

# FLORIDA

Local Masters Swimming Committee  
November 2006, Newsletter  
Volume 23, Number 4

## LMSC Swimmers Reign at World's

The XI FINA Masters World Championships were held at Stanford University, California from August 3-17, 2006. Over forty swimmers from eight clubs in the Florida LMSC participated. Bunny Cederlund (FACT) set world records in the 50 and 100 meter backstroke, meet records in the 100 meter freestyle and 200 meter backstroke and a bettered meet record in the 50 meter freestyle. Sheila Taormina (NTC) set a world record in the 800 meter freestyle and meet records in the 200 meter freestyle and 200 meter butterfly. Florence Carr (SYSM) set a meet record in the 50 meter freestyle.

Other noteworthy performances included a third in the 50 meter freestyle by Brud Cleaveland (FMM), a third in the 100 meter freestyle by Florence Carr, a second in the 100 meter freestyle by Sheila Taormina, a third in the 200 meter freestyle by Rick Walker (SYSM), a third in the 400 meter freestyle by Robert Beach (SPM), and a fourth in the 400 meter freestyle by Charlotte Petersen (SPM). In the 800 meter freestyle, Robert Beach won fourth, Charlotte Petersen won fifth, and Rick Walker won third.

In the backstroke events Paul Hutinger (FMM) placed second in the 50 meter backstroke and third in the 100 meter backstroke. Harold Murray (FACT) placed fourth in the 100 meter backstroke, and Charlotte Petersen placed fourth in the 200 meter backstroke.

In the breaststroke area Robert MacDonald

(FACT) placed third in the 50 meter breaststroke,

Holly Vaughn (FACT) placed fourth in the 50 meter breaststroke, and Karl Weidman (FACT) placed third in the 50 meter breaststroke. Many swimmers performed well in the 100 meter breaststroke -- Brud Cleaveland placed fourth, Margit Jebe (FACT) placed first, Robert MacDonald placed third, Holly Vaughn placed fourth, Rick Walker placed third, and Karl Wiedamann placed third. In the 200 meter breaststroke, Holly Vaughn and Karl Wiedamann placed third, Margit Jebe placed fourth, and Robert MacDonald placed second.

Florence Carr placed first in the 50 meter butterfly, and Sheila Taormina placed first in the 200 meter butterfly.

Margit Jebe won fourth place in the 200 meter IM, and Joan Campbell won fourth place in the 400 meter IM.

FL LMSC swimmers also performed well in the relays and open water 3K race -- the women's 200 meter medley FACT relay placed sixth (B. Cederlund, M. Jebe, M. Henderson, J. Campbell) and the 200 meter mixed medley FACT relay placed eighth (M. Moore, K. Wiedamann, M. Wilson, W. Wallace). FACT entered over ten relays at Worlds. Also, Robert Beach placed second in the open water 3K race.

Thank you and congratulations to all the Florida LMSC swimmers who participated! We appreciate your traveling all the way to California to represent us!

Florida LMSC Results from XI FINA Masters World Championships 2006

### BLUE Blue Wave Masters

Januszewski, Cindy L F40 146Z-02T7Z

800 Free 12:36.51 45

100 Free 1:21.74 91

100 Breast 1:44.85 65

400 IM 7:12.86 29

200 Free 2:57.31 69

### FACT Florida Aquatic Combined Team

Campbell, Joan K F76 146A-02RGV

800 Free 16:59.67 6

400 IM 10:59.12 4

200 Fly 6:04.97 2

400 Free 8:24.61 6

Carroll, Timothy J M55 146U-02RX9

50 Fly 31.92 25

50 Free 29.52 26

Cederlund, Bunny F85 146C-02RS5

200 Back 4:35.71 1

100 Free 1:51.88 1  
50 Free 50.14 2  
100 Back 2:06.41 1  
50 Back 53.44 1

Felton, Linda R F56 146P-02RZ0  
100 Free 1:23.38 35  
100 Breast 1:47.71 27  
50 Fly 44.74 27  
50 Free 34.76 23  
50 Breast 45.68 14

Guglielmi, Annmarie F38 146G-034YU  
800 Free 10:25.66 9  
100 Breast 1:26.73 10  
400 IM 5:45.00 10  
200 Fly 2:42.89 10  
400 Free 5:05.33 10

Henderson, Martha J F70 146B-02RS4  
100 Free 1:42.67 14  
400 IM 9:41.89 11  
50 Fly 54.20 9  
200 IM 4:29.24 14  
100 Fly 2:08.71 6

Hiers, James L M82 1461-02TCV  
200 Back 4:38.93 10  
50 Free 42.16 10  
100 Back 2:09.69 8  
50 Back 56.78 6

Jebe, Margit H F68 146R-01SAA  
100 Breast 1:41.56 1  
200 IM 3:36.69 4  
200 Breast 3:47.20 4  
100 Back 1:42.76 8

Livingood, Bill M61 1466-02TH5  
100 Back 1:25.47 15  
50 Back 38.92 19

Macdonald, Robert C M78 146P-02RDF  
100 Breast 1:40.73 3  
200 Free 3:22.59 9  
50 Breast 44.82 3  
200 Breast 3:38.40 2

Magin, Randy M57 1462-02TCW  
800 Free 11:42.98 31  
200 Back 3:07.16 22  
100 Back 1:21.14 18  
50 Back 37.11 13  
400 Free 5:45.90 30

Moore, Meredith A F57 146A-01S4X  
800 Free 11:50.82 6  
200 Back 3:19.48 15  
100 Back 1:33.53 18

Murray, Harold J M65 1465-02RJT  
  
100 Back 1:25.96 4  
50 Back 37.98 7

Ness, Joleen M F40 146J-02TX0

100 Breast 1:39.60 52  
50 Breast 46.31 52

Puchalski, Donald J M67 1468-02RMD  
100 Breast 1:33.95 7  
400 IM 6:59.54 6  
200 IM 3:14.32 7  
50 Breast 40.53 7  
200 Breast 3:33.98 7

Robinson, Joan M F56 146Y-02TV1  
800 Free 13:30.41 27  
100 Free 1:20.79 24  
200 Free 3:04.10 24  
50 Free 36.25 30  
400 Free 6:42.98 24

Stollmeyer, Michael A M69 1469-02S0S  
800 Free 12:38.24 8  
100 Free 1:16.87 22  
200 Free 2:52.99 15  
50 Free 33.50 26  
400 Free 6:09.20 11

Vaughn, Holly A F45 1463-02SM5  
100 Breast 1:24.45 4  
50 Breast 38.45 4  
200 Breast 3:06.77 3

