

This special edition of SWIM-MASTER, the Official Publication of USMS, Inc. is being sent to over 17,000 registered Master Swimmers - our first attempt at individual communication. Your comments and suggestions for future widespread will help us to determine the value of such publication and the content of most interest to our Master Swimmers. Send your communications to our USMS National Office, 5 Piggott Lane, Avon, CT 06001.

Masters Swimming is dedicated to fun, fitness and competition. There's room for all levels of ability - the only requisite is a love of the water. We hope you enjoy this edition, and that you'll share with us your thoughts on how to keep Masters Swimming a viable, healthy, and continually growing national organization for adult water lovers.

Michael A. Laux, President  
United States Masters Swimming, Inc.



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# **SWIM - MASTER**

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## PUBLICATIONS OF INTEREST TO MASTER SWIMMERS

SWIM-MASTER - the official publication of USMS Inc. Subscription form is part of the four page insert prepared by SWIM-MASTER Editor, June Krauser.

SWIM MAGAZINE - a slick, 4-color glossy magazine published exclusively for adult fitness and competitive swimmers. \$12 for six issues. 523 South 26th Rd, Arlington VA 22202

MSI NEWS - publication of Masters Swimming International - news of world-wide competitions and programs. \$4.50 for four issues. Margaret Samson, 49 North Altadena Drive, Pasadena CA 91107

Association Newsletters - most of our 52 Associations publish their own newsletters. Check with the Chairman of your association, listed in this publication.

John Jerome is a nationally ranked freestyler, competing in the 50-54 age group. A writer, John has published a number of excellent books, including the *Sweet Spot in Time*, and *Staying With It*, an interesting introspective on his experience as a masters competitor. This article originally appeared in the Program for 1985 USMS Long Course Championships at Brown University in Providence, Rhode Island.

## WHY WE SWIM ... by John Jerome

Let's face it, to the larger society, masters athletes are just a wee bit cuckoo. Here we are, continuing to train and compete into our dotage, still playing games and pursuing dreams of glory at an age traditionally reserved for more serious concerns. Non-athletes tend to give us these strange looks, which make us defensive. It is not terribly surprising if we keep coming up with long lists of public — as opposed to private — reasons for our efforts.

Some of us claim to train and compete to resist the ravages of aging. There is good evidence for this argument. The single best measurement of the capacity for physical function is *maximum oxygen uptake*, the scientist's term for the amount of oxygen the body can put to use in hard effort. Standard measurements of the general population predict a loss of this capacity at the rate of about one percent per year. But people who exercise regularly can cut that loss in half, and those individuals who train hard enough can actually reverse the loss, even into their seventies. (So far there haven't been enough vigorous eighty-year-olds around for statistical significance, but with the rise of masters athletics, that's changing.) Other physical diminishments commonly associated with aging can similarly be slowed or halted.

Some of us consider athletic training a powerful tool for managing stress. Stress is the medical term for our physical reaction to the urgency of modern life. High-pressure demands stimulate the "flight-or-fight response," a wash of biochemistry that prepares the body for a gross physical response. Without activity to burn off these products, we're left afloat in a corrosive stew that spawns heart attacks, ulcers, and a host of other stress-related afflictions. Exercise, it is understood, not only processes the unused biochemistry, but actually uses it to make the body stronger.

Other masters athletes say they continue with their sports for improved self-image, for mental health, for the associated social life. Last spring a running magazine polled its readership on motivation, asking adult runners to rank such motives as "afterglow" (the pleasurable post-work-out relaxation) and "centering" (the private time to clear one's head), as well as fitness and weight control. In that survey women were more concerned with slimness, men with cardiovascular fitness, but both sexes said the personal challenge was the strongest drive of all. There's also a contingent that claims that athletic training improves their sex lives.



