhances Intermittent Work Perfor-  
mance" and **The Penn State Sports Medicine  
Newsletter**, August, 1996, "Creatine Up

dates". Currently, I am taking creatine and will up-  
date you on the benefits to my swimming in the  
next issue.

"Caffeine and Swimming Performance" was  
published in the **Canadian Journal of Applied  
Physiology.** The study, a double-blind, was de-  
signed to eliminate the placebo effect. The trained  
swimmers swam a 1500 M, two days apart. The  
average time with caffeine, 20:58, compared to  
21:21 after taking a placebo. The caffeine was 6  
milligrams/kilogram of body weight. This would be  
420 mg/154 pound person. A cup of coffee equals  
200 mg; a coke, 70 mg. and a no-doz tablet, 100  
mg. The caffeine was taken about 2 hours before  
the swim trial. I always drink two large cups of cof-  
fee the morning of a meet and one or two cokes at  
the meet.

Keep in mind, with any supplement, you  
must still put in the necessary training to perform at  
a top level. An adequate, nutritious diet will aid in  
the absorption of the supplements.

Anyone wanting additional information and  
copies of these articles, or having personal ques-  
tions, please send a large SASE to:  
Dr. Paul Hutinger, 1755 Georgia Ave. NE,  
St. Petersburg, FL 33703. ■



# The Biggest Bluefish to Ever Come Ashore at Sanibel Island

by Randy Nutt

**A**t 9:42 A.M. on January 10, 1998, Miami's Gail Rice, Gold Coast Masters, splashed into the 66 degree waters on the southeast side of Sanibel and began swimming the 22 miles around the island. The 41 year old mother of two tackled this swim, as she does all her marathon swims, armed only with her suit, cap and goggles. She only paused long enough every 1/2 hour to smile and take some warm fluids from her 3 man crew kayaking at her side. Five hours into her swim, she entered Blind Pass, the mile long shallow divide between Sanibel and Captiva. For over an hour, her crew directed her in zigzags and circles in order to find knee deep waters she could swim through. When she finally passed into the Gulf of Mexico for her final 8 mile stretch, a three foot wave hit the kayaks sending the remaining warm fluids overboard. During the final three hours, the wind picked up as the sun disappeared into the horizon and to combat the cold, Gail churned her arms through the water even faster. Her every muscle quivered so much that when a small fish snuck into her suit, she thought it's flailing were her muscles shaking and so the fishy stayed with her to the end. Nine hours and 37 minutes after she'd begun, Gail Rice, in a lovely shade of blue, swam ashore exactly where she'd started and became the first person ever to swim around Sanibel Island. ■



Gail Rice and kayak crew: Christina Pazos & Brian Welsh

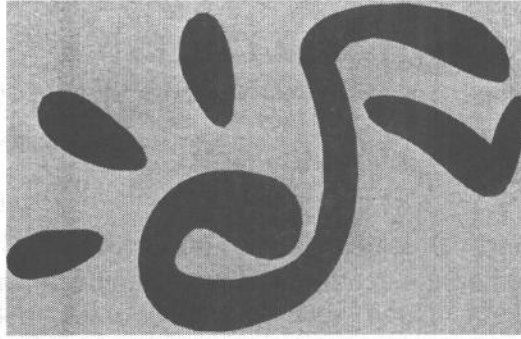
Last summer, Gail swam 44 of the projected 70 miles in her Bimini, Bahamas-to-Florida attempt before being defeated, after 14 hours and 53 minutes, by battalions of big, blobby, biting jellyfish that made her nauseus, dizzy, and swollen from the stings. She said she'll be back. She won the 1995 Manhattan Island Marathon Swim, finished 2nd in 1996, and last year, at age 40, became the first person to swim around Miami Beach (21 miles).



Gail Rice, with Randy Nutt in kayak, off of Sanibel Island

# What's On Your Mind?

by Notes Flowing



**T**hey say swimming is at least 70 percent mental. I'd argue and say that it's 70 percent musical.

Let's get real here. What the \*^\$# are you supposed to "think" about during a 500, an 800, or God help us all, a 1650? Certainly not your stroke. I've tried that. After about the first 200 I run the gamut from obsessing about my catch to a continual curiosity about my pace. None of it works, nor does it make me any better, And before you tell me that I've got it all wrong, that the "mental" part really applies to atti-

tude, well I've "already" thought about that too. If I thought about my attitude anymore, I'd show up with a suit fitted with blades on either side so I could be sure that if at least I couldn't out swim my opponent, he or she certainly wouldn't be in any position



to throw me a beating. But that's not too realistic is it. So, neither is getting mental about the sport either, then.