Wakelin, Fred W M64 146X-02TV2  
100 Breast 1:37.71 31  
50 Breast 43.49 35  
200 Breast 3:32.33 20

Wallace, William S M62 1467-02TEJ  
100 Breast 1:34.43 30  
50 Fly 33.76 24  
200 IM 3:28.87 29  
50 Breast 40.72 22  
200 Breast 3:36.89 23

Wiedamann, Karl E M68 1468-01PPZ  
100 Breast 1:27.60 3  
50 Breast 38.37 3  
200 Breast 3:13.68 3

Wilson, Meegan J F58 146B-02REA  
100 Breast 1:37.62 6  
50 Fly 40.50 19  
100 Fly 1:37.52 11  
50 Breast 43.22 6  
200 Breast 3:29.49 6

Mixed 200 Medley Relay 2:58.41 26  
Jebe, Margit H F68  
Puchalski, Donald J M67  
Stollmeyer, Michael A M69  
Henderson, Martha J F70

Mixed 200 Medley Relay 2:20.30 45  
Guglielmi, Annmarie F38  
Vaughn, Holly A F45  
Carroll, Timothy J M55  
Slaght, Chuck M56

Mixed 200 Medley Relay 2:32.95 8

Moore, Meredith A F57  
Wiedamann, Karl E M68  
Wilson, Meegan J F58  
Wallace, William S M62

Men 200 Medley Relay 2:34.13 15  
Puchalski, Donald J M67  
Wiedamann, Karl E M68  
Macdonald, Robert C M78  
Murray, Harold J M65

Men 200 Medley Relay 2:20.46 33  
Magin, Randy M57  
Wallace, William S M62  
Carroll, Timothy J M55  
Livingood, Bill M61

Women 200 Medley Relay 3:31.24 6  
Cederlund, Bunny F85  
Jebe, Margit H F68  
Henderson, Martha J F70  
Campbell, Joan K F76

Women 200 Medley Relay 2:36.75 17  
Moore, Meredith A F57  
Vaughn, Holly A F45  
Wilson, Meegan J F58  
Robinson, Joan M F56

Mixed 200 Free Relay 2:31.97 26  
Stollmeyer, Michael A M69  
Livingood, Bill M61  
Henderson, Martha J F70  
Jebe, Margit H F68

Mixed 200 Free Relay 2:00.26 31  
Carroll, Timothy J M55  
Slaght, Chuck M56  
Guglielmi, Annmarie F38  
Vaughn, Holly A F45

Men 200 Free Relay 2:12.39 13  
Stollmeyer, Michael A M69

Wiedamann, Karl E M68  
Puchalski, Donald J M67  
Slaght, Chuck M56

Men 200 Free Relay 2:03.92 9  
Livingood, Bill M61  
Murray, Harold J M65  
Magin, Randy M57  
Wallace, William S M62

Women 200 Free Relay 2:17.76 11  
Wilson, Meegan J F58  
Robinson, Joan M F56  
Moore, Meredith A F57  
Guglielmi, Annmarie F38

FMM Florida Maverick Masters

Cleaveland, Brud M89 146B-02RR2  
100 Free 1:48.23 1  
100 Breast 2:25.11 4  
50 Free 45.15 3

50 Breast 1:00.64 5

Hutinger, Paul M82 1460-02RCX

200 Back 3:59.07 5

100 Back 1:46.56 3

50 Back 44.86 2

Tullman, Patricia A F69 1464-02RD1

800 Free 15:01.83 13

100 Free 1:28.59 14

200 Free 3:23.47 13

50 Fly 51.89 11

100 Fly 2:02.72 7

SYSM Sarasota YMCA Sharks

Buxton, Sylvia F41 146T-02DCP

200 Back 2:48.34 15

100 Free 1:05.47 20

50 Fly 30.76 7

50 Free 29.29 16

100 Fly 1:12.72 9

Carr, Florence E F81 1462-02RCZ

100 Free 1:49.25 3

200 Free 4:38.20 5

50 Fly 59.62 1

50 Free 41.96 1

Lockaby, Jay R M36 146R-02RH2

200 Back 2:24.32 9

400 IM 5:17.74 17

50 Fly 28.29 27

200 IM 2:26.65 14

100 Fly 1:03.33 21

Vazmina, Rudy J M56 1464-02RSY

100 Breast 1:23.55 11

50 Fly 29.87 13

100 Fly NS 0

50 Breast 37.78 20

Walker, Rick B M56 146U-02RT8

800 Free 9:53.08 3

100 Free 1:03.55 17

100 Breast 1:19.67 3

200 Free 2:16.51 3

50 Breast 36.29 11

SPM St Pete Masters Inc

Beach, Robert E M76 146K-02REM

800 Free 13:06.18 4

100 Free 1:26.06 10

200 Free 3:08.19 7

50 Free 40.65 16

400 Free 6:33.96 3

Petersen, Charlotte F42 146G-02RF8

800 Free 9:44.37 5

200 Back 2:37.11 4

100 Free 1:03.91 12

200 Free 2:17.22 5

400 Free 4:41.05 4

Specht, William L M48 146D-02RN3

200 Back 2:27.74 12  
50 Fly 27.42 8  
100 Fly 1:01.57 3  
100 Back 1:07.73 8  
200 Fly 2:17.27 3

Steer, Sandy L F67 146B-02RFC  
800 Free 18:19.68 23  
100 Breast 2:28.67 24  
50 Breast 1:04.79 34  
200 Breast 4:59.86 21

#### SCSF Suncoast Swimfit

Allbritton, Steve O M48 1467-02S3T  
50 Free 25.46 6

Horrocks, Cindy F29 1464-001F5  
100 Free 1:05.91 25  
200 Free NS 0  
50 Fly 34.67 36

Newhaller, Daniel J M47 146W-02TD6  
100 Breast 1:19.83 34

200 IM 2:38.72 37  
50 Breast 34.70 19

#### NTC USA Tri Nat'l Training Center

Bodenmann, Jeffrey M M46 146D-02RUS  
100 Free 1:08.63 120  
200 Free NS 0  
50 Fly 33.95 97  
50 Free 29.99 89

Dawson, Jerry M46 146N-02S45  
100 Free 57.24 9  
400 IM 5:25.92 17  
200 Free 2:08.10 12  
200 IM 2:25.41 8  
100 Fly 1:03.57 9

Dawson, Karleen F49 146M-02SJK  
200 Back 3:17.94 47  
200 Free 2:52.02 53  
50 Free 32.13 35  
100 Back 1:27.42 31  
50 Back 39.89 30