USMS Inc. Executive Committee:  
Top Mike Laux, Dorothy Donnelly, Jack Geoghegan  
Bottom Reg Richardson, Gail Dummer, Ted Haartz  
Missing Verne Scott

Our motivation is surely as individualized as our fingerprints (and our swimming strokes) and that's as it should be. The medical evidence for exercise is so strong that it matters very little what stimulates our efforts: what counts is the result, that we get out and make the effort—in whatever sport, at whatever level of involvement. But there's a single factor that links masters swimmers in a way that is seldom acknowledged, and that provides an interesting and important clue to the strength of our response to our sport. We swim because we love the water. We love being in the water. That simple truth has ramifications far beyond the obvious.

It is true, as we always claim, that swimmers of every possible level of skill and accomplishment are welcome in masters competition. It doesn't matter how well or badly we swim. But for beginner or ex-Olympian, what masters competition is all about is improving: becoming a better swimmer. And we are supported and stimulated in our search for improvement by the pure pleasure we get from the water itself.

Simply put, you don't become a good swimmer if you don't love the water. You have to enjoy the feel of the stuff, to be intrigued and challenged by the task of making this wet and insubstantial medium work for you. You become a better swimmer by learning to work the water the way a skier works the snow, the way a gymnast works the mat: water

is our ground substance, the enveloping medium in which the laws of physics are applied. And it is by applying the laws of physics that we learn to move through the water at all, and then learn to move more quickly and more efficiently, more smoothly, more effectively. Perfection in the application of physical laws is of course as impossible as perfection in anything else, but improvement—gain, increase, drawing ever nearer to perfection—is always possible. And so we have this frustrating but inexhaustibly fascinating pursuit to pull us on, to keep us swimming.

Swimming is a whole-body exercise, involving not just the limbs and musculature but the very skin; it requires the ability to sense what is transpiring with every square inch of your external surface, to turn as much of it as possible into a propulsive device (and to reduce the drag on the rest). As a result, swimmers are extraordinarily sensuous people—not necessarily sensual in the sense of being devoted to the gratification of the senses (although some of us undoubtedly fit into that category, too)—but sensorily attuned. We are athletes who perceive the world in a particularly sensory way; we are contact junkies in search of an ever more accurate sense of touch. Strangely enough, it is the plaint and forgiving liquidity of our peculiar playing field that challenges and sustains us. In that sense the water itself is why we swim.



# SWIM-MASTER

SPECIAL

PUBLICATION

UP DATE: MASTERS SWIMMING - LIFETIME VIGOROUS SWIMMING FOR HEALTH, FUN AND SPORT

It must be borne in mind that the primary reason for the existence of Masters Swimming is the promotion of physical fitness and, through the medium of physical fitness, better health for those who participate. The competitive aspects of Masters Swimming, although essential to the program, are held to be secondary in purpose and mainly furnish the motivational spur necessary for continued swimming on a daily basis over the entire adult life span. Competition is the heart of the Masters program, but actual competition exists to serve a higher purpose.

Programs such as Masters Swimming are made necessary by the peculiarities of twentieth century life in the advanced nations. It was only with the coming of extensive industrialization and the movement away from a predominantly agricultural and laboring society towards a preponderately sedentary white collar society that certain ill effects on human health connected with the lack of physical exertion began to appear. The most prominent disease which seems to be partially enhanced by "hypokinesia" (reduced physical activity) is coronary artery disease with its accompanying myocardial infarctions (heart attacks). Many other aspects of modern life, such as diets rich in calories and fat, tobacco smoking, and elevated blood pressure are also associated with the high incidence of heart disease, but there is good evidence to suggest that a lack of physical exertion plays an important role in the disease's onset and course, at least in certain populations. Some years ago, evidence began to accumulate in the medical literature that those individuals who took regular daily exercise of a reasonable challenging sort, that is, work that made their hearts beat significantly faster than at rest, and which made them breathe much more rapidly than normal, appeared to have a certain amount of protection against heart attacks as compared to individuals who were sedentary. This association between exercise and diminished risk of heart attacks stood up when the other risk factors were held even between the two groups. The association, although important, was not absolute. The protective effect of physical fitness is most strikingly seen in individuals who do have heart

attacks. Heart attacks occurring in people who have some degree of physical fitness due to regular exercise are much less likely to be fatal than those occurring in individuals who are sedentary.