That's why I recently decided to get musical. Now around the 200 mark I'll start singing to myself. Sometimes its the song I heard on the radio when the

alarm went off in the morning. Othertimes it'll be something hard and fast that I'm familiar with if I want to pick up my pace. If you haven't tried this, I'd highly recommend it. Only problem is that if you're doing a few reps of those 800's, by the time you hit the chorus for the 20th time you tend to get a little sick of the tune. Which then makes you start to think. Which then leads us back to where we were in the beginning.

It's a vicious cycle, this sport. It's a wonder after years of being in the water we're not all Un-abombers by now.

You think I think too much? You bet I do. After all, its incumbent on at least one member of the lane to count the laps and keep track of the clock. Now, if I could only figure out what to do in between the send off and the finish...

## MATAMATA

*Home of New Zealand Master Swimming  
25th Jubilee & Celebration Dinner*

*You are invited to take part in a day of conviviality to celebrate 25 years of Masters Swimming in New Zealand, Saturday, March 21, 1998 at 3:00 P.M. (for swimming events) to be followed by drinks and dinner at 6:30 P.M. Please join us. We would love to see you there.*

*Registrations Close: 14 March 1998*

*Phone: (07) 888-7619*

*Enquires to: Anne Stanley*

*11 Huia Street*

*Matamata, New Zealand*



**28th Annual St. Pete Masters Short Course Swimming Championships**  
**March 27, 28 and 29, 1998**

Sanctioned by: Florida LMSC for USMS, Inc. Sanction # 148-009

Sponsored by: St. Petersburg Department of Leisure Services and St. Pete Masters, Inc.