Duchene, Timothy M47 1465-02TP8  
200 IM 2:59.48 67

Kane, Thomas M45 146V-02THC  
200 IM 2:45.02 51  
100 Fly 1:13.33 41

Taormina, Sheila C F37 146Z-028YM  
800 Free 9:13.49 1  
100 Free 59.53 2  
200 Free 2:07.64 1  
200 Fly 2:26.36 1

Mixed 200 Medley Relay 2:13.41 27  
Dawson, Karleen F49  
Dawson, Jerry M46

Taormina, Sheila C F37  
Kane, Thomas M45

Men 200 Medley Relay 2:13.73 50  
Duchene, Timothy M47  
Dawson, Jerry M46  
Kane, Thomas M45  
Bodenmann, Jeffrey M M46

Mixed 200 Free Relay 1:58.89 26  
Dawson, Karleen F49  
Bodenmann, Jeffrey M M46  
Taormina, Sheila C F37  
Duchene, Timothy M47

Men 200 Free Relay 1:54.28 45  
Dawson, Jerry M46  
Bodenmann, Jeffrey M M46  
Kane, Thomas M45  
Duchene, Timothy M47

WIN Winter Haven Masters Swim Team

Oliva, Stepan M40 146W-02RVS  
100 Free 56.04 9  
50 Free 25.92 14

3K Open Water

Annemarie Guglielmi (9th), Mike Stollmeyer (12th), and Robert Beach (2nd)



Sylva Buxten, Rick Walker, Florence Carr, and Jay Lockaby at FINA World



Florence Carr getting ready for one of her two gold medal swims at Stanford



**Old Pros** Rick Walker, Steve Allbritton, and Jay Lockaby (left to right) enjoy chilled malted beverages at **The Old Pro** saloon in Stanford, CA.

## Daiquiri Deck Tropical Splash

The third annual Daiquiri Deck Tropical Splash was held at Siesta Key Beach on October 21, 2006. The weather was beautiful, and approximately eighty-five swimmers participated in this race. The champions were: Allison Tolpa (Women's 1K), Kevin McCormack (Men's 1K), Jennifer Warmington (Women's 3K), Gary Peters (Men's 3K), Melissa Varlas (Women's 5K), and Rick Walker (Men's 5K). Thank you and congratulations to all those swimmers who participated, and a big thank you to the Sarasota YMCA Sharks Masters for hosting this wonderful event!





Bunny Cederlund

### **From the Chairman's Desk**

Dear FL LMSC Members,

This letter is being written prior to the Annual meeting, so I cannot bring you up to date on the issues and actions that were covered. The Annual meeting was held on Saturday, October 14 at the St. Pete meet after the last event. As you know this was a very important meeting involving elections and Bylaws. With elections on my mind, I wanted to thank you for giving me the opportunity to serve you for the past six years. We have come a long way from where we were in 2000. Since that time our LMSC has accomplished some exciting milestones such as: growth by over 150 members; clinics on the east and west coast; more teams/clubs than ever before; forming a combined team which has represented our LMSC nationally and internationally and an Annual Awards Banquet. These are just the beginning as we look to the future.

One point of information I wish to pass on is the aim to conduct our meetings in multiple locations to encourage attendance from more of our members. More information will be forthcoming.

You were represented very well by your delegates to the USMS Convention in Dearborn, Michigan this past September. One of the issues at the Convention was a \$5.00 registration increase in 2007. The reasons given were to cover the cost of hiring an executive director, providing benefits to USMS employees and to cover the cost of online registration. The online registration for 2007 is more complex than originally anticipated and is still in the process of being activated. We will let you know when it is up and running.

Even though we live in Florida we do have a winter season that we have to deal with. Keep up your training/exercise regime so that you don't add any extra flubber for your fins to flutter. There are some upcoming meets that you can participate in so check out our website for more information @ [www.floridalmc.org](http://www.floridalmc.org). (Thanks to Dick Brewer for all of his hard work in setting up and maintaining our website). We are still looking for an individual to maintain and update the website. If any one is interested, please contact me at [tbliss@cfl.rr.com](mailto:tbliss@cfl.rr.com).

Look forward to seeing you in the pool!

Serving,

Tom Bliss  
Chairman, FL LMSC

## **Officers & Chairs**

### Chairman

Tom Bliss  
[tbliss@cfl.rr.com](mailto:tbliss@cfl.rr.com)

### Treasurer

Meegan Wilson  
[meeganwilson@bellsouth.net](mailto:meeganwilson@bellsouth.net)

### Registrar

Meredith Moore  
[mamoo49@aol.com](mailto:mamoo49@aol.com)

### Top Ten & Records

Livia Zien  
[livia@alum.mit.edu](mailto:livia@alum.mit.edu)

### Secretary

Victor Buehler  
[pigasus@alltel.net](mailto:pigasus@alltel.net)

### Sanctions

Sue Moucha  
[jbmoucha@aol.com](mailto:jbmoucha@aol.com)

### Newsletter Editor (interim)

Flavia Zappa  
[wellingtoniv@hotmail.com](mailto:wellingtoniv@hotmail.com)

### Webmaster

Vacant

### Officials

Vacant

The Florida LMSC newsletter is published quarterly in February, May, August, and November. Registered members of the Florida LMSC choose to receive the newsletter via email or postal mail. ***This month all members of the Florida LMSC will be receiving the newsletter via hard copy to help facilitate registration.*** The Florida LMSC reserves the right to edit articles for appropriateness and/or brevity.

## **Top 10 and Records by Margie Hutinger**

I have served as the FL LMSC Top Ten & Records Chair for eight years, and this LCM will be the last course I will be working on, at least in the near future. I have enjoyed the opportunity of serving our LMSC in this capacity, as I had to work through many new challenges as I learned the ropes. I brought back the FL Top 5 which had been absent for four years; updated the FL records to include ALL swims by FL swimmers, added relay and postal records and a traveling record board at meets. It was a pleasure meeting so many new swimmers and hearing about your outstanding swims, whether it was a top time, a personal best or your first Masters meet. I'll still be hanging around at meets, so stop by and say hello. I'm turning over the reins to Livia Zien, SPM, and am sure that they will be in good hands and she will carry on where I left off.

I submitted the FL LMSC Top Ten for LCM, 2006. Times included were from Masters sanctioned meets at Sarasota, St. Pete and Brandon; one Recognized Senior Games meet at The Long Center and USA- s meets for C. Petersen, E. Bradley and M. Drennen. For the FL Top 5, I included results from the Worlds and from these meets from outside the FL LMSC, which were submitted by swimmers: Empire State Games and Ft. Lauderdale. I'm working on the FL Top 5.