During the 1950s and early 1960s, the incidence of coronary artery disease increased steadily in the United States and Western Europe and reached epidemic proportions. It was at this time that various recommendations which might prevent heart disease, such as a low-cholesterol diet, abstinence from cigarette smoking, and the lowering of blood pressure, were publicized. The time was propitious for the formulation of regular exercise programs. In order to fully benefit from exercise, it must be carried out throughout one's life. It is not possible to exercise heartily as a youth and store away the benefits for the next five or six decades. Many studies about longevity of college athletes versus nonathletes have been unable to come up with any really clear-cut differences between the two groups except that those individuals who participated in nonteam sports and who continued to exercise after college had a more favorable mortality experience than those who did not continue to exercise.

During the 1950s and 1960s, Dr. Ransom J. Arthur had considerable experience in coaching and training people in the navy and continued to compete himself past the age of 40. The navy team had swimmers of various ages, 18 year olds, 25 year olds, 38 year olds, and so forth, and it was clear to Dr. Arthur that, with appropriate training methods, it was possible for adults to compete in meets without undue danger. It was also obvious that the prospect of actual competition in a future meet provided a goal and a framework for continuous daily practice which would otherwise have become boring and tedious. There are only a very few people who can do calisthenics or swim every day, without any kind of external challenge or recognition. It was obvious that the health benefits observed in older navy swimmers could be extended beyond the navy to civilian populations.

During the 1960s, Dr. Arthur contacted various

members of the sports establishment, including the President's Council on Physical Fitness and the National AAU, with the idea of beginning a competitive program in swimming for adults. The idea was received tepidly. While mildly enthusiastic letters were written in response, no one was willing to do anything concrete and specific to inaugurate such a program. However, in 1969 a very fortunate event occurred. John Spannuth, a well-known coach, was elected president of the American Swim Coaches Association. After reading a paper detailing the health benefits which might be expected from an adult competitive swimming program, John offered the facilities of the Amarillo Aquatics Club, Amarillo, Texas, where he was aquatics director, for the purpose of the first national meet which was held in May of 1970.

In the first meet the lower age limit was set at 25. The age 25 was chosen because in the immediately preceding Senior National AAU Swimming Championships there had been no swimmer who was older than 25. Dr. Arthur was anxious from the beginning to avoid any conflict with the AAU and to make sure that the movement did not interfere with the main stream of national and international competitive programs. Divisions were first set at ten-year increments but one of the lessons learned immediately from the meet was that ten years was simply too long an interval. While the truly exceptional swimmer could still win when he was at the older end of a ten-year age group, this was simply too wide a spread for the vast majority of competitors. In subsequent meets five-year age groups were settled on which seems to be the right interval for practicality and utility.

The first meet had a relatively small number of swimmers, many of them local, but some individuals came from distant places. The first meet demonstrated that it was entirely possible to stage a swim competition for men and women over 25, that it could be done safely, that races in all strokes and distances were possible, and that such a meet would be the source of a great deal of challenge and pleasure to the participants. The second national meet was held a year later in Amarillo, and at that time Dr. Arthur and Dr. Richard Rahe undertook medical studies on some of the competitors. They were able to confirm that actual competition was a feasible enterprise for older people and that there were no apparent adverse aftereffects following racing in otherwise healthy individuals. The group of participants was found to be in excellent physical condition, with slow resting pulses, healthily low blood pressure in relationship to age averages, and generally sound cardiovascular systems.

