

FLORIDA

newsletter

Vol. XVI, No. 1

Local Masters Swim Committee, Inc.

February 1999

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The FLORIDA NEWSLETTER
is published Quarterly
in

Feb., May, Aug., Nov.

by

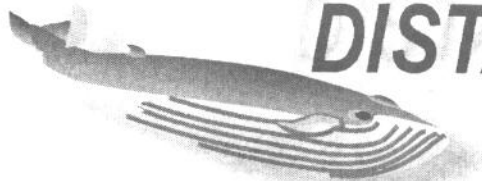
Florida Local Masters Swim Committee
1116 44th Ave. N.E.
St. Petersburg, Florida 33703

**“Getting old
ain’t for sissies.”**

Bette Davis

**SWIM Florida's
Edna Gordon**





DISTANCE MATTERS

by Ron Collins



Florida Grand Prix Open Water Poll February 1999



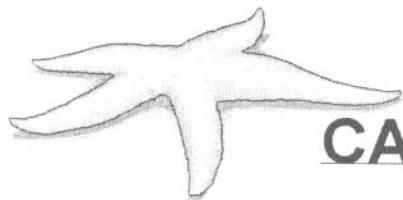
Men

- | | |
|-------------------|----------------|
| 1. Mio Vasic | Ft. Lauderdale |
| 2. Danny Chocron | Tallahassee |
| 3. Bobby Langsett | Ft. Lauderdale |
| 4. Chris Derks | Miami |
| 5. Michael Rice | Miami Shores |

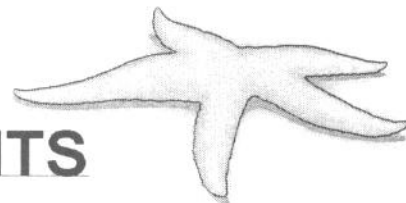
Women

- | | |
|-------------------|------------|
| 1. Bambi Bowman | Miami |
| 2. Briley Bergen | Plant City |
| 3. Andie Scelsci | Plantation |
| 4. Sarah Rice | Miami |
| 5. Yuko Matsuzaki | Orlando |

Others receiving votes: Deb Walker, Greg Cross, Lucky Meisenheimer, Samantha Lehman, Rose Rice, Liz Dwors, Andrea Nauta, Cathy Mancino, John Andrews, Bill Zinga, Bill Korey, Kurt Wienants, Joel Burns. Jan Herre, Laura Cross, Jamie Lee Johnson, Terri Pyle, Gary Kovaks, JP McCroan, Da vid Boudreau, Cathy Shonkweiler, Gail Rice, Gerry Teeven, John Ceraolo.



CALENDAR OF EVENTS



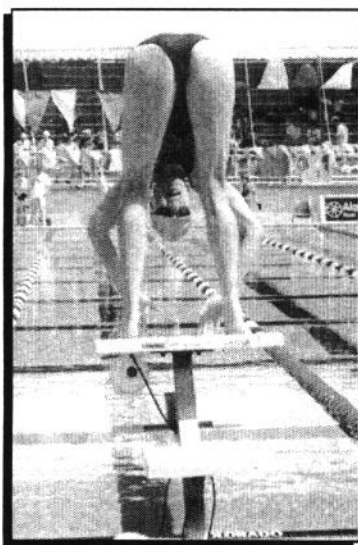
- 2/1/99- February Fitness Challenge
2/28/99 Scott Rabalais 504-766-5937
- 2/13/99- Valentines Meet - Clearwater, FL Sanctioned by Florida LMSC # 149-002 SCY; Kelley Allen,
2/14/99 727-791-9542, 727-462-6028(fax); <http://home.tampabay.rr.com/swimming>
- 2/26/99- ISHOF Meet - Ft Lauderdale, FL SCY; Stu Marvin, International Swimming Hall of Fame,
2/28/99 501Seabreeze Blvd, Ft. Lauderdale, FL 33316, 954-468-1580(w),
954-474-7010(h); http://home.att.net/~dixiezone/dp_meets.htm
- 3/7/99 SCY Developmental Meet - St. Petersburg, FL Sanctioned by Florida LMSC #149-004
SCY; Harold Ferris, 1116 44th Ave NE, St Petersburg, FL 33703,
727-896-0250 http://home.att.net/~dixiezone/dp_meets.htm
- 3/13/99- SC Meet - Atlanta, GA SCY; Lisa Watson, 804 Howell Ct, Duluth, GA 30096,
3/14/99 770-497-1901, Emailto:lwatson@hermes.gc.peachnet.edu
- 4/9/99- Short Course Championships - St. Petersburg, FL Sanctioned by Florida LMSC #149-005
4/11/99 SCY; Harold Ferris, 1116 44th Ave NE, St. Petersburg, FL 33703 727-896-0250
- 4/9/99- Short Course Championships - St. Petersburg, FL Sanction pending by Florida LMSC
4/11/99 #149-005 SCY; Harold Ferris, 1116 44th Ave NE, St. Petersburg, FL 33703 727-896-0250
- 4/22/99 The 24 Mile Tampa Bay Marathon Swim; Sanction pending by Florida LMSC
#149-006 OW; Ron Collins 1920 Cobblestone Way, Clearwater, FL 33760,
727-535-4067(e), 727-578-2663(d), Emailto:rcollin3@tampabay.rr.com
<http://home.tampabay.rr.com/swimming>