Included in this issue are the FL LMSC LCM records, with the 2006 records highlighted, all 74 of them. Individual records broken included 38 individual women's and six relays; 21 individual men's, and four relays and five mixed relays. Congratulations to all record breakers. The most records broken was nine, by Deb Walker, 55, FACT. On the men's page, Mark Drennen, 50, SYSM, broke

five records. Sheila Taormina, 37, NTC, has the distinction of breaking three of the oldest records, which had endured for 18 years. These are the rest of the oldest SCY records that were broken in 2006. WOMEN - 35-39--100 Free, 59.53, Sheila Taormina, NTC; broke Susan Halfacre's, HLJ, 1988 record of 1:00.25. 200 Free, 2:07.64, Taormina; broke Halfacre's, 1988 record of 2:09.33. 800 Free, 9:13.49, Taormina; broke Halfacre's, 1988 record of 9:24.54. 40-44--100 Back, 1:15.71, Charlotte Petersen, SPM; broke Judy Stefanik's, SPM, 1992 record of 1:16.47. MEN 40-44--100 Free, 56.04, Stepan Oliva, WIN; broke Chet Miltenberger's, ORLM, 1994 record of 56.19.

**QUESTION:** Our club is thinking about entering the One Hour Postal swim in January, for the first time. What suggestions do you have for training for it?

**ANSWER:** Our club, the Florida Maverick Masters, is sponsoring this event. I have written a brief article on suggestions for your training, with idea for whatever level your swimmers are at.

## **TRAINING HINTS FOR THE ONE HOUR POSTAL SWIM**

**by Dr. Paul Hutinger**

Start your training program by setting your goal. Use your time for the 500 or 1650 as a base.

You should be able to be close to your 1650 pace for this swim. The chart will give you ideas on what kind of pace you would need for a specific time. If, for example, you would like to do 22:00, then practice on a 1:20 pace for a series of 20 x 100 yds. on 2:00. As you improve, decrease the rest time so you can do the 1:20 pace @ 1:30 (10 sec. rest) and increase the series to 40 x 100. This is an example of slow interval training. Use any of the distances and make up your own similar training schedules. You could do a set of 500 yd. repeats on the pace of 1:20 for each 100 yds. which would be a 6:40. Do 4 x 500 @ 8:00 and try to average 6:40. Increase the number of repeats until you can do 10 x 500 at an average

pace of 6:40 every 7:00 (20 sec. rest between each 500). As you progress in your training, try a challenge swim of 30 min. and use this pace as a goal for your one hour pace time. This is an example of marathon training. This would give you 2250 yds. in 30 min. if you maintained the 1:20 pace, and give you a goal of 4500 yds. for the one hour swim.

Since this event is scheduled for your own pool any time in January, practice in a lane where you can see the pace clock and use that to keep track of your pace. When you swim for an hour, you must hold back on the first part of your swim, so you can maintain your pace for the total time. This pace may seem slow in the first 15 min., but as you get into the last 15 min., you will realize the importance of maintaining your pace. Many swimmers are coached on doing negative splits, so the last half of your swim would be faster than the first half. This is a more efficient way to plan your event and you will achieve a better performance if you avoid going into early oxygen debt. You need to maintain a pace that enables your body to supply the energy at a steady state, so the last part of the event can gradually be increased in pace. This puts you into an oxygen debt that can be paid back after your race.

**In summary,** the Master swimmer should use a variety of techniques for training. Set a goal time

for yourself based on your best 1650 time. Establish a pace that you can maintain in a set of 40 x 100 yds. with 10 sec. rest or 10 x 500 yds. with 20 sec. rest. Take a 30 min. challenge swim to test yourself on your pace. Start training by Nov., so you have two to three months to get ready for this Postal Swim. Rest is an important aspect to top performance. Your last training swim, of one half your estimated goal, should be a week before your swim. Take the day off before you swim. GOOD LUCK!!

Please see the swim chart later in this newsletter.

*Paul Hutinger is the coach of the Florida Maverick Masters, based in St. Petersburg, FL. He holds numerous national and world records, including the Hour Swim in 1986. The Mavericks sponsored the One Hour Postal National Championship in 2002, and again, in 2007. Other training hints may be found at [www.maverickswim.org](http://www.maverickswim.org) under the newsletter link.*

### **Next Newsletter Deadline**

The deadline for February newsletter submissions is **Tuesday, January 9, 2007. Information and photos should be sent to Flavia Zappa at [wellingtoniv@hotmail.com](mailto:wellingtoniv@hotmail.com). Thank you.**

### **News from Around the LMSC**

#### **BLUE WAVE**

Blue Wave Masters would like to thank all swimmers who participated in their Meet, August 26. There were 83 registered swimmers. The Swim of the Meet, the Florida Maverick Masters Mixed 400 Free relay 280-319 set a new National record (5:40:99) Congratulations to Pat Tullman, Charles Weatherbee, Jean Troy, and Gaylord Hopkins.

We look forward to hosting another Meet next summer. Everyone seemed to have a great time, and the weather even cooperated.

Blue Wave Master swimmers Sue Moucha and Keith Burbridge participated in the St. Pete Masters Pentathlon, October 14-15. Sue swam five events on Saturday, while Keith swam both days. The air was a little nippy; however, the sun felt great!! Both were pleased with their swims and as always look forward to the next Masters event.

Sue Moucha -- Convention Delegate

## DESPERATELY SEEKING WATER

The entire wake-up to the day's experience was just plain bizarre. Dr. Jane Katz, a swimming friend for over 15 years, and myself made arrangements to go to early morning practice on Thursday, September 15, at the US Aquatic Convention.

The catch was we had to make sure each other was up at 4:30 a.m..

The phone rang at 4:23 a.m. A voice said, "Come meet outside my room at 4:50 a.m., Sue." I put my suit on, grabbed my swim bag and was out the door. There was no time to back out now.

The hotel lobby was so quiet. There was no coffee to be found anywhere!. The restaurants were not even open, daily newspapers were still bound in piles.

As we walked down the hall to catch the bus, we each grabbed a towel the hotel staff had left for the swimmers. The towel ended up acting as a cap to cover our head and ears to keep warm. The air outside was nippy and it was so dark, there were no lights anywhere.