Following the 1971 meet, it was felt that Masters Swimming was at a crossroads. The program would continue to go its own way, but it was handicapped by the lack of national organizational backup. On the other hand, the program could seek admittance to the National AAU and receive the benefits but also the constraints that the AAU could furnish. Meanwhile, John Spannuth had left Amarillo to become national Aquatics director for the AAU and urged seeking AAU status for the Masters Swimming Program. It was at this point in time that John Spannuth asked June Krauser to develop the rules and procedures for submission to the AAU. June served for many years on the AAU Swimming Rules Committee and also was Rules Chairman for all of the Junior Olympic Sports. Following a presentation by Dr. Arthur and Dr. Rahe at the National AAU Convention in October 1971 at Lake Placid, New York, Masters Swimming was adopted as an official AAU activity. Although there were some liabilities to such membership, by and large the association was useful, perhaps even a necessary one for the solid growth of Masters Swimming. The AAU was able to provide a nationwide network of associations and through these associations, furnish a base for recruitment and registration of swimmers, as well as access to swimming pools and appropriate officials.

In November of 1971, the Council for National Cooperation in Aquatics (CNCA) sponsored a closed workshop on Masters Swimming at their meeting at Yale University. A list of questions and answers evolved from that CNCA workshop and was distributed throughout the country to help promote the program.

The official publication - SWIM-MASTER - was initiated in December of 1971. It is a non/profit newsletter for those interested in subscribing. Many swimmers - world-wide - subscribe in order to get a listing of up-coming meets; results of National Championships; Top-Ten Times; articles; meet results; pictures; etc. Six issues a year were published in the beginning but soon increased to nine issues a year. SWIM-MASTER has been published for the past 13 years without interruption. Copies of all issues published can be found in the library of the International Swimming Hall of Fame.

As soon as the program was adopted by the AAU, the number of swimmers immediately multiplied. The first National AAU Masters Swimming Championships was held in San Mateo, CA in May of 1972. It was decided to have two National Championships a year, one 25-yard short course in the spring, and the other a 50-meter long course at the end of the summer. The meets have been characterized by outstanding performances at all age levels. Many individuals, both male and female, achieve

times superior to those they had achieved twenty years before while competing in AAU, high school, or college competitions. At the local level, the spread of ability is often very wide and it is at this level that beginning swimmers can find the most enjoyment. In the national meets, most of the competitors are swimmers of very high caliber.

Many individuals were pioneers of Masters Swimming at the national level and they include Judge Robert E. Beach of St. Petersburg, Florida, the first Masters vice-chairman; Ted Haartz and the late Hal Onusseit who kept our records straight; Ham and Mildred Anderson, the Masters historians; and Enid Uhrich and Ed Reed, Sr. who were instrumental in the recording of the times achieved in all events and the classification of those times into the national "Top Ten Times!"

From the very beginning of the Masters Swimming Program, great emphasis has been placed on allowing ANYONE and EVERYONE to participate. This is still true - 13 years later! Growth is evidenced by increases in our registrations; number of member clubs; number of participants in our National Championships; and more interested delegates attending our annual National Convention. However, with continued growth comes a more structured organization. It is more difficult to regulate a large group. With an increase in interested individuals come more diverse ideas. Dr. Arthur had hoped to have a very loosely run society but even he warned that with the passing of time and with increased growth would have to come more stringent rules and procedures.

These past thirteen years have seen many changes in the structure of the organization. For the first two years we were a sub-committee of AAU Swimming. In 1974 we became a separate Sports Supervising committee of the AAU. In 1977 we decided to investigate incorporation along with inclusion in the new Joint Aquatics Committee. It was about this time that Congress was deciding that the AAU could not be the National Governing body for thirteen different sports and all sports were going to have to form their own National Governing body. By 1979 we became the newly formed Masters Swimming Committee of the AAU, Inc. with a Code of Regulations. 1980 marked the first United States Aquatic Sports Convention and we were no longer connected with the AAU but officially "on our own". USMS, Inc. is unique in that it is almost entirely governed by its participants! And, these participants represent many different occupations giving us many experienced people to help promote the program. Most of them also have had experience

with AAU swimming, high school swimming, College swimming, YMCA swimming, swimming administration, coaching experience - bringing to the Masters Swimming Program a wealth of knowledge in swimming.