- 4/22/99- 1999 Y Nationals - Brown Deer, WI SCY; Contact your Y aquatics director
4/25/99
- 4/24/99 The 4 Mile Lake Weir Swim OW; Jane Pheil & Jim Hill 1204 S.8th Street, Leesburg, FL 34748; 352-360-0853(e), 352-728-8525x520(d), Emailto:percy01@aol.com
- 5/01/99 The Third Annual Tampa Bay Open Water Challenge 5k OW; Tampa Baywatch Peter Clark 727-896-5320 Emailto: tpbaywatch@aol.com
- 5/13/99- 1999 USMS SC Nationals - Santa Clara, CA SCY; Alma Guimarin, 2150 Paseo Del Oro, San Jose, CA 95124, 408-947-2298(d), 408-3714488(e),
5/16/99 Emailto: aguimarin@aol.com <http://www.santaclaraswim.org/nationals.htm>
- 5/15/99- 1999 USMS 5 & 10 K Postal Championship PST-LD; Jane Moore, 1867 58th St NE,
9/30/99 Tacoma, WA 98422-1517, 253-925-0803, mailto:swimjane@usms.org
- 5/22/99 2.4 Mi Rough Water Swim - St. Pete Beach, FL OW; Bruce Day, 8237 35th Ave North, St. Petersburg, FL 33710 727-345-1629(e)
- 6/5/99 LC Meet - Delray Beach, FL LCM; Scott Barlow, c/o Aqua Crest Pool, 2503 Seacrest Blvd, Delray Beach, FL 33444, 561-278-7174
- 6/12/99 The Victor 12.5 Mi Swim Around Key West - Key West, FL OW; Randy Nutt, 2857 NW 91 Ave, Apt 101, Coral Springs, FL 33065, 800-356-5132(w), 954-755-3318(h), Email to:nutt1@mindspring.com<http://www.thevictor.com>
- 6/19/99- SWIM Florida Long Course T-shirt Meet-Sarasota, FL Sanctioned by Florida LMSC #149-009
6/20/99 LCM; Bob Coulter 3145 Paar Circle; Port Charlotte, FL 33981; 941-697-5239(e), 941-426-5121(fax) http://home.att.net/~dixiezone/dp_meets.htm
- 7/10/99 1999 USMS 2-Mile Cable Championship - Charlottesville, VA OW; Joyce Mullins, 3104 Waterton Dr, Midlothian, VA 23113, 804-323-0483, 804-323-9020(fax), Email to: mullpost@ix.netcom.com
- 7/17/99 1999 USMS 1-Mile Open Water Championship - Seal Beach, CA OW; Marianne Huntley, 144 Rivo Alto Canal, Long Beach, CA 90803, 562-438-8468
- 8/1/99 1999 USMS 2-Mile Open Water Championship - Cleveland, OH OW; Maureen Koss, 3400 Wooster, #215, Rocky River, OH 44116, 216-333-7521, Email to: Koss7521athome@juno.com
- 8/7/99 Jacksonville Beaches 1.25 and 2.5 mile swims - Jacksonville, FL OW; Mike Castle Email to: mcastle888@aol.com
EVENT PREVIEW-This event is little known outside the Jacksonville area, but the Beaches Kiwanis Club has staged this event for 15 years and has developed an impressive following. They feature a 1.25 and a 2.5 mile swim that run parallel to shore and, depending on conditions, can draw over 200 participants. Sometimes this unsanctioned event may seem somewhat disorganized & the course may be poorly marked, but the awards are top notch if you are lucky enough to receive one. Competition can be keen, especially if the occasional University of Florida ringer makes a showing. Also, beware of Sharks from The Bolles School!
- 8/19/99- 1999 USMS LC Nationals - Minneapolis, MN LCM; Paul Windrath, 2612 Eunice Ave, Red Wing, MN 55066, 612-388-8524, Email to:pwindrath@compuserve.com
8/23/99
- Oct 99 National Senior Games - Orlando, FL SCY; National Senior Games, 445 N Boulevard, Suite 2001, Baton Rouge, LA 70802, 504-379-7337, Email to: ngsa@idismail.com; Ages 50+
- 9/1/99- 1999 USMS 3000 & 6000 Yard Postal Championship PST-LD; Margie Hunter, 1755
10/31/99 Georgia Ave NE, St. Petersburg, FL 33703, 813-521-1172
Email to: phut@usms.org

NEWS FROM AROUND THE LMSC

Swim Florida

SWIM Florida Masters concluded a successful 1998 with the first annual team awards banquet, the election of new officers for 1999, and plans for hosting the 1999 long course T-shirt meet in June.



Lynn Cartee

women's 200+ free relay national champion team of Cartee, Walker, **Martha Dodd**, and **Jean Garbus**.

Also given special thanks were retiring registrar **Joan Gamso** and retiring meet director **Steve Grossman**. **Dick Brewer** received the first Masters Award for contributions to the team, and **Amy Rachman** earned a round of applause for organizing and coordinating all of the details of the banquet.

Then the fun began. Emcee **Greg Stuart** began by paying special tribute to team father **Larry Black** and then proceeded to the not-so-serious awards. "Winners" were **Adrienne Seal** -- Most Attached to a Kickboard Award, **Keith DeWitt** -- Wussy Chair Award for his hard work at practices, **Edna Gordon** -- Energizer Bunny Award for going and going and going, **Joyce Repetsky** -- Lane 6 Gatekeeper Award, **Jean Garbus** -- Queen of Hearts Award for her successful recovery from a heart attack at the

AWARDS BANQUET

A crowd of over 70 swimmers from the Fort Myers, Naples, and Sarasota chapters met for a buffet dinner and awards. **Coaches Dren Geer, Liz Burchett, and Dean Mitchinson** shared some of the highlights of the short course and long course seasons.

Long course individual national champions **Lynn Cartee, Dren Geer, and Deb Walker** were recognized as was the

St. Pete SCY meet, **Rich DeGalan** -- Fuzzy Bunny Award for the best shave for long course nationals, **Neal Turnage** -- Sojourner Award for traveling the furthest to attend the banquet (from England), **Pete Boers** -- Tylenol Award for the best triathlete imitation of a swimmer in practice, **Jack Thomas** and **Deb Walker** -- Skinny Butt Award for their outstanding swims around Key West last June, and **Michelle Sutton** and **Brian Worthington** -- Stretched Cap Award for stuffing the most hair into a swim cap. No one won the Comportment Award for good behavior. At the end of the evening, 42 swimmers received certificates for having set new team records at 1998 meets.

NEW OFFICERS

At a later meeting, new officers were selected to lead the club in 1999. President/LMSC rep is **Tom Stegeman**, vice-president is **Rob Irving**, secretary is **Adrienne Seal**, treasurer is **Jim Palmere**, registrar is **Michelle Sutton**, newsletter editor is **Amy Rachman**, social directors are **Greg Stuart** and **Christa DeWitt**, records is **Jean Garbus**, and web page editor is **Dick Brewer**.

LONG COURSE T-SHIRT MEET IN JUNE

Plans are also being made for the June 19-20 long course T-shirt Meet to be held in Sarasota at the Arlington Aquatic Complex. Saturday's events begin at noon (11 am warm-up) and Sunday's events begin at 10 am (9 am warm-up). Each swimmer entering five or more individual events receives a free custom-designed T-shirt. There is a Party-in-the-Park planned after Saturday's events, and there's a free Sunday morning breakfast at the pool. **The entry form is printed in the back of this month's newsletter (save it!).** More information, the entry form online, and a map/lodgings sheet is available at the **Dixie Zone meets page** (<http://home.att.net/~dixiezone>).

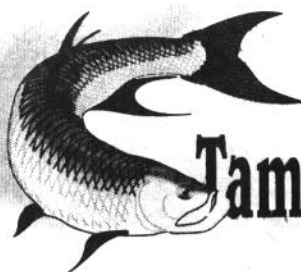
OTHER

Additional information about club events, activities, birthdays, and records is on the club's web site at <http://home.att.net/~dickbrewer>.

Dick Brewer 🐬

Tarpons win their first meet!

The Tampa Tarpons won the Ocala Masters Meet in October. This win is the first for our young team and hopefully is a sign of things to come. We had a good turnout and some excellent swims.



Tampa Tarpons YMCA

Christmas Party!