A fellow Masters swimmer pulled up in her van. We jumped at the chance to go and climbed in. It meant that much sooner we could get to the pool and start to swim. Our instincts paid off. The bus filled with other swimmers had broken down. Our van was so full. Then, the challenge was to find the pool in the dark.

Arrival at the outdoor pool didn't really take long. We were lucky. Darkness seemed to be the common word that was spoken. We walked out to the pool deck. There was only a spot light at the near end of the pool, that was it. We came to get our swim in, so we jumped into the first lane. We could see the mist coming off the top of the water.

The day unfolding before us was starting to become an "event". It was going to definitely be unique. We could not see down to the other end of the pool. As the saying goes, "we just had to do it". All of a sudden we were swimming in the opposite far end lane. Where did the other swimmers come from—car pools? But, we were still doing what we loved—swimming! We just moved as the coaches' term goes, "fastest lane to the fast lane".

Losing all concept of time, we noticed other swimmers getting out of the pool. I guess practice was over. The ride back to the Hotel was a piece of cake. Dawn was just beginning

to break, there was light. Chores, daily ones are

a lot easier once the "swim workout" is done.

This early morning turned out to be one of those "capture the moment in time". From the wakeup call, to deciding to get in the van, to swimming in 98% darkness—resulted in total self-contentment. We went through each roadblock to accomplish our goal, that to get in an early morning swim. Looking at each step along the way, with the perceptive "just have fun", enabled us to do what could have been an unpleasant experience. Attitude is the key to everything we do in life.

Postscript: Sue had walked out of her hotel room wearing her roommates glasses and didn't even realize it until she walked back into her hotel room. Now that's hindsight!

Blue Wave Masters, Brandon Sports & Aquatic Center, Brandon, is looking to hire a Masters Coach. If interested please contact Peter Banks (813)689-0908, ext 19. Ask for the Swim Office, or contact him at [Pbanks@mybsac.org](mailto:Pbanks@mybsac.org).

### **FACT**

#### **FACT WELL-REPRESENTED**

#### **AT WORLD CHAMPIONSHIPS AT STANFORD UNIVERSITY AUGUST 4<sup>TH</sup>-AUGUST 11<sup>TH</sup>**

#### **Bunny Cederlund breaks two WORLD records With her family cheering her on**

The XI FINA Masters World Swimming Championships held in Palo Alto last week hosted 73 different countries. The impressive opening ceremonies featured a display of the flags, ethnic dancing and music of the competing countries. An aura of friendly competition was present during the entire weeklong championships. In contrast to other World Championships I have attended, I found the atmosphere to be more relaxed, the facilities absolutely tops and the organization by Michael Moore and his crew deserves an A+.

The purposes for which the Florida Aquatic Combined Team was formed were apparent by the representation at the World's. We were able to field 14 relays with our 25 participants and all of us had fun together. Representatives from the



Sue Moucha

chapters of SUN, 300 Club, HLJ, TBAC, SRAF, LCAM, SPCO and SWFA got together for dinners and their combined efforts were impressive. We hope that this encourages more Florida teams to “give it a try”. There’s many ways you can represent your own team at all the local meets and join us for the “BIGGIES”. Remember, you can change affiliation 60 days after your last competition. Keep this in mind.

First and foremost, accolades to our long-suffering FACT coach-of-the-meet, Chuck Slaght, of SWFA. He was on deck the entire meet, including open water the last day, and gave us encouragement and critiqued our swims – don’t believe he missed one! And to Joe Biondi, who was unable to attend, but spent many hours organizing the relay entries to give us “that edge”!

Yours truly started off with an auto accident and badly burned wrists (from the air bag) four days before I left for California. To demonstrate how great our competitors are, a team from Australia was in our motel and one of them was a surgical nurse. She offered to take care of my dressings and wounds and even wrapped me in “waterproof” bandages the morning of my 800m! As I swam the third length, the bandages started unraveling and they must have created quite a distraction to everyone, including, least of all, me!! I managed to take 22 seconds off my seedtime, though, and placed 6<sup>th</sup> (1<sup>st</sup> in the USA). I have recovered nicely, thanks to my Australian friend, and managed another 6<sup>th</sup> with a broken toe, a 2<sup>nd</sup> and a 4<sup>th</sup>.

Enough about the walking disaster – our star performer for the meet was Bunny Cederlund. She has recently recovered from hip replacement and they must have put a motor in there!! She set Meet Records in the 200 back and 100 free and World Records in the 50 and 100 Back. She had up to 12 family members cheering her on from the stands with a great “GO BUNNY CEDERLUND” banner, and she went! Since she returned to Florida, we discovered she broke three bones in her foot in a fall BEFORE she swam the world records – didn’t say

anything because you know what the doctor would say!! Congratulations on all your great performances, Bunny. She took 2<sup>nd</sup> in the 50 free and was on three of our relays!

Top performances were also given by Annamarie Guglielmi (a 9<sup>th</sup> and 4 10<sup>th</sup>'s) – all of them bettered her seedtime. Martha Henderson placed 9<sup>th</sup> in the 50 fly and 6<sup>th</sup> in the 100 fly – all of her times bettered her seed times. Jim Hiers, 82, took two 10ths, an 8<sup>th</sup> and a 6<sup>th</sup>. Margit Jebe was World Champion in the 100 breast, 4<sup>th</sup> in the 200 IM and 200 breast and 8<sup>th</sup> in the 100 back. Robert MacDonald placed 3<sup>rd</sup>, 3<sup>rd</sup>, and 2<sup>nd</sup> in the breast 50, 100 and 200 and 9<sup>th</sup> in the 100 free. Harold Murray took 4<sup>th</sup> and 7<sup>th</sup> in his backstrokes. Don Puchalski got stuck on 7 for his 50, 100, 200 breast and 200 IM but took 6<sup>th</sup> in the 400 IM, a minute faster than his seed! Meredith Moore had an outstanding swim in the 800 free (a 6<sup>th</sup>). Holly Vaughn placed 4<sup>th</sup>, 4<sup>th</sup> and 3<sup>rd</sup> in all her breaststroke events. Karl Wiedamann took 3<sup>rd</sup> in all his breaststroke events. Meegan Wilson was 6<sup>th</sup> in all her breaststroke events. Annmarie Guglielmi and Michael Stollmeyer topped off the week's events with a 3K open water swim (with the seals in San Francisco Bay). Annmarie took 9<sup>th</sup> and Michael a 12<sup>th</sup>.