We have always encouraged the participation of foreign swimmers. They have attended our National Championships from the beginning. Letting professionals (coaches, etc.) swim in our program has caused concern in some countries and yet other countries have adapted our rules. For the past eight years there has been a section in the FINA rule book on Masters Swimming. FINA limits Masters competition to local, provincial or national involvement. International competition has been limited to amateurs. However, with the election of Bob Helmick as President of FINA, we might be in for a few changes. Bob has competed in Masters Swimming meets and is very familiar with the program. He has established a Masters Swimming Commission to which he named Tina Martin, Chairman. It is hoped that the First World Championships for Masters Swimming will be held in 1986, where amateurs & professionals 25 years and older will compete.

New people join Masters Swimming all the time, and a few drop out. Amongst categories of people who tend to drop out are those who do not really like swimming as such, but were interested in swimming simply as a mode of exercise and those who are intensely competitive and who cannot bear to lose. On the other hand, there are many people who continue to participate year after year and who are obtaining maximum benefits from the program. Continued participation can add a highly beneficial dimension to one's life. Working out three to six times a week with challenging workouts will guarantee a degree of physical fitness as measured by decreased blood pressure, increased respiratory capacity, increased maximum oxygen uptake, and lower resting pulse. Continued participation can also aid one's mental health by draining off large quantities of anxiety, depression, and anger; but any exercise program must necessarily remain secondary in the lives of the vast majority of adults. The important thing is to enjoy swimming, to participate as fully as possible, and let the program add a good measure of happiness and satisfaction to one's life. The actual competition is fine, and achieving one's goals in the way of better times is heartening, but there comes a point when there are inevitable individual declines in performance and it is just at this point that one should stay with the program and not give up. After all, Masters Swimming is an activity that can be enjoyed for all of one's adult life!

## NATIONAL MEETINGS

OCT 1971	Lake Placid, New York
NOV 1972	Kansas City, Kansas
OCT 1973	West Yellowstone, Montana
OCT 1974	Washington, D.C.
DEC 1975	New Orleans, Louisiana
OCT 1976	Phoenix, Arizona
OCT 1977	Columbus, Ohio
NOV 1978	San Antonio, Texas
NOV 1979	Las Vegas, Nevada
OCT 1980	Snow Bird, Utah
OCT 1981	Snow Bird, Utah
SEP 1982	Memphis, Tennessee
SEP 1983	Cincinnati, Ohio
SEP 1984	Indianapolis, Indiana

## NATIONAL OFFICERS

1972	Ransom Arthur, Pres., Bob Beach, V-P
1973	Ransom Arthur, Pres., Bob Beach, V-P
1974	June Krauser, Pres., David Beardsley, Sec.
1975	June Krauser, Pres., David Beardsley, Sec.
1976	June Krauser, Pres., David Beardsley, Sec.
1977	June Krauser, Pres., Ted Haartz, Sec.
1978	Ted Haartz, Pres., Enid Uhrich, Sec.
1979	Ted Haartz, Pres., Mike Laux, V-P, Enid Uhrich, Sec., Reg Richardson, Treas.
1980	Ted Haartz, Pres., Mike Laux, V-P, Enid Uhrich, Sec., Reg Richardson, Treas.
1981	Ted Haartz, Pres., Mike Laux, V-P, Enid Uhrich, Sec., Reg Richardson, Treas.
1982	Mike Laux, Pres., Verne Scott, V-P, Dot Donnelly, Sec., Reg Richardson, Treas.
1983	Mike Laux, Pres., Verne Scott, V-P, Dot Donnelly, Sec., Reg Richardson, Treas.
1984	Mike Laux, Pres., Verne Scott, V-P, Dot Donnelly, Sec., Reg Richardson, Treas.
1985	Mike Laux, Pres., Verne Scott, V-P, Dot Donnelly, Sec., Reg Richardson, Treas.