On the social front, the Tarpons held their second annual Christmas party at the Frost residence. Keryl Frost, one of our coaches, and Hank Robinson, one of our new swimmers, organized the event. It was a smashing good time. Everyone brought food and drinks and a small unwrapped gift for the infamous Dirty Bingo game. We had a capacity crowd this year and if the team continues to grow it looks like next year we'll have to hold it at the Ice Palace!

Cold Air, Warm Water

The Tarpons continue to practice in the frozen tundra of these chilly Tampa winters. The only ones freezing are our dedicated coaches Keryl Frost and Bret Hamlin. While they stand on deck in the brisk windy nights, we swimmers are warm in the 84 degree water the Central City YMCA maintains for us. We are all anxious for the upcoming meets this spring. See you there!

I missed submitting SPCO news for the November issue due to a...*senior moment*?

Here is a re-cap and news of some of our activities:

May-Angie and John Sinacore off to Lake Ontario, N.Y., for Coast Guard Auxillary activities.

June-"It's a girl!" **Freddie Woodford's** third child (Samuel).

August-Farewell Brunch to Pat Sargeant and Mo Hughs. Major Pat, USAF, was transferred to Gainesville for two years at the University of Florida, along with Mo, a Title 9 Specialist. We'll miss Pat, our top point getter.

At Ft. Lauderdale, LCM Nationals, we were represented by seven SPCO swimmers. (**Lauren Hardman, Tom Bliss, John McCall, Nancy Mitts, Al Rogerson, Lester Bell** all medaled.) **Herb Delgado** had 3 P.B.'s. SPCO placed 34th out of 102 small teams. **Dick Robeck** wanted to attend but could not perfect his moves while practicing on "Slippery Rock", in N.C.

September-Bunny Cederlund had 8 firsts in LCM meet, at Hendersonville, N.C.

October-Dixie Zone, SCM Championships, 15 swimmers placed 5th in Team Standings out of 32. Team President, Tom Bliss, swam in 13 events. Razzed by teammates because he skipped the 400 I.M.

Ocala--Bunny, Augie and John S. All scored firsts in SCY meet.



November- Delray Beach SCM meet. Augie, John and Al Rogerson all had firsts. Al came back with a lavender towel (award) to add to his collection.

December-Bob Siegersmith and Al Rogerson qualified for the 1999 Senior Games Championships (LCM) after swims at Sarasota. Bob, Al R. And **Al Chipman** swam at Coral Springs. Al C. Reduced his 1500 free time by 6 minutes!

Great team gathering at Bunny and **Walt Cederlund's** home base, for Christmas celebration. Tom Bliss was awarded Outstanding Swimmer of the Year, and Bunny's name was placed on the SPCO Hall of Fame Plaque. Tom and Bunny both had TOP TEN placements for the LCM 1998 season.

Upon the return to Earth of **Senator John Glenn** on Nov. 17th, 1998, aboard space shuttle Discovery, our teammate, Lester Bell, 77, was quoted as saying: "Okay, so he went into space-but can he swim 1500 meters?"

We're getting ready for the One Hour Swim and the 1999 season.

Al Rogerson 🐡



CAT MASTERS

HAPPY NEW YEAR!!

Our expanding CAT Masters' team is looking forward to a successful year under the able coaching of **Kelley Allen**. The Valentine's Meet February 13 and 14 is fast approaching and from recent weather, it looks like our indoor facility will be a plus for all of us. November's LCM's Good Life Games, saw pool records fall by most of our CATM participants, who then went on to Sarasota in December to the State Senior Game Qualifying Meet to qualify for the National Senior Games to be held in Orlando in October, 1999. **Elliott Schofield, Bob LaVanture and Ajex Raniirez**,--Miller had their own competition going, which I'm sure pushed them all into bettering their already qualifying times.

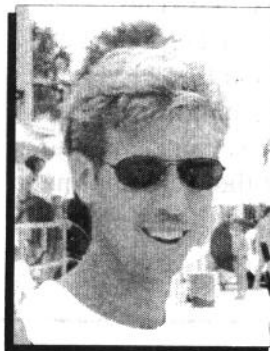
Joan Campbell and Nancy Durstein also turned in times to enter the Orlando Meet.

National Long Course Meter results saw a good representation from the team as a whole. **Ron Collins** and Kelley Allen were listed in the 35-39 age group, a tough one to get into! Way to go!! Bob LaVanture and Elliott Schofield showed up impressively in the 75-79 age group, and Joan Campbell, with a total of 13 Top Ten and Nancy Durstein with 10 Top Ten were their usual competitive selves in the 65-69 age group. We were also pleased to see our work-out group St. Pete people, **Charlie Kohnken, Kay Schimpf and**

Fred Walbott listed numerous times.

At this writing, Elliott Schofield has become our latest bionic man with a new hip which we hope will relieve some of those painful problems, and we know will improve his times. Best of luck and a quick recovery, Elliot.

Hope to see a good turnout at the Valentine's Meet - always fun to get together for the first big meet of the Short Course Season.



Coach Kelley Allen

As a masters coach, one of the questions I am asked daily is "What can I do to improve my freestyle?" The answer I give often brings strange looks from the gutters, that answer being "to improve your freestyle work on your sidestroke!" That's right, sidestroke. From there I explain how the modern freestyle (and backstroke) have evolved into a sidestroke. To learn to "sidestroke" you must practice rotating your hips and shoulders together. Rotating the hips and shoulders together from side to side makes your body longer and more streamlined. Just like a golfer or baseball player, rotating your hips and shoulders together will generate more power into your arm pull. Side kicking and side kick switching drills are some of the best methods of learning to rotate from side to side. So keep working on your sidestroke and your freestyle and (backstroke) will improve.

Kelley Allen, Coach CAT Masters 🐾

NEW DIXIE ZONE TOP TEN RECORDER

Karen Crossen of the Southeastern LMSC has agreed to take on duties as the Top Ten Recorder for the DixieZone. **PLEASE TAKE NOTE LMSC CHAIRS, LMSC SANCTIONS CHAIRS, LMSC TOP TEN CHAIRS, AND ESPECIALLY MEET DIRECTORS:** Prompt reporting of meet results to Karen is the only way to ensure your swimmers are appropriately considered for Dixie Zone Top Ten lists. Karen has asked that we tell you that she wants meet results submitted in electronic format whenever possible, via email or on a disk. She would greatly prefer submission in Hy-Tek format. If your meet is run using Hy-Tek software, this should be no problem whatsoever. If you do not know how to do this, contact her for assistance. If electronic format submission is not possible, printed meet results will be accepted. The advantages to you of electronic submission are that it is quick, cheap, and easy, and the Dixie Zone top ten list will be more accurate because the possibility of human

keystroke error is eliminated at the top ten recorder level. In the near future, we plan to include results of all Dixie Zone meets on the Dixie Zone web page, and submission of meet results to Karen can be your one-step method for simultaneous web posting and top ten submission. You can contact Karen via snail mail at 533 Towne Lake Drive, Montgomery, AL, 36117, telephone at 334-215-3109, or email atkcrossen@aol.com.