Along with Annmarie and Martha, Linda Felton, Fred Wakelin and William Wallace bettered all of their seed times. Awards were given through 10<sup>th</sup> place, but with 5,550 competitors everyone's efforts were appreciated. There was a whole day devoted to relays and quite apparent was our need to participate more often in relays and communicate the rules. Two gold medals were lost in 320 relays – one because of enthusiasm (too quick off the block) and one because someone had a watch on!! A reminder that we can't be too well prepared and take the opportunity to practice relays when we can. We had some outstanding performances on our relays and the day was spent cheering everyone on – some heats with two of our own competing against each other. We had a 240 mixed medley relay of Meredith Moore, Karl Wiedamann, Meegan Wilson and William Wallace that placed 8<sup>th</sup>. Our women's free relay of Bunny Cederlund, Margit Jebe, Martha Henderson and Joan Campbell placed 6<sup>th</sup>. The men's 240 free relay of Bill Livingood, Harold Murray, Randy Magin and William Wallace took 9<sup>th</sup>. The competition was keen to say the least and these finishes along with all our other relays were something to be proud of.

Along with some great swims by all of the FACT chapters, the 160 women's free relay was awesome - setting a new Dixie Zone and Florida LMSC record. Bunny Cederlund's performances in the backstroke earned her MORE world records! The SCM Meet at St Pete was great fun - a thank you to the super hosts.

Make sure you e-mail Joe Biondi with any postal swims you do – we miss out on some great relays when you don't report what you swim!!

## **FLORIDA MAVERICK MASTERS**

WORLDS - Over 5400 swimmers from 74 countries assembled in the spacious grounds of the Avery Aquatic Center at Stanford University in Palo Alto, CA, from August 3-10. The entire area bustled with activity, as swimmers tested the fast waters, listened to foreign languages, made new friends and wound their way from the marshaling area to their starting blocks. The four Mavericks delighted in the opportunity to be but a small part of such a large gathering of swimmers. Patricia Tullman, 69: 7th - 100 Fly; 11th - 50 Fly; 13th - 200 & 800 Free; 14th - 100 Free. Paul Hutinger, 82: 2nd - 50 Back; 3rd - 100 Back; 5th - 200 Back Brud Cleaveland, 89: 1st - 100 Free; 3rd - 50 Free; 4th - 100 Breast and 5th - 50 Breast. Margie Hutinger: World trader of swim caps, pins, t-shirts, etc.

BRANDON MEET - This meet was a success, any way you look at it. From our first-timer, Iris Threatt-Milton to the National Record breaking 280+ 400 Mixed Free Relay, 5:40.99, with Weatherbee, Tullman, Troy, and Hopkins to the twenty Mavericks that enjoyed the camaraderie and helped to hold off the impending rain clouds, throughout the meet.

CONVENTION NEWS & MAVERICK AWARDS - Margie Hutinger was one of the four FL LMSC delegates to the US Aquatic Sports convention in Sept. She is happy to report that the Maverick Lane Lines placed in the top six in the Newsletter of the Year Award. A new award was instated this year, to recognize outstanding Masters clubs that are built on the core objectives of USMS - to Serve, Educate, and Build the Membership. The Mavericks ranked in the top eight in the Club of the Year Award.

Paul Hutinger, Club Representative

### **The Original Sarasota Masters**

We love the new **SCM pool at St. Pete!** 9 of our members competed in this nicely run meet:**Bob Coulter, Jim Donnelly, Edna Gordon, Tak Konstantinou, Randy Magin, Doug Messineo, Greg Rotole, Helen Vetter, & Deb Walker.**



**Doug Messineo taking a few extra breaths at his 3rd turn in the 100 m Fly.**



**Tim Erickson, Mike Maitland, Tak Konstantinou**

**Randy Magin**, who is a tour boat Captain in New York state during the summers, stopped by to swim in the meet on his way home to Ft. Myers. He also swam in the World Champs in Stanford and got to swim on some FACT relays!

**Deb Walker** set 3 Dixie Zone records!

**Brandon Blue Wave** hosted a nice meet back in August, where 2 of our members swam in their first ever Masters meet! **Tak Konstantinou** and **Mario Sanguinetti** each swam all of the 50's of each stroke.. Since then, Mario has been swimming in each and every Masters & Senior Games meet that he can. Veteran **Greg Rotole** (*The Animal*) swam all of the 100's plus the 200 IM. **Deb Walker** set 2 Dixie Zone records! **Jim Donnelly** and **Edna Gordon** both enjoyed their first 800 frees.

### Special Olympics

**Helen Vetter** has joined **Greg Rotole** and **Jim Donnelly** as Special Olympics swim coaches at the Arlington Park Pool.

**Lucey Malone** and her husband **Sid** are vacationing in Portugal and will be back in time to host our General Membership meeting and Party on November 4th.

**Adam Leonard** has written a book, **“Man by Nature: The Hidden Programming Controlling Human Behavior”**. The book is best described as “evolutionary philosophy”. It modestly claims to explain most human behavior based on the discoveries in neuroscience over the last fifty years. Those discoveries make it possible to understand how we can be greatly controlled by animal instincts, and yet be totally unaware of it. Adam will have a book signing table downtown Sarasota at the Book Festival on Nov 4.



**Bob Coulter** made a recent trip to Canada and visited the International Peace Gardens: The park is located part in Manitoba Canada and part in North Dakota. The first picture is at the entrance looking west along the border with USA on the left, Canada on the right, and the Peace Towers in the distance, on either side of the border. The second pix is of some flowers, of which there are many.

### Good triumphs over cataracts! A note from Barbara Wear

*Its no picnic being a sex symbol, but my public expects it. I'm sure those old people in the production line were encouraged to see someone my age in the waiting room right alongside of them. Dr. Runwithscissors did a swell job, and my confidence was greatly enhanced when the O.R. nurse asked my name and then drew a circle around the correct eye with a magic marker before the “Procedure”. Now I'm working on a complete recovery by sleeping sitting up all night, this gives me the experience of traveling to exotic places without leaving the discomfort of my own home. I highly recommend this operation even if it means missing out on the opportunity to meet new people in the movies by sitting on them in the dark. If you have any questions related to the “Golden Years” please feel free to ask, and if I can remember the question I'll think of an answer given time...*

### SARASOTA YMCA SHARKS MASTERS

The Sarasota YMCA Sharks Masters celebrated our first year at our first annual banquet and recognition ceremony held August 26. The Y was kind enough to let us use their new Teen Center which features state of the art audio and visual equipment. As usual Julie Salvetti handled the party side of things and the evening was a big success. Props to Gary Trimble for producing a great DVD which

celebrated many of our outstanding moments and good times. The DVD was shown to conclude the evening and a copy given to each of the swimmers.