Meet Directors: Nancy Eaddy and Cheryl Day

- Eligibility and Rules:** Open to all registered MASTERS, age 19 years and older. All entrants must have a current 1998 USMS Registration Card. 1998 USMS Rules Govern.
- Entry Limit, Relay Eligibility and Fees:** Swimmers may enter **five (5) individual events** per day **PLUS relays**. Cost per individual event entered shall be **\$2.50**. All relay swimmers must be registered members of the USMS registered club they represent, sign the meet waiver form, and pay the meet surcharge. Relays are **DECK ENTERED** and **DECK SEEDED \$5.00** for each relay team entered. All relay entrants must pay the meet surcharge.
- Entry Information: and Meet Surcharge:** Please complete and return the meet Entry Form and attach a COPY OF YOUR 1998 USMS Card. Enclose a self-addressed and stamped post card if you wish verification that your entry was received. The **meet surcharge will be \$10.00**. For entries **postmarked on or before February 28<sup>th</sup>**, the **meet surcharge will be discounted to \$7.00**. Entries must be **RECEIVED by Tuesday, March 17, 1998**.
- Seeding:** All events will be timed finals and will be seeded SLOWEST to FASTEST. **"No Time"** entries cannot be accepted. All events will be pre-seeded, **EXCEPT** for the 1650, 1000 and 500 Yd Freestyle events and the 400 Yd I.M. Swimmers must check in by a designated time to be seeded in these events.
- Meet Scratches:** If a swimmer is unable to attend the meet, please call **Nancy Eaddy at (813) 347-0565** or e-mail **nheaddy@aol.com** no later than **Thursday, March 26, 1998** and your money will be refunded in full.
- Warm-up:** Warm up will begin on Friday, March 27th at 4:30 p.m. Warm-up on Saturday and Sunday will begin one hour prior to the start of the first event. Warm-up lanes will be available in the diving well during the 1650 Yd and 1000 Yd Freestyle and the east end of the pool will be available during all other events.
- Timing:** Colorado Timing will be used with hand held back-up timing for each lane. Sixteen lanes will be used Friday evening with an East and West course facilitating the completion of the 1650 and 1000 Yd Freestyle. **Friday's events will be swum simultaneously.** Eight lanes will be seeded for all other events.
- Scoring:** 9; 7; 6; 5; 4; 3; 2; 1 for Individual Events. **DOUBLE POINTS** for RELAYS.
- Information Envelopes:** All swimmers should check in at the Meet Registration table to receive their meet information envelope. The envelope will contain a HEAT SHEET and other meet information.
- Results:** Results will be posted throughout the meet on the wall at the north side of the locker rooms. Results can be ordered at the meet for \$5.00. One free copy will be sent to each team participating in the meet. Team Reps sign up at the Registration table.
- Food:** Refreshments will be available for purchase at a location adjacent to the spectator bleachers.
- Awards:** Awards will be handed out for each event. Individual High Point awards for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in all AGE GROUPS (minimum 5 events completed). Team awards for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place Combined Men and Women will be recognized by having a charitable donation made in their name to a recognized charity of their choice.
- T-shirts:** A commemorative meet T-shirt or Tank Top can be purchased on the entry form for \$12.00.
- Southern Hospitality:** Join us for a "Dinner/Social" on Saturday evening. Tickets for the dinner/social can be purchased for \$12.00 on your entry form. Info on time and location will be included in your meet packet. Tickets **will not** be available for purchase at the meet.
- Comments:** Competitors 19 to 24 years of age may jeopardize their amateur standing with FINA by competing in this MASTERS meet.
- Hotel List:** **MAKE RESERVATIONS ASAP!!!** Opening weekend for Devil Rays baseball means rooms will be limited.
- |                 |                      |                           |                |                               |
|-----------------|----------------------|---------------------------|----------------|-------------------------------|
| Downtown-       | St. Pete Hilton      | 333 1st Avenue South      | (813) 894-5000 | <b>Pool Facilities:</b>       |
|                 | Heritage Holiday Inn | 234 3rd Avenue North      | (813) 822-4814 | NorthShore Pool is located at |
|                 | Beach Park           | 300 Beach Drive Northeast | (813) 898-6325 | 901 NorthShore Drive N.E.     |
|                 | Bond Hotel           | 421 4th Avenue North      | (813) 822-4783 | St. Petersburg, Florida       |
|                 | Vinoy Resort         | 501 5th Avenue Northeast  | (813) 894-1000 |                               |
| St. Pete Beach- | Best Western Sirata  | 5390 Gulf Blvd.           | (813) 441-1722 | Days Inn                      |
|                 | Holiday Inn          | 5250 Gulf Blvd.           | (813) 360-1811 | Quality Inn                   |
|                 |                      |                           |                | 6200 Gulf Blvd.               |
|                 |                      |                           |                | (813) 367-1902                |
|                 |                      |                           |                | 5300 Gulf Blvd.               |
|                 |                      |                           |                | (813) 360-6911                |

**EVENT ENTRY FORM**  
**28th Annual St. Pete Masters Short Course Swimming Championships**  
**March 27, 28, and 29, 1998**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
 (as it appears on your 1998 USMS card) (as of 3/29/98) (M or F) (Include Area Code, indicate Home or Work #)  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

USMS Club Name: \_\_\_\_\_ Abbreviation: \_\_\_\_\_

1998 USMS Number: \_\_\_\_\_ LMSC: \_\_\_\_\_

Enter your time in the spaces provided before events. Your time will indicate an entry in that event.  
 NOTE: "No Time" entries cannot be accepted.

Please attach a copy of your  
1998 USMS Card here

Friday, March 27th - start 5:00 pm  
warm-up 4:30 pm

*You may enter only one event on Friday night. Events will be swum simultaneously. When one course has finished the other event will be completed on both courses.*

Time	W/M	Event	
_____	1/2	1650 Yd Free	<i>The 1000 yard Free split will automatically be recorded and validated if the 1650 yard Free event is completed. Hence, the 1000 yard Free split will be submitted for USMS top ten consideration if the swimmer completes the 1650 yard Free event.</i>
_____	3/4	1000 Yd Free	

Saturday, March 28th - start 9:00 am, warm-up 8:00am

Time	W/M	Event
_____	5/6	200 Yd Back
_____	7/8	100 Yd IM
_____	9/10	200 Yd Free
_____	11/12	200 Yd Mixed Medley Relay
_____	13/14	50 Yd Back
_____	15/16	200 Yd Fly
_____	17/18	100 Yd Breast
_____	19/20	50 Yd Free
_____	21/22	200 Yd Medley Relay
_____	23/24	400 Yd IM