Karen is an active member of the Montgomery (AL) YMCA Barracuda Masters, and is the mother of four swimmers. Ten-year-old daughter Kelly swims for the Montgomery Barracudas age group team. Twin daughters and former Barracudas Kendra and Cammy are sophomores and swim for the Arizona State University junior varsity and the East Carolina University varsity, respectively. Son Adam swam for the University of Southern California under coach Mark Schubert. He currently is a graduate assistant coach under Dave Marsh at Auburn University and also serves as coach for the Auburn Masters. **June Krauser, Dixie Zone News** 🐾



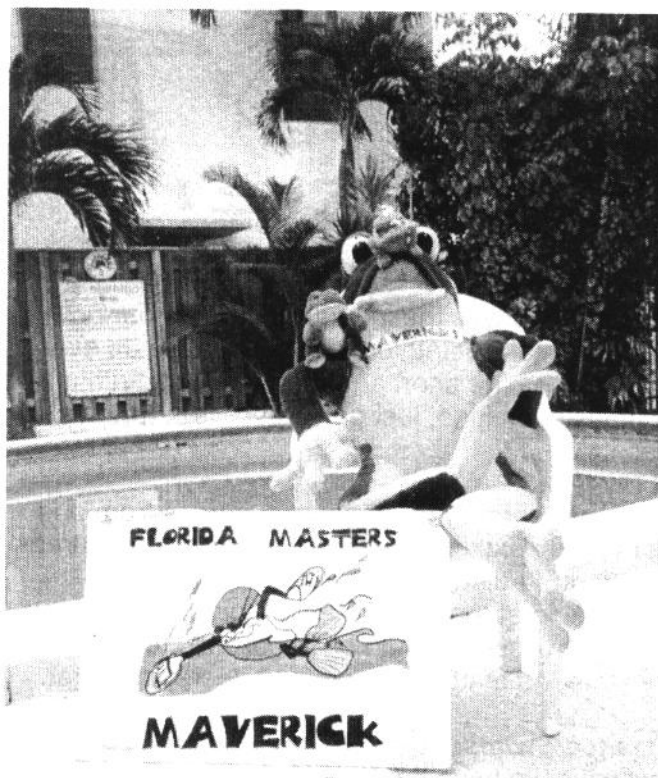
Florida Maverick Masters

Eight MAVERICKS competed in the Dixie Zone Championships at Orlando, in October. **Doris Prokopi, Alan Maloney, Robert MacDonald, and Frank Tillotson** won the high point award; **Gladys Olsen**, placed 2nd; and **Joe Kurtzman**, 3rd. **Margie Hutinger and Brenda Ferradji** also competed. **Coach Paul Hutinger** gave the team moral support, but didn't swim, since he had his torn supraspinatus muscle reattached, three days earlier.

Overall, we had a successful SCM season, as our swimmers broke innumerable team records- 22 women's; 16 men's- and 5 relay.

In the 3000/6000 yard National Postal Championships swum last fall, **Dave Malbrough** placed 1st and Tillotson, 2nd. The MAVERICKS will sponsor this event, which takes place in September and October, 1999, and hope to have an impressive representation of FL LMSC swimmers. Sarasota hosted the State Senior Games Championship in December. **Gerry De Tore, M. and P. Hutinger, Maloney, Olsen, Prokopi and Robert Williams** qualified for the **Senior Nationals**, which will be held in Orlando, in October, 1999.

Since Paul had surgery, two months earlier and couldn't use that arm, he swam all his events with one arm. He won three, and placed 2nd, in two.



Other National Qualifiers included newcomers **Patricia Bond, Brud Cleaveland, Kathleen Fitzgerald, Mary Lou Lee, and Jean Troy**. The Hutingers hosted our first social of 1999, after the St. Pete Development Meet in January. Although only Bond, P. Hutinger and Prokopi swam, thirteen members and guests attended the First Annual Pot Luck Chili Party. Chef Maloney contributed the delectable chili, which warmed us on a damp and cool afternoon. The other guests added a delicious variety of side dishes. It's gotta be a repeat!!

Paul Hutinger 🐬

New Florida LMSC and Dixie Zone Web Sites

Check out the new URL's for the Florida LMSC and Dixie Zone Web pages:

Florida LMSC address is: <http://home.att.net/~floridalmssc>
and the Dixie Zone address is: <http://home.att.net/~dixiezone>

Florida LMSC Reps please check the information for your respective clubs on the page and e-mail Dick Brewer if there are any corrections.

My e-mail address is swimflorida@usms.org

The meet information and entry forms have moved from the Swim Florida Masters page to the Dixie Zone page.

And while you're on the web, check out Ron Collins' Distance Matters Home Page at: <http://home.tampabay.rr.com/swimming>

BRAT Masters

Pentathlon:

December 18 was the inaugural date for our now annual Postal Pentathlon. Eight participants evenly split between the short and medium Pentathlons. No times submitted, just getting our feet wet this year.

This is a great way to measure progress from one year to the next. There are so many different areas to work on (4 different stroke techniques, plus conditioning at the sprint medium or ironman level) that improvement should be accessible to almost everyone, no matter how old and decrepit we get.

Distance Swims:

Upcoming we have the postal 1650, our 4th annual attempt. It looks like a lot of our swimmers will be in position to set new standards for themselves.

1999 confirmation of 1st place nationally in her 4th distance event came for **Wanda Brown** in the 3000 yd postal distance event with a time of 37.39. Congratulations **Distance Queen!**

Check-Off Challenge:

Just like the Pentathlon, this is a great way to broaden swimmers horizons and add to their sense of accomplishment in many different areas. When one area is not working, you can work on another that is--whether it be a different stroke or a different distance/energy system.

Welcome New Members:

Jim Simpson (39) and Nei-Kuan Chia (21).

Smooth:

With the 1999 college season moving towards conference and NCAA Championships, I am reminded of my observations from last year. I had the opportunity to watch one day of 2 very big swim meets--SEC Championships and NCAA's. I watched world and American record holders swim at their fastest.

They didn't look especially fast. For instance, you couldn't tell Lars Frolander was going a 45+ 100 fly (and breaking the US Open record by over ½ second) simply by looking for some extravagance of effort.

They looked smooth.