In addition to recognizing our many Top Ten and All American performers, seven Sharks were chosen as Sharks All-Stars for their contributions to the team outside of the pool. Those chosen were Chris Gilligan, Tony De, Steve Butler, Kim Bell-Motta, Susan Hallock, David Hefner and Holly Detra who made us a beautiful new banner which now hangs inside the Y. Thanks to those who contributed to a silent auction which raised funds that were given to Special Olympics Sarasota County. Plans were also announced to give an annual scholarship to a graduating senior from the Y Sharks USA Swimming Club. Masters swimming is alive and well in Sarasota, SYSM ended the year with 180 registered Masters.

USMS Registrations for 2007 will be coming to all Sharks Masters in the mail soon. Please get them in to Cathy promptly. Included in the mailing will be information on Y Nationals to be held in Indianapolis April 12-15.

## **ST. PETE MASTERS**

Thanks to all LMSC swimmers and those from beyond the LMSC who entered our Inaugural SCM Meet at North Shore on the 14th and 15th of October. We had 140 swimmers for the initial meet and will now figure out if or how to make changes for next year. The following three teams led the completed Pentathlon competition: Florida Maverick Masters with 10 completed, Sun Masters and TBAC received honorable mention with 7 and 6 completed by their swimmers. Kelly N. came from Rhode Island to swim with her grandfather Harold Miller, both finished their SPRINT Pents.

During the summer Bob Beach made his annual tour of USMS Open Water events. He was joined by Flavia Zappa at the Cleveland swim and in Chicago for the Big Shoulder 5K he was joined by Aaron Peter, Kern Davis, Laura Kaleel and Chris Swanson.

We had a small contingent travel to Palo Alto for the World meet. Charlotte Petersen was our official star in the pool, along with Bill Specht, Bob Beach, Sandy Steer and Don Smith. Mike Torsney and Elaine Bromwich also attended and represented St. Pete at the Hall of Fame Induction Banquet. Suzzette Seril was in charge of SPM moral support and cheerleading during the meet.

Finally, Tim Kennedy and Carolyn Kiper traveled to Austria this summer to compete in the Ironman Triathlon. Tim completed the event and qualified to compete at the inaugural Ironman to be hosted in Clearwater in November. Carolyn withdrew due to illness during the bike, but has recovered and is hard at work training for her next race.

## **SUN MASTERS**

### **SUN MASTERS QUARTERLY REVIEW October 2006**

#### **March Madness Swim Meet March, 2007**

**SUN Masters will host the March Madness Meet at the Long Center.** Our group has hosted the **Valentine's Meet** for many years and our reputation has spread throughout the swimming community. This meet had about 250 participants this year who enjoyed the 1 super hospitality (free food!) and Meet Director Coach Joe's well run competition assisted by numerous members, friends and family of the SUN team. This year we had to change the date of our event which necessitated a name change too .. hence we now have the **March Madness Meet** which will take place **March 10th and 11th** - same Meet Director, same people, same hospitality, same friends and family, same location (the Long Center). The pool is being renovated in the next six months so it should look brighter and shinier and maybe the weather will be that much warmer!





The **LMSC Awards** dinner is scheduled to take place that week-end at the Long Center. Mark your calendar.

**The XI FINA Masters World Swimming Championships was held at Stanford University in Palo Alto on August 4<sup>th</sup>- August 11, 2006**

The Florida Aquatic Combined Team was well represented at the World's. We were able to field 14 relays with our 25 participants and all of us had fun together. Representatives from the chapters of SUN, 300 Club, HLJ, TBAC, SARF, LCAM, SPCO and SWFA got together for dinners and their combined efforts were impressive.

Thanks to FACT coach-of-the-meet, Chuck Slaght, of SWFA. He was on deck the entire meet, including open water the last day, and gave us encouragement and critiqued our swims – don't believe he missed one! And to **Joe Biondi**, who was unable to attend, but spent many hours organizing the relay entries to give us "that edge"!

Congratulations to SUN Masters swimmers who competed:

**Joan Campbell** who managed to take 22 seconds off her seedtime, placing placed 6<sup>th</sup> (1<sup>st</sup> in the USA) in the 800FR!, 6<sup>th</sup> (1<sup>st</sup> in the USA) in the 400FR and 6<sup>th</sup> in the women's FR relay in spite of the burns and broken toe that she suffered several days before the competition in an auto accident.

**Don Puchalski** who took 7<sup>th</sup> place in 50BR, 100BR, 200BR and the 200IM. He was 6<sup>th</sup> in the 400IM, 1 minute faster than his seed time!

**Beverly Tucker** who is a SUN Masters swimmer swam for Canada and was 6th in the Open Water 3K; 7th in the 100 BR; 3rd in the 50 BR; 11th in the 200 BR and 16th in the 800 FR – She swam for Canada, but she is a **SUN Masters swimmer**.

**THE USMS NATIONAL CONVENTION IN DEARBORN, MICHIGAN**

Was attended by Joan Campbell who is on the Finance Committee reported the following:

1 The finance committee struggled with a task force recommendation that we raise the dues this year to cover expenditures anticipated next year for the hiring of an Executive Director, employee benefits to our current paid employees and the initiating of on-line registration. Over the past five years we have operated under budget and have been able to put aside sizeable amounts as reserve. A decision was made to use some of those reserves to balance the budget for 2007 and to raise the registration fee in 2008 by \$5.00 per year.

2 “Hot Issues” addressed were the rules regarding watches in open water and pool swims. The open water rules were amended to allow watches but not pacing devices in OW swims. The rules for pool swims are to be the same as USA Swimming’s clarification in June – the use of wristwatches is allowed if the officials determine it is not a pacing device.

3 Registration for Nationals of 18 year olds who become 18 up to the day before the meet is allowed.

4 In 2008 the SC Nationals will be held in Austin, Texas tentatively April 24-27. The LCM meet will be held in Mt Hood Oregon August 14-17.

5 Dixie Zone Championships for SCM and LCM are to be Virtual Meets. Keep an eye out on the website for details.

Please keep our Sun Masters friends who are dealing with injuries and adverse health conditions in your thoughts and prayers:

**Maria Reed** is back and swimming well.

**Elliott Schofield** is anticipating heart surgery in the near future.

**Roz Randall** is doing well and expected to be back in Florida this month

**Dave Gifford** is playing tennis and biking following open heart surgery

**Nancy Durstein** is doing well following her recent surgery

### **Breast Cancer 3-Day**

**Pat Cohen Crow** is trained and ready to walk 60 miles as a participant in the **Susan B. Komen Breast Cancer Foundation 3-Day Walk on October 13-15th**. Thanks to all the support I have received from my SUN MASTERS friends. I have reached my fund raising goal .