Sunday, March 29th - start 9:00 am, warm-up 8:00 am

Time	W/M	Event
_____	25/26	100 Yd Back
_____	27/28	50 Yd Breast
_____	29/30	100 Yd Fly
_____	31/32	200 Yd Mixed Free Relay
_____	33/34	200 Yd Breast
_____	35/36	100 Yd Free
_____	37/38	200 Yd IM
_____	39/40	50 Yd Fly
_____	41/42	200 Yd Free Relay
_____	43/44	500 Yd Free

Meet Charges:	Events Entered:	_____ X	\$2.50	=	_____
	Meet Surcharge:		\$10.00	=	_____
	Discount Meet Surcharge:	\$7.00 for entry forms postmarked on or before February 28 <sup>TH</sup>		=	_____
	Saturday Social and Dinner:	_____ X	\$12.00	=	_____
	T-Shirt(s):	_____ X	\$12.00	=	_____
	Please circle size: Small Medium Large Extra-Large				
	Tank Top(s):	_____ X	\$12.00	=	_____
	Please circle size: Small Medium Large Extra-Large				
	<b>TOTAL</b>			=	_____

Mail Entry Form to:  
 St. Pete Masters  
 c/o: Nancy H. Eaddy  
 431 Park Street South  
 St. Petersburg, Florida 33707

Make Check or Money Order Payable to:  
 St. Pete Masters, Inc.  
 Questions? Contact  
 Nancy Eaddy (813) 347-0565 or e-mail: nheaddy@aol.com  
 Cheryl Day (813) 345-1629

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 SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature of Meet Entrant \_\_\_\_\_

Date \_\_\_\_\_



**The IRCC Masters Ninth Annual  
STANTON C. CRAIGIE MEMORIAL SWIM MEET  
April 18 & 19, 1998**

- Sanction No.:** 148-010 by Florida LMSC, Inc., for USMS Inc.
- Sponsor:** IRCC Masters Swim Team/IRCC Foundation, INC./Indian River Community College
- Eligibility:** This meet is open to all swimmers 19 years of age and older as of April 19, 1998 and are registered with USMS, Inc. Non-US citizens should have a letter of introduction from their own swimming association.
- Facilities:** The Indian River Community College Aquatic Center will be used for this meet. The pool is a 50 meter by 25 yard pool. The 8 lane 25 yard pool that is 5 feet deep will be used for competition and the 25 yard by 4 feet deep part of the pool will be used for warm up and warm down. Colorado timing will be used for record certification.
- Date/Times:** Warm up begins at 8:00 a.m. on Saturday. The 1000 begins at 9:00 a.m. Other events will begin no earlier than 11:00 a.m. The 1000 will be swum slowest to fastest. Check in and warm up begins at 8:00 a.m. on Sunday and the 1st heat at 9:00 a.m.
- Rules:** 1998 USMS official rules shall govern this event.
- Entries and Fees:** Swimmers must pre-enter by mail. Entry must be received by April 13, 1998. Competitors are encouraged to enter up to five individual events per day. Entries will be seeded slowest to fastest for all events. Events 400 yards or longer will be deck seeded and swum slowest to fastest. Check in time for all distance events on 4/18 and 4/19 is 9:00 a.m. Each event must be entered on the entry form. Send the completed and signed entry form with a copy of your 1998 USMS Registration card to the IRCC Masters Swim Team. Make sure that your name, club, birth date, event number, event description and entry time are on the form. Scoring for the meet will be computerized. The fees are \$2.50 per event, \$6.00 meet charge, \$2.00 for meet results to be mailed to you and \$8.00 per relay event. Relays will be deck entered on both Saturday and Sunday. Only team members registered for this meet may swim in a relay.
- Entry Times:** Please show your best yards times during the past couple of years. All events will be seeded by time regardless of age, slowest to fastest in all events.
- Age Categories:** Individuals 19-24, 25-29, 30-34, etc. up to 95+.  
Relays 19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+.
- Location:** Off the Florida Turnpike or I-95 take the Ft. Pierce, Rt. 70 exit and go east. The College Campus is located on the right side of the road. Take the second entrance to the campus and park in front or behind the new IRCC Science Building.
- Awards:** Top 6 swimmers in each event and age group will receive awards. Winners in each event will receive one of the specially struck medals created for this meet. High point awards for men and women and combined team trophies for 1st, 2nd & 3rd will be given.
- A special award is the newly established **Anne Wilder Award for Swimming Excellence**. Before the meet, the officials will make a random selection of an event, age bracket, and gender. The winner of the event will receive a \$200 award.
- A new and for fun only event will be swum again this year, the 8 person, open age, 200 medley relay. Any 8 persons, registered in the meet can swim together with the winners getting a free lunch from Sonny's.