Bob Ruth 🍷

January 17, 1999

TOP TEN AND RECORDS REPORT

Margie Hutinger

GOOD NEWS!!!! I have submitted **ALL** the SCM times from the three meets held at FL LMSC pools, and they have been received and processed. On Feb. 8, approx., I will receive the preliminary Top Ten to check for mistakes and verification of records. Both the swimmer and, ultimately, the meet director have responsibilities to see that the proper documentation is submitted before the deadline. Once the Top Ten booklet is published, no NV's (Non-Validated) can be removed. Another goal, is to publish the FL LMSC Top Five (web site is already available) and update the records of the three courses, to have available for meet directors. Ron Collins and I are working towards enhancing the Senior Games swim meets, by having them Recognized. This means, that if you are a Masters swimmer, your times will be submitted for Top Ten. Meets on the list, so far, include: Good Life Games, in Clearwater; Bradenton, Feb. 18 ;and the Sr. State Meet in Sarasota, this past Dec. I feel it is important to recognize the talents and efforts of Masters swimmers, plus, motivate and encourage them to participate in FL LMSC meets.

ATTENTION: AGE RULE CHANGE

Starting Jan. 1, 1999, the determining date for **AGE** has been changed for all **SCM and LCM** meets.

Your age shall be determined by your age as of December 31, of the year of competition.

For SCY, no changes--your age remains your age on the last day of the meet.

EDNA!!

(Our Underwater Cover Girl)

by Jason Swancey

It's not normal to shave six to eight seconds off your 200 and 400 freestyle as you get older, yet that's exactly what 72-year-old SWIM Florida Masters veteran **Edna Gordon** has done.

Then again, Gordon's life defied normal a long time ago. The average American works hard to retire. Not Gordon, she retired to work hard.

Even now she claims she's only semiretired, keeping her license as a pediatric nurse so she can care for newborns between training, teaching swimming and earning her master's in philanthropy.

"I don't feel as though I even started living until I retired," Gordon explained. "Every minute counts for me, life is too exciting to just sit around."

Detailing her conquests in the pool only scratches the surface, although that surface also spans quite far. Last August during USMS Long Course Nationals, where thousands of swimmers from across the country competed at the Swimming Hall of Fame Pool in Fort Lauderdale, she finished third in the 200-back and 200-free, and fifth in the 100-free.

"She's willing to learn, and she's in great condition," said teammate, and Cardinal Mooney H.S. swim coach **Deb Walker**. "It's all in goal-setting, a lot of older people don't do that but she does. That's cool, and it makes her different".

Since then she's set two new goals to be reached by the time she turns 75 - to learn two new strokes to swim in the 200 I.M., and conquer the grueling "mile". On Gordon's SWIM Florida Masters team, made up of 170 members, she holds 13 records for long and short courses in her age bracket and also ranks in the top five in the state.

She has every right to brag, yet still, it makes her feel uneasy. She even stopped the interview at one point to make sure she wasn't coming off as pompous. But it's not bragging when it's true, and even though her story reads like fiction, it feels more like fact.

While she was married in Connecticut, she worked as a sales rep for **Pan-Am** and **United**

Airlines. Then after stints as a legal secretary, administrative assistant to the Dental Dean at the University of Connecticut, yoga instructor and real estate broker she earned her practical nurse license at 53 in Sarasota and began to work with newborns.

After all that she was in need of a vacation. So in her down time she served as a medical missionary in **Nova Scotia, Haiti, Africa, Nicaragua, Panama, Dominican Republic and Calcutta**. All that was over 15 years, hitting one country every other year from the ages of 53 to 68.

In **Calcutta**, she worked with **Mother Theresa**, who had Gordon work with the disabled children everyone else was afraid to care for.

"It still brings tears to my eyes to think of what Mother Theresa did for the street people while others walked around them as if they didn't exist," Gordon said. "She dragged some of these people out of the gutter and gave them a place to live and die with dignity."

Gordon also went to Africa with a medical team, where she and a friend immunized roughly 500 children in two hours. Her team was also held at gunpoint twice for money and cigarettes, yet has nothing but love for every individual she shot (with a needle).

"We left all of our clothes in Africa and never missed a thing," she said. "The things we saw over there taught me to never take anything for granted."



Edna Gordon

Her team was also held at gunpoint twice for money and cigarettes.

"On a more local level, through her church, she worked with migrant workers in Immokalee, whom she brought food and clothes to for 11 years.

She also served as a Parent-Friend tutoring mothers in how to raise a child and run a household. She also volunteered with **COSCEP (Coalition to Stop Children's Exposure to Pesticides)**..

"Everybody who is retired should volunteer, not just sit around," Gordon remarked.

Then at age 60, when things slowed to a sprint, Gordon joined the Masters swimming program where she has been shaving time off her races and years off her life for more than a decade.

"No wonder I'm tired, I've been swimming for 12 years now," she said. "Everyone should do something to stay healthy, and this is what I love."

She loves it so much she became president, a position she held for six years before handing the reigns to **Dren Geer**, who is also the Master's noon swim coach at Arlington Park Aquatic Center. She still trains 1 ½ hours each day, squeezing it in between teaching swimming and caring for newborns eight hours a week.

In September she began teaching children as part of the Swim America program at the Arlington Park Aquatic Center.. She teaches once in the morning and again at night, a total of 11 hours a week.

"I don't only teach them to swim, I teach them to be on time, be considerate and learn discipline they'll need in their lives down the line," said the

spry instructor.

At the annual Awards dinner, Gordon's teammates appropriately presented her with an **Energizer Bunny Award** along with a few carrots for the swimmer who keeps going and going.

Although she never had children of her own, she helped raise 30 nieces and nephews. And recently at the Games For Life competition at Arlington Park, her newest family members turned out for moral support.

"All the kids I teach brought a big banner that read, 'Go coach Edna.' I saw it while I was standing on the starting blocks and I started to cry," she said.

Games for Life was an appropriate name for the event. Swimming doesn't just preserve lives, sometimes it saves them. Gordon recalls **Ruth Switzer**, who swam for the first time ever at 65, after being diagnosed with a brain aneurysm. After a couple months in the pool the aneurysm disappeared, and Switzer credited swimming with saving her life.

"Swimming releases endorphins in the brain, and puts you in a good mood all day long," Gordon quickly pointed out. "For anyone who is depressed, or unhappy just get in the water and move around. Learning to swim gives you a goal, and adds joy to your life."

While the movie "Cocoon" may have been fictional, it also contained a hint of truth. Taking a dip might not turn back the clock, but it will certainly help slow it down.

Just look at Edna Gordon. ➤

The Tampa Bay 5K Open Water Challenge Hosted by Clearwater Aquatic Team Masters

<http://home.tampabay.rr.com/swimming/challenge.html>

Once again, the finest competitive swimmers in the southeast will take the challenge of swimming across Tampa Bay to help raise funds for Tampa Bay Watch's habitat restoration and bay protection programs. The Tampa Bay 5-K Open Water Challenge has been designed not only to provide an opportunity for swimmers to compete in an open water format, but also to provide an important forum for bringing the community's attention to the critical environmental and water quality issues facing Tampa Bay.