### **RECENT RACE RESULTS:**

#### **Fort Desoto Sprint Triathlon April 28<sup>th</sup>**

Christine Hinton- 8<sup>th</sup> in age group

#### **Tarpon Springs Sprint Triathlon**

Christine Hinton- 5<sup>th</sup> in age group

Michael Weiss- 40-44- 1<sup>st</sup>

Larry Witt - Clydesdale 40 and over- 1<sup>st</sup>

#### **Walt Disney Olympic Distance Triathlon- September 24, 2006**

Larry Witt- Clydesdale 40 and over- 1st

#### **Iron Girl 5K**

Christine Hinton- 9<sup>th</sup> overall

#### **St Petersburg Pentathlon Swim Meet October 14-15, 2006**

Marianne Bradley 60-64 - Sprint and Medium Distance Pentathlons

Joan Campbell –75-79 – Long Distance Pentathlon

Florence Delaney – 60-64 – one 1<sup>st</sup>, two 2nds, and one 3<sup>rd</sup> in her Free Events

Nancy Durstein – 75-79 – Sprint & Medium Distance Pentathlons

Beverly Tucker – 70-74 – Sprint Pentathlon

Don Puchalski – 65-69 – Sprint Pentathlon

Don had a USMS Top Five Finish of 40:07 in the 50 Breast SCM. When the year is over we will know exactly where he placed.

### **Open Water Swims**

**Sun Masters** watch your e-mails for information about the Sunday morning open water swims that Joe will be scheduling periodically .

For those wanting to get a FACT T-shirt or cap check with Joan Campbell. Please e-mail all your accomplishments or any news you want shared with the SUN Masters Team to me at [pcohen1@tampabay.rr.com](mailto:pcohen1@tampabay.rr.com) so I can include them in the newsletter.

### **SWIMMING TRIVIA**

#### *Questions*

1. Who holds the record in the men’s 50 meter freestyle?
2. Who holds the record in the men’s 800 meter freestyle?
3. Who holds the record in the women’s 1,500 meter freestyle?
4. Who holds the record in the women’s 50 meter breaststroke?

#### *Answers*

1. Alexander Popov 21.64 s
2. Ian Thorpe 7 min 39.16 s
3. Janet Evans 15 min 52.10 s
4. Zoe Baker 30.57 s

Source: USA Swimming in World Book Encyclopedia

**Happy Birthday and Anniversary to all swimmers celebrating in November, December, and January!**

### **Upcoming Florida Events**

#### **Long Course Meters**

Nov. 17 Senior Games for Life; Sarasota, FL; Arlington Pool; Contact person: Deb Walker 941-371-1600 or debswim@comcast.net

#### **Short Course Yards**

Dec. 2-3 Florida Senior Games; Estero, FL; Florida Gulf Coast University

Mar. 10-11 SUN Masters March Madness Meet; Clearwater, FL; Long Center

#### **Open Water/Postal**

Nov. 1-Dec. 31 Brute Squad Postal; Washington State University Masters

January USMS One Hour Postal; Florida Maverick Masters

### **VIRTUAL ONE HOUR POSTAL**

The Florida Maverick Masters are hosting the 2007 One Hour Postal Swim, in January, 2007. We have extended a Virtual Swim challenge to the seven LMSCs in our Dixie Zone.

The Mavericks will offer a special award to the LMSC who has the greatest number of entries for this January event. We will base the award on a PERCENTAGE of total registered swimmers, within each LMSC.

Now is the time to not only think about swimming for an hour, but to actually start your training. Included in this issue is Paul Hutinger's article on training hints, to help you get started on your journey.

Make a copy of the entry, which will be published in the November/December issue of USMS SWIMMER magazine. Swimmers, all you have to do is complete your hour swim and submit your entry. The Hutingers will do the math from the total number of entries submitted from Dixie Zone swimmers.

The award will be presented at the Dixie Zone meeting at the USMS convention in Anaheim, CA, 2007. Let's go, FL LMSC swimmers!

### **Nominations Needed for FL LMSC Awards Saturday, March 10 at the Long Center, Following that Day's Events**

#### **Frank H Tillotson Award - FL LMSC Service Award**

Presented by the Florida Maverick Masters to honor Frank Tillotson and recognize his contributions to the world of swimming, as an official, FL LMSC newsletter editor, delegate and committee member to the USMS convention, contributor to building a pool in Romania and as a world wide competitive swimmer.

**CRITERIA:** A registered FL LMSC swimmer, but not a Florida Maverick Masters; have displayed exceptional abilities in their contributions to his/her own team, to the FL LMSC, Dixie Zone, and/or USMS and must have contributed to the swimming community beyond Masters swimming.

**NOMINATIONS:** Nominator submits a one-page letter describing criteria for the candidate.

**DEADLINE:** Send nominations to Patricia Tullman - 5432 Twin Creeks Drive - Valrico, FL 33594, OR e-mail ptullma1@tampabay.rr.com by 01/10/07.

#### **Overcoming Adversity Award**

Recognizes a FL LMSC Masters swimmer who has overcome adversity and provides inspiration to others, while pursuing swimming.

**CRITERIA:** A one page letter of recommendation by the nominator **AND** a one page description by the nominee on how Masters swimming has had a positive effect on his/her life, whether in training, competition and/or fitness activities.

**DEADLINE:** Send nominations to Margie Hutinger - 1755 Georgia Avenue NE - St. Petersburg, FL 33703 OR e-mail [phut@usms.org](mailto:phut@usms.org), by 01/10/07.

**Leather Lungs Award**

This award is to encourage swimmers to participate in meets and events, regardless of their speed or ranking, to promote versatility, fitness and provide additional motivation to participate in events. A swimmer may receive more than one Leather Lungs Award per year.

**CRITERIA:** Registered FL LMSC swimmer, swim all events in USMS-sanctioned or USMS-recognized events, and complete ALL 18 events in SCY or SCM, ALL 17 events in LCM, and/or ALL five USMS postal championships during a single calendar year. The only splits permitted are leadoff swims on relays.

**DEADLINE:** Notify Margie Hutinger by 01/10/07, so she can verify your events. Send information to her at - 1755 Georgia Avenue NE - St. Petersburg, FL 33703 OR e-mail [phut@usms.org](mailto:phut@usms.org).