**YOU MUST SEND A COPY OF YOUR 1998  
REGISTRATION CARD WITH YOUR ENTRY!**

- Make checks payable to:** IRCC Masters Swim Team; Send the signed entry form, your entry fee and a copy of your 1998 USMS registration card by 4/13/98 to:

**IRCC Masters Swim Team  
Attn. Tom Harmon, Swim Coach  
Indian River Community College  
3209 Virginia Ave; Box 117  
Ft. Pierce, Florida 34981-5596**

- Questions:** Contact Tom Harmon at (561)465-8385, Anne Wilder at (561)461-4514 or Chris Ip at (561)462-4771. If you enter but must cancel, you will receive a full refund as long as you have contacted Tom Harmon by 1:00 p.m. on Friday 4/17/98.

**REMEMBER: Masters swimming is a strenuous physical activity  
and each participant should first consult with his/her personal physician.**

# 1998 STANTON C. CRAIGIE MEMORIAL SWIM MEET ENTRY FORM

Sanction No. 148-00 by Florida LMSC, INC., for USMS INC.

Name \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Team Name \_\_\_\_\_ LMSC \_\_\_\_\_ 1998 USMS Registration # \_\_\_\_\_

**SATURDAY 4/18/98**  
**Warm up - 8:00 a.m.**  
**1000 Freestyle 9:00 a.m.**

**SUNDAY 4/19/98**  
**Warm up - 8:00 a.m.**  
**Swim - 9:00 a.m.**

**Break until at least 11:00 a.m. after 1000 Free**

WOMEN/MEN	EVENT	SEED TIME	WOMEN/MEN	EVENT	SEED TIME
1 2	1000 Freestyle	_____	31 32	200 Individual Medley	_____
3 4	200 Medley Relay (Mixed #5)	_____	33 34	50 Backstroke	_____
7 8	50 Butterfly	_____	35 36	100 Breaststroke	_____
9 10	200 Freestyle	_____	37 38	100 Freestyle	_____
11 12	200 Breaststroke	_____	39 40	200 Butterfly	_____
13 14	50 Freestyle	_____	41 42	100 Backstroke	_____
15 16	100 Butterfly	_____	43 44	100 Individual Medley	_____
17 18	200 Backstroke	_____	45 46	200 Free Relay (Mixed #47)	_____
19 20	50 Breaststroke	_____	49 50	500 Freestyle	_____
25 26	400 Individual Medley	_____			

**Meet Fee \$5.00 + Number of Events \_\_\_\_\_ x \$2.50 + Results \$2.00 = \$ \_\_\_\_\_**  
Check to Receive (      )

**PLEASE MAKE CHECKS PAYABLE TO:** IRCC Masters Swim Team  
**MAIL ENTRIES TO:** IRCC Masters Swim Team; Indian River Community College;  
To be received by April 13, 1998. 3209 Virginia Ave.; Box 117, Ft. Pierce, Florida 34981-5596;  
 Attn. Tom Harmon.

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 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 and be governed by the rules and regulations of USMS and Florida LMSC Swimming.

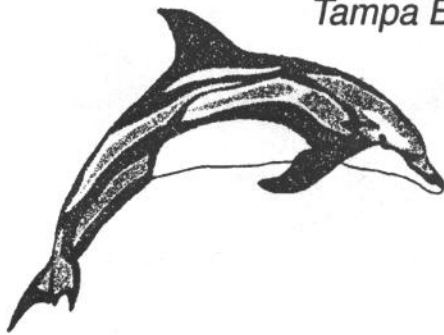
DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

Attach A Copy Of  
Your 1998  
Registration Card  
Here.