Date/Time: May 1, 1999

Registration begins at 7:30 am, race begins at 9:00 am, post-race awards party begins at about 11:00 am.

Course:

Swimmers start on the south side of Gandy Beach in Pinellas County and swim 5 kilometers across Tampa Bay, finishing at Picnic Island Park in Hillsborough County. There is a rest stop available at the 3K mark.

Divisions/Awards:

Awards will be given for 1st, 2nd, and 3rd place winners for men and women in each age category. There will only be single-person entries, no relay teams, wetsuit or fin divisions.

All swimmers will be provided with T-shirts and lunch; guests and spectators may purchase lunch tickets for \$5 each, and T-shirts for \$10 each, on a first come, first served basis.

Registration Fee:

All proceeds from the event will benefit the environmental protection and habitat restoration programs of Tampa BayWatch, a non-profit environmental stewardship program for the Tampa Bay estuary. Swimmers must collect a minimum of \$40 in sponsorship (or simply provide the sponsorship dollars themselves) to compete in the race. There will be prizes awarded for those who raise more, based on several different prize levels. Details will be outlined in the registration form.

To Register or For More Information: Call Tampa BayWatch at 727-896-5320 or e-mail TPBAYWATCH@aol.com

29th Annual St. Pete Masters Short Course Swimming Championships

April 9, 10 and 11, 1999

Sanctioned by: Florida LMSC for USMS, Inc. Sanction # 149-005

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 1999 USMS Registration Card. 1999 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. Entries for Friday evening **distance events will be limited to the first 90 swimmers** signing up for the 1000 and 1650 yards Freestyle events. If you want confirmation of your entry into the 1000 or 1650 yards Freestyle event, enclose a self-addressed stamped postcard and you will be notified upon receipt of your meet entry.
- Entry Information and Meet Surcharge:** Please complete and return the meet Entry Form and attach a COPY OF YOUR 1999 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 March 16th**, the **meet surcharge will be discounted to \$7.00**. Entries must be **RECEIVED by Tuesday, March 30, 1999**.
- 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 1000, 1650 and 500 yards Freestyle events and the 400 yards Individual Medley. 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 (727) 347-0565** no later than **Thursday, April 8, 1999** and your money will be refunded in full.
- Warm-up:** Warm up will begin on Friday, April 9th 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 at the east end of the pool during all events.
- Timing:** Colorado Timing will be used with hand held back-up timing for each lane. Eight lanes will be seeded for all events on Saturday and Sunday. Ten lanes will be seeded for the 1000 and 1650 yards Freestyle events on Friday evening.
- 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**, a map with directions to Hurricane Restaurant for Saturday night Social/Dinner 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 1st, 2nd and 3rd in all AGE GROUPS (minimum 5 events completed). Team awards for 1st, 2nd and 3rd 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 **\$15.00**.
- Meet Dinner:** On Saturday night join us for a social hour on the rooftop of the famous "Hurricane Restaurant" overlooking St. Pete Beach. Dinner will follow social hour and guests will order individually from the menu. Sign up at the meet. Directions and map will be distributed at meet.
- Comments:** Competitors 19 to 24 years of age may jeopardize their amateur standing with FINA by competing in this MASTERS meet.
- | | | | | |
|------------------------|----------------------|---------------------------|----------------|--------------------------------|
| Hotel List: | St. Pete Hilton | 333 1st Avenue South | (727) 894-5000 | Pool Facilities: |
| Downtown: | Heritage Holiday Inn | 234 3rd Avenue North | (727) 822-4814 | North Shore Pool is located at |
| | Beach Park | 300 Beach Drive Northeast | (727) 898-6325 | 901 North Shore Drive N.E. |
| | Bond Hotel | 421 4th Avenue North | (727) 822-4783 | St. Petersburg, Florida |
| | Vinoy Resort | 501 5th Avenue Northeast | (727) 894-1000 | |
| St. Pete Beach: | Best Western Sirata | 5390 Gulf Boulevard | (727) 441-1722 | |
| | Holiday Inn | 5250 Gulf Boulevard | (727) 360-1811 | |
| | Days Inn | 6200 Gulf Boulevard | (727) 367-1902 | |
| | Quality Inn | 5300 Gulf Boulevard | (727) 360-6911 | |

EVENT ENTRY FORM
29th Annual St. Pete Masters Short Course Swimming Championships
April 9, 10 and 11, 1999

Name: _____ Age: _____ Date of Birth: _____ Sex: _____ Phone Number: _____
 (as it appears on your 1999 USMS card) (as of 4/11/99) (M or F) (Include Area Code, indicate Home or Work #)
 Address: _____ City: _____ State: _____ Zip code: _____

USMS Club Name: _____ Abbreviation: _____

1999 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
1999 USMS card here

Friday, April 9th - start 5:00 pm
warm-up 4:30 pm

**Friday night distance events will be limited
 to a total of 90 swimmers.**

You may enter only one event on Friday night.

*Reminder: 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.*

Time	W/M	Event
_____	1/2	1000 Yd Free
_____	3/4	1650 Yd Free

Saturday, April 10th - start 9:00 am, warm-up 8:00am

Sunday, April 11th - start 9:00 am, warm-up 8:00 am

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

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 March 16th			
	T-Shirt(s):	_____ X	\$15.00	=	_____
	Please circle size:	Small Medium Large Extra-Large			
	Tank Top(s):	_____ X	\$15.00	=	_____
	Please circle size:	Small Medium Large Extra-Large			
	Saturday night dinner at Hurricane Restaurant. Order from menu. Sign up at the meet				
	TOTAL			=	_____

Make Check or Money Order Payable to:
 St. Pete Masters, Inc.

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

Questions? Contact
 Nancy Eaddy (727) 347-0565 or
 Cheryl Day (727) 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

<http://home.tampabay.rr.com/swimming/marathon.html>
The 24 Mile Tampa Bay Marathon Swim

The 24 Mile Tampa Bay Marathon Swim will be held on Earth Day Thursday, April 22nd 1999. This inaugural race is sanctioned by Florida LMSC Inc. for USMS Inc., Sanction #149-006, and current USMS Long Distance Swimming rules govern this swim. The start and finish will take place "in-the-water". Wet suits are not permitted as the average water temperature for Tampa Bay in April is a perfect 75 degrees. Absolutely no fins, pull buoys, leg floats, webbed gloves, or other possible speed-increasing devices will be allowed in the competition. Swimmers may not stand on or push off the bottom.

Swimmers are responsible for providing their own escort craft. Only kayaks and other non-powered craft are allowed, and must accompany each swimmer for the entire duration of the swim. NO ESCORT-NO SWIM. Swimmers may not touch their boat or crew at any time with the exception of relay transitions. Make sure that you have plenty of food, water and/or sports drink for you and your support crew.