You Must Send A  
Copy Of Your  
Registration Card  
With Your Entry.  
You Cannot Swim  
Without It.





Tampa BayWatch and Clearwater Aquatic Team are proud to present

# Tampa Bay Open Water Challenge

## 5-K Swim

### Saturday, May 2, 1998

"Swim the Bay... Save the Bay"

#### Date & Times:

Saturday, May 2, 1998

- Registration begins 7:30 a.m.
- Mandatory course description meeting begins 8:45 am
- RACE begins 9 am

#### Location:

Event begins on southside Gandy Beach in Pinellas County and ends at Picnic Island Park in Hillsborough County .

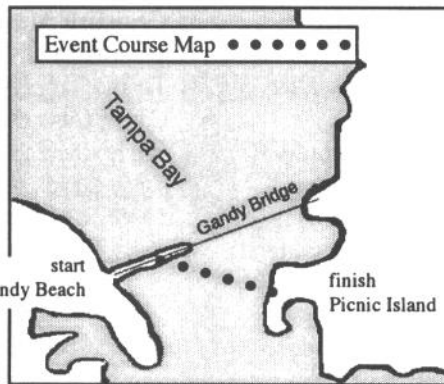
Bus transportation between Picnic Island Park and Gandy Beach will run 11 am to 1 pm.

#### Entry Fee:

\$20 - if postmarked by April 27

\$25 - after and on race day

Fee includes: T-shirt, cap and post-race awards luncheon. Guests may purchase lunch tickets for \$5 each, and t-shirts for \$10 (on a first come - first served basis).



#### Awards:

##### **Solo Swimmer -**

1st, 2nd, & 3rd places - men's & women's divisions

##### **Three Person Relay -**

1st, 2nd & 3rd places - men's, women's & mixed divisions  
(all team members swim the course distance and their times will be added to determine best overall team finish)

##### **Fin -**

1st, 2nd & 3rd places - men's & women's divisions

Age divisions: 13-14; 15-18; 19-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-59; 60-69; 70 & up. Certificates will be issued to all finishers.

#### Sponsored by:



GARCIA, MEYERS & CO.  
COMMERCIAL & INDUSTRIAL DEVELOPERS



## Tampa Bay 5-K Open Water Challenge Entry Form

\_\_\_\_\_  
Last name First name Age on race day

\_\_\_\_\_  
Address City State Zip Phone

T-shirt size (circle one): M L XL Division (circle one): male female relay fin

**Waiver and Release of Rights:** In consideration of my entry being accepted for participation in the 5-K Tampa Bay Open Water Challenge, I do hereby for myself, my heirs, executors, administrators, successors, and assigns, release individually and collectively Tampa BayWatch, Power Bar, Clearwater Aquatic Team, Mercantile Bank, Signs Now, and Garcia Meyers & Co. including their officers, directors, stockholders, employees, owners, managers, operators, representatives, agents, insurers, successors and assigns, from each and every action and claim for damages, in law, in admiralty, or in equity, arising from my association, entry or participation in the Tampa Bay Open Water Challenge. I certify that my physical condition and training are adequate to enable me to compete safely in the Tampa Bay Open Water Challenge, and I acknowledge that I am familiar with the distance and the risks associated with the Tampa Bay Open Water Challenge. I am also aware of the risks associated with the weather conditions that prevail in Tampa Bay at any time of the year: varying water temperatures, strong currents, choppy waters, and marine animals. I also understand that pleasure and fishing craft share the waters and may be a danger. I specifically acknowledge that I am aware of all the risks in open water swimming and agree to assume those risks. If I should suffer injury or illness during the event, I authorize the officials of the event to use their discretion to have me transported to a medical facility and this Waiver and Release of Rights applies fully to such actions. I hereby grant full permission to any and all of the sponsors of this event or their representatives to use any photographs, motions pictures, video tapes, recordings or any other records of this event for any purpose whatever including commercial use. I have read the above Waiver and Release of Rights and understand that I am entering this event at my own risk. I have read and agree to abide by the rules of the Tampa Bay Open Water Challenge.