Through the Tampa Bay Sea Kayak Club and the Sweetwater Kayak shop, rentals are available for \$35. Manned escorts for solo swimmers cost \$50. They will also deliver the kayak to the starting point, and pick up kayaks at the finish. Contact Lawson Mitchell by sending <mailto:swkayak@hotmail.com> to reserve your support boat and crew. The telephone number is 727 906 0708.

The cost for the swim event is \$40 for individuals. Each entrant will receive 2 T-Shirts, and a custom designed award at the finish. There is also recognition for the USMS male and female age groups 19-24, 25-29, 30-34,...as high as necessary. The swimmers's age on race day determines the age group for this event.

Three person relays cost \$100. Each relay will receive 3 T-Shirts, and 3 custom designed awards at the finish. There is recognition for the top three male, female and mixed relays. Relay swimmers must be escorted by a non-powered craft such as a canoe or 2 person kayak. Only relay members are allowed on the support boat, with unlimited transitions at any point during the race.

The Start is located at Holiday Inn Sunspree Beach; 6800 Sunshine Skyway Lane; St. Petersburg, FL 33711. Ph 800 227 8045; or 727 867 1151. Check out their website at www.st-pete-sunspree.com for directions, and be sure to request the discounted room rates. Their email address is dtpm98@aol.com. Every effort will be made to start the swim 9:00am on Thursday, April 22nd. Please check-in starting at 7:30am, and attend the mandatory meeting and press conference at 8:30am. If weather conditions are dangerous (high winds, thunderstorms, poor visibility), the start may be delayed or rescheduled for the next day. Due to the nature and complexity of this event, no refunds will be given.

The Finish will be at Whiskey Joe's Restaurant-Rocky Point; 2500 Rocky Point Drive; Tampa, FL 33607. Ph 813 281 0407. Call or send <mailto:rustysrc@aol.com> to make reservations for champagne, food and beverages. The fastest competitors should start arriving shortly after 4:00pm. Swimmers may be disqualified by the event director due to darkness, starting at 8:00pm. For safety, all swimmers must report to the timer at the finish line to confirm their finish or withdrawal the race.

You may use this event as a fund raiser as long as you use our pledge forms. A portion of all proceeds will be donated to Tampa BayWatch. Tampa BayWatch is a stewardship program dedicated to the protection and preservation of the Tampa Bay estuary. Race officials will be aboard a natural gas-powered, twin engine catamaran...the only one of it's kind in the country.

Mail your entry form to race director Ron Collins by March 20, 1999. The address is 1920 Cobblestone Way; Clearwater, FL 33760. Ph 727 535 4067. The email address is rcollin3@tampabay.rr.com. The web site home page address is <http://home.tampabay.rr.com/swimming>

The 24 Mile Tampa Bay Marathon Swim entry form

Entry Form

Name: _____ Sex: _____ Age on race day _____

Address: _____ Apt No. _____ Telephone: _____

City: _____ State: _____ Country: _____ ZIP: _____ Email: _____

1999 USMS Member: Enter Registration Number: ____ - _____ Club Affiliation _____

Full USMS members are eligible to participate a year of USMS sanctioned events, and are covered by USMS secondary accident insurance while participating in sanctioned events or supervised practices. You also receive the national magazine and local newsletters.

One Event Registration is also available for non-USMS participants-good only for this event. Click here to get the OEVT One Event Membership Form

International competitors must attach a 1999 membership card from your country's governing body.

Solo swimmer entry fee \$40 (includes 2 t-shirts).....\$ _____

Relay entry fee \$100 (includes 1 t-shirt for each team member)\$ _____

One event USMS membership fee \$10 (good for this event only).....\$ _____

Each relay member must fill out and sign entry form. Team Name _____ Category M F MIXED

Additional T-Shirts (while supplies last) at \$10.00 each.\$ _____

T-Shirt (please indicate quantity and sizes) L _____ XL _____ XXL _____

Total Due (Make checks payable to Aqua Moon Adventures).....\$ _____

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 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, INCLUDED ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OR 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume all those risks.

SIGNATURE: _____ DATE: _____ Entry deadline is March 20, 1999.

Please include a list of your credentials. Include open water experience and your latest mile/1500m time. Also, if possible, enclose a passport-style photograph.

Attach a copy of your current USMS registration card to this entry form.(REQUIRED) You must print a hard copy of this form and return to the race director by March 20, 1999. Mail to Ron Collins; 1920 Cobblestone Way; Clearwater, FL 33760. Ph 727 535 4067. Email address is rcollin3@tampabay.rr.com The web site home page address is <http://home.tampabay.rr.com/swimming>

"HURRICANE - MAN"

2.4 MILE ROUGH WATER SWIM

MAY 22, 1999 - 7:30 AM - SATURDAY

START: COUNTY PARK, 4700 GULF BLVD., ST. PETE BEACH, FLORIDA

SIGN UP: MAIL TO: "HURRICANE-MAN" C/O BRUCE DAY, 8237 35TH AVE. N., ST. PETERSBURG, FL. 33710 BY 5-17-99. IN PERSON SIGN-UP AT NORTHSORE POOL 7 AM TO 5 PM AND AT THE HURRICANE RESTAURANT 6 TO 8 PM 5-21-99. ENTRY FEE IS \$20 USS/USMS REGISTERED, \$30 UNREGISTERED SWIMMERS AGED 19 AND OVER. CHECKS PAYABLE TO "ST. PETE MASTERS". NO RACE DAY SIGN-UP. SPONSORED BY ST. PETE MASTERS AND ST. PETE AQUATICS SWIM TEAMS. FAMOUS POST RACE BREAKFAST BUFFET - HURRICANE RESTAURANT; AWARD CERTIFICATES TOP 3 AGE GROUP FINISHERS. NO WET SUITS/FINS. FULL INFO WITH SIGN UP. NO REFUNDS.

SANCTIONED BY FLORIDA LMSC FOR USMS, INC. SANCTION # 149-001.

SANCTIONED BY FLORIDA SWIMMING FOR USS, INC SANCTION #2790.

NAME: _____ SEX: _____ AGE: _____ BIRTHDATE: ____/____/____

MAILING ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

T-SHIRT M L XL TEAM: _____ USS/USMS #: _____ PH: _____ - _____ - _____

USS APPLICATION: 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 USS 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 USS 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 SWIMMING, INC., THE LOCAL 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 USS. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

SIGNATURE OF PARTICIPANT:

(Or parent if under 18 years of age): USS: _____ DATE: _____

MASTERS APPLICATION: 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 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. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

SIGNATURE OF PARTICIPANT

(Must be 19 years of age or older.): MASTERS: _____ DATE: _____

UNREGISTERED SWIMMER (NON USS/USMS) AGE 19 AND OVER - COMPLETE THIS APPLICATION BELOW AND SIGN THE MASTERS APPLICATION ABOVE AS WELL. THIS IS YOUR "ONE EVENT MEMBERSHIP APPLICATION" FOR 1999. YOU WILL NEED TO PAY \$30. YOU'LL GET A \$10 CREDIT TOWARDS A ONE YEAR MASTERS MEMBERSHIP IF YOU JOIN WITHIN 30 DAYS.