\_\_\_\_\_  
Signature of participant, or, if minor participant, signature of parent or legal guardian Date

**Mail this form, with your check, to: Tampa BayWatch • 8401 9th St. N., #230-B • St. Petersburg, FL 33702  
or call (813) 896-5320 for more information**

# February Fitness Challenge '98



**Purpose:** To promote fitness through swimming by encouraging participants to swim regularly and to track results over a monthly period

**Host:** Crawfish Masters Swim Team (a branch of Bengal Tiger Aquatic Club), Baton Rouge, La.

**Sponsor:** Maxwell Medals & Awards

**Eligibility:** Must be at least 19 years of age

**Rules:** Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

**Recording Distance:** Beginning February 1, 1998, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

**Monthly Totals:** At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles, divide monthly yardage total by 1760.

**Caution:** Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

**Age Groups:** 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79... (in five-year increments)

**Age:** Determined by your age on February 28, 1998

**Awards & Results:** All participants receive final results and an achievement certificate. The three males and females in each age group with the highest monthly total receive medals. Please allow 30 days after deadline for mailing of results and awards.

**Entry Fee:** \$8.00, all fees (check or money order) payable to **Crawfish Masters Swim Team**

**T-shirts:** \$12.00, short sleeve, 100% cotton, five-color screen. Theme: "The Need for Speed"

**Caps:** Custom swim caps with large, colorful FFC logo (see above) available for \$3.00

**Entry Deadline:** Entries must be RECEIVED by March 16, 1998. No fax entries. Late entries will be returned!

**Entry Procedure:** Send form below and fees to:  
 FEBRUARY FITNESS CHALLENGE  
 c/o Scott Rabalais  
 3537 Christina Ave.  
 Baton Rouge, LA 70820 USA  
 Phone: (504) 766-5937

**International Entries:** Subject to a \$3.00 postage fee; mail early to ensure arrival by entry deadline.

**Workout Guide:** For a free brochure entitled "The Need for Speed," send a self-addressed stamped envelope to the above address.

## February Fitness Challenge '98

(please print)

NAME: \_\_\_\_\_ AGE (as of 2/28/98): \_\_\_\_\_ SEX: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_  
 ZIP: \_\_\_\_\_ COUNTRY: \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_ USMS MEMBER? Y N

SUN FEB 1 _____ yds	SUN FEB 8 _____	SUN FEB 15 _____	SUN FEB 22 _____
MON FEB 2 _____	MON FEB 9 _____	MON FEB 16 _____	MON FEB 23 _____
TUE FEB 3 _____	TUE FEB 10 _____	TUE FEB 17 _____	TUE FEB 24 _____
WED FEB 4 _____	WED FEB 11 _____	WED FEB 18 _____	WED FEB 25 _____
THU FEB 5 _____	THU FEB 12 _____	THU FEB 19 _____	THU FEB 26 _____
FRI FEB 6 _____	FRI FEB 13 _____	FRI FEB 20 _____	FRI FEB 27 _____
SAT FEB 7 _____	SAT FEB 14 _____	SAT FEB 21 _____	SAT FEB 28 _____

TOTAL MONTHLY YARDAGE = \_\_\_\_\_ YARDS  
 TOTAL MONTHLY MILEAGE = \_\_\_\_\_ MILES  
 (To calculate mileage, divide monthly yardage by 1760.)

I attest that the above results are accurate and true.

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

FEES	
Entry Fee	\$ 8.00 _____ (required)
T-Shirt	_____ x 12.00 _____ (optional)
	Circle T-shirt size(s): S M L XL XXL
Swim Cap	_____ x 3.00 _____ (optional)
Int'l Fee	3.00 _____ (outside U.S.)
TOTAL	_____ (U.S. funds only)
(fee payable to <b>Crawfish Masters Swim Team</b> )	



# USMS CHANGES TO THE RULES OF COMPETITION EFFECTIVE: MARCH 6, 1998 !!!

LATE BREAKING  
NEWS!