RACE DIRECTOR: BRUCE DAY (727) 345-1629 CALL IF CONFUSED!



Register with same name you will use for competition. Print clearly.

Last Name		First Name		Init	For Office Use
Street		Apt			
City		State	Zip	Phone No.	
Date of Birth		Age	Sex	Today's Date	
Mo.	Day	Yr		Mo	Day Yr

OEVT - One Event Membership

Event Date: 5-22-99

**1999 ONE EVENT
MEMBERSHIP
APPLICATION**

**USS/USMS PLEASE
ATTACH YOUR USS
OR USMS CARD HERE.
NO RACE DAY SIGN-UP!**

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 _____

RACE INFORMATION FOR THE 1999 "HURRICANE - MAN" 2.4 MILE ROUGH WATER SWIM

RACE MOTEL: THE KEYSTONE MOTEL - 801 GULF WAY, ST. PETE BEACH, FL. 33706 (727) 360-1313 / 360-5907. ASK FOR RACE DISCOUNT. THE HURRICANE SEAFOOD RESTAURANT - 807 GULF WAY, ST. PETE BEACH. (727) 360-9558. GREAT GROUPER !

BODY NUMBERING, VOLUNTARY CAR POOLING AND "PROBLEM TABLE" AT THE HURRICANE RESTAURANT 6:00 - 7:00 AM. NO RACE DAY SIGN UP. THE HURRICANE - MAN 2.4 MILE RACE STARTS AT COUNTY PARK, AT 4700 GULF BLVD. AT 7:30 AM. YOU SWIM TO THE SOUTH INSIDE THE PERMANENT "NO BOATS" BUOYS WHICH MARK THE SWIMMING ZONE. RACE FINISH IS 100 FEET PAST THE PATIO AND SEASIDE GRILLE CONCESSION STAND JUST IN FRONT OF THE HURRICANE RESTAURANT AND KEYSTONE MOTEL. THE RACE IS OFFICIALLY OVER AT 10 AM. BREAKFAST BUFFET IN "STORMY'S" - SECOND FLOOR OF HURRICANE RESTAURANT. AWARDS PRESENTED AT 10:30 AM IN STORMY'S. REST ROOMS AT START AND FINISH. SHOWERS AT FINISH.

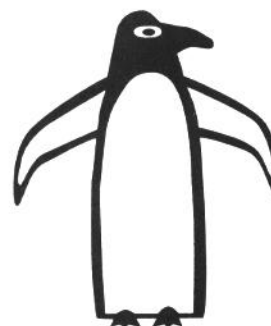
REMEMBER: NO RACE DAY SIGN-UP AND NO REFUNDS DUE TO RACE CANCELLATION.

NOTE TO PARENTS OF USS SWIMMERS 14 AND UNDER: THE 2.4 MILE SWIM IS AN **EXTREME TEST** OF ENDURANCE FOR A CHILD. ONLY SWIMMERS (14 YEARS OLD AND UNDER) WHO PROVIDE PROOF OF A 1650 YD OR 1500 M TIME FAST ENOUGH TO NEARLY QUALIFY FOR REGIONALS... AND ATTACHED TO THIS APPLICATION... WILL BE ALLOWED TO SWIM. IT IS ALSO RECOMMENDED THAT YOUR CHILD HAVE PREVIOUS OPEN WATER EXPERIENCE. (Girls 1500 = 19:40.00; 1650 = 18:53.00 Boys: 1500 = 18:15.00, 1650 = 17:52.00)

Question: Is it important to know my heart rate during training?

Answer: Yes, it is the most important and practical physiological measurement that you can analyze. Blood lactates have been popular with many elite programs. For the Master swimmer, heart rate monitoring can easily be included, without expensive equipment. Unfortunately, many swimmers, and coaches, think only in terms of the quantity of yardage done in a training session.

Heart rate can be taken at the carotid artery (neck, slight pressure) or wrist, immediately upon completion of the required swim or sets of swims. Take HR for 6 sec-onds, and add a 0 for your minute rate. Monitoring your training swims can give you information and identify which aspects of your



Ask the "Swimming" Doctor

by Dr. Paul Huting

program you are achieving. You can apply this scientific approach to the energy systems needed to train for your events and plan ahead to when your meets are scheduled. The following table gives information on HR's to elicit training of the three energy systems.

3 primary energy systems Classification	HR age 20-30	HR age 50-60	% of training for endurance phase
A1 ---low intensity aerobic	110-120	90-100	50%
A2 ---aerobic	120-130	100-110	
AT---anaerobic threshold	160-170	140-150	30%
V02--above threshold	170-180	150-160	15%
LT----lactic acid	180-200	160-170	5%

Max HR=220 your age

Example for a 50 yr old--220-50=170.

Swimming elicits a lower HR by approximately 10%, compared to running. Recovery HR should be taken 1 min. after the previous HR. In this time, a highly trained swimmer will recover from a max of 170 > 100. By taking your recovery HR each week, you can measure your fitness improvement. Straight sets with the same average time each week, should show you a lower HR as your conditioning improves.

The 50% of your training at aerobic levels includes your warm up, cool down and usually, any short rest swims, such as with 5-10 second intervals. Your AT and V02 levels, are usually at your race

pace intensities. If you swim 5000 yards per session, you would need 8 x 25's or 4 x 50's each workout at close to all out swims. Follow these guidelines to maximize your training for performance. If you specialize in only distance, like 500 yards and up, or sprint 200 yards and under, modify the percent of energy systems. The early season training, however, needs all systems.

Anyone wanting additional information, or having personal questions, please send a large SASE to: Dr. Paul Huting; 1755 Georgia Ave. NE; St. Petersburg, FL 33703. You can e-mail me at: phut@usms.org

FLORIDA

LMSC NEWSLETTER

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- Entry Forms: St. Pete SC; Tampa Bay 24 Mile Marathon; Tampa Bay 5K Challenge; "Hurricane Man" 2.4 Mile Rough Water -St. Pete Beach; Sarasota LCM T-Shirt Meet.
- News From Around the LMSC

Attention Team Reps:
Deadline for May Issue is

April 15, 1999

Send all Copy and Photos to
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Olympic Champion, Gator Asst. Men's Coach & former Gator swimmer Anthony Nesty; Gator Freshman-Eric Donnelly; Tim Markham-Gator Breastroker & Basketball legend - circa 1970's; and Martin Zubero-former Gator, Olympic Champion, World Record Holder, and Masters Coach, congratulate Eric for swimming the fastest time recorded in NCAA's so far this year for the 400 I.M.- 3:48.43. Three secs. faster than the next fastest time!