**U**SMS has adopted changes to the rules of competition based upon changes made by USS on February 3, 1998, in response to changes enacted by FINA at the World Championships in January. Changes were made to the **Breaststroke, Butterfly** and **Freestyle** rules. The Breaststroke rules no longer require the swimmer's shoulders to be in line with the surface of the water during the swim and turn. However, the restriction that the arms move within the same horizontal plane remains. Thus the rule change does not allow a substantial change to the stroke as it is currently defined, it just eases the requirements on the shoulder position. The Butterfly and Freestyle rules now have a restriction of 15 meters underwater, similar to the backstroke restriction, for both the start and the turns. A swimmer may stay submerged for no more than 15 meters at which time the head must have broken the surface. The other change to the Butterfly rules is the permission to not have the shoulders in line with the surface of the water prior to the touch during the turn. Considering these changes, only the 15 meter restriction on Butterfly and Freestyle is restrictive compared to the current rules. Current legal strokes are still legal under all of the other changes. *These changes are effective March 6, 1998.*

## SUMMARY OF CHANGES

**Breaststroke:** To permit the shoulder to drop on turns and during the swim.

**Butterfly:** 1. To permit the shoulder to drop on turns.  
2. To limit underwater portion to 15 meters.

**Freestyle:** To limit underwater portion to 15 meters.

### USMS PRESS RELEASES

**U**SMS Secretary, Betsy Durant is working on a project to increase local publicity for USMS members. By doing this USMS hopes to increase public awareness of our program.

If you or someone you know does something noteworthy within our organization, contact:

Betsy Durant  
211 66th Street  
Virginia Beach, VA 23451

DurrantB@aol.com  
ph/fax: 757-422-6811

Betsy will send you a questionnaire to gather information for a press release to be sent to your local news paper.

### Do you have some swimming News That May Be of Interest to Others?

If you have news of swimming events or interesting items regarding swimmers from your area, please send them to the USMS Historian, Joan Smith at 4309 Surita Street, Sacramento, CA 95864-3107 or  
E-mail Joan at:

rt.jp.smith@mindspring.com

### Recognized World Records From the December 1997 issue of FINA Masters News

**A** total of 224 performances have been approved as World Masters Records by the FINA Honorary Secretary in the six months period since the last Newsletter. The following is a list of USMS members. Congratulations to you all!

#### Long Course - Women

Tracie Moll, Karlyn Pipes-Neilsen, Jacki Hirsty, Danielle Ogier, Laura Val, **Deb Walker**, Ardeth Mueller, Nancy Ridout, Betsy Jordan, **Bunny Cederlund**, Margery Meyer, Marjorie Sharp, Maxine Merlino, Aileen Soule.

#### Long Course - Men

Alex Kostich, James Belardi, Doug Malcolm, **Chester Miltenberger**, Tim Birnie, Boo Graner-Gallas, Don McKenzie, Hugh Wilder, Edward Cazalet, Bruce Clark, Jack Geoghegan, William Gonzalez, Steven Thrasher, David Harrison, Graham Johnston, John Kortheuer, Roger Franks, Anton Cerer, Robert Johnson, Aldo da Rosa.

#### Short Course - Women

Karlyn Pipes-Neilsen, Betsy Johnston, Diana Silva.

#### Short Course - Men

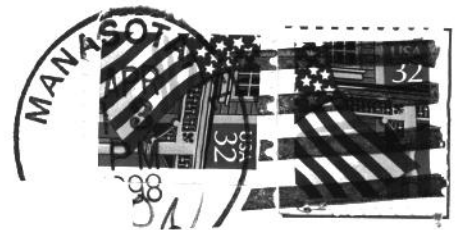
Anton Cerer, Robert Johnson, Paul Krup



# FLORIDA

## LMSC NEWSLETTER

Florida Local Masters  
Swim Committee, Inc.  
1116 44th Avenue N.E.  
St. Pete, FL 33703



### INSIDE THIS ISSUE:

- ◇ 1998 Swim Calendar
- ◇ Coach George Bole Exposes Performance Enhancer
- ◇ Master Swimmer is First Person to Swim Around Sanibel Island
- ◇ Swimming is 70 Percent ~~Mental~~ Musical
- ◇ Photos!
- ◇ Meet and Open Water Entry Forms

**Attention Team Reps: Deadline for May Issue is  
April 11, 1998**

**Send all Copy and Photos to Jim Donnelly, Editor  
5239 Box Turtle Circle, Sarasota, FL 34232-4312**