## PARTICIPATION IN NATIONAL CHAMPIONSHIPS

There were two national meets held prior to affiliation with the AAU. There have been 26 additional championships making a total of 28 National Masters Swimming Championships held. A 'bit of trivia' - those competing in the most National Championships are:

- 28 National Meets - Mildred and Ham Anderson
- 26 National Meets - Ted Haartz  
June Krauser  
Jim Welch  
Art Welch
- 25 National Meets - Jane Katz & Reg Richardson

## SHORT COURSE NATIONAL CHAMPIONSHIPS

May 2-3, 1970	Amarillo, TX (49)
May 7-8, 1971	Amarillo, TX (112)
May 19-21, 1972	San Mateo, CA (325)
May 18-20, 1973	Santa Monica, CA (500)
May 17-19, 1974	Ft. Lauderdale, FL (561)
May 16-18, 1975	Ft. Lauderdale, FL (663)
May 14-16, 1976	Mission Viejo, CA
May 13-15, 1977	Ft. Lauderdale, FL (611)
May 19-21, 1978	San Antonio, TX
May 4-7, 1979	Mission Viejo, CA
1980	Ft. Lauderdale, FL (875)
1981	Irvine, CA
1982	Woodlands, TX
May 28-31, 1983	Ft. Lauderdale, FL (1208)
May 26-29, 1984	Industry Hills, CA (1227)
May 10-13, 1985	Milwaukee, WI

## LONG COURSE NATIONAL CHAMPIONSHIPS

Aug 11-13, 1972	Bloomington, IN (188)
Aug 10-12, 1973	Chicago, IL (500)
Sep 6-8, 1974	Santa Clara, CA
Aug 29-31, 1975	Knoxville, TN
Aug 27-29, 1976	St. Louis, MO
1977	Spokane, WA
8/31-9/3, 1978	Providence, RI
1979	Dearborne, MI
1980	Santa Clara, CA
1981	Canton, OH
1982	Portland, OR
1983	Indianapolis, IN (908)
Aug 23-26, 1984	Raleigh, NC (840)
Aug 17-20, 1985	Providence, RI

# **SWIM-MASTER**

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An avowed goal of most of our competitive-minded Master Swimmers is to achieve a sport in the "Top Ten", a list compiled annually by the Tabulation Committee, consisting of the ten fastest times in each event by age group, both long and short course. An even higher accolade is to make "the" top time in the Top Ten, by virtue of which a swimmer achieves "All American" status. Herewith is a list of those super-achievers.

# 1984 ALL AMERICANS

## WOMEN 25-29

Sandy Neilson  
Beth Lutz  
Kimberly Worthen  
Diane Cayce  
Lindley Doughty  
Lisa Tubergen  
Waywon Alexander  
J. Katterman  
Nancy Nitardy  
Karen Melick  
Carol Rubino

## WOMEN 30-34

Jacki Hirsty  
Susan Palelia  
Brenda Lee  
Dot Wise-Munger  
Gayle Benty  
Christine Prosch  
Barbara Held  
Susanne Chandler

## WOMEN 35-39

Sharon Wise  
Barbara Dunbar  
Brooke Dick  
Julie Corman  
Susan Walsh  
Ginger Pierson  
Anne Page  
C. Ferris-Johnson  
Carol Chidester  
Marianne Brems

## WOMEN 40-44

Nancy Ridout  
Diana Todd  
~~Judy Decker~~  
Jane Katz  
Carol Chidester  
Dorothy Burke  
Jane Murphy Sherman  
Ardeth Mueller  
Betty Bennett  
Judy Weir  
Linda Marsteller  
Joann Leilich

## WOMEN 45-49

Juanita Correa  
Helen Buss  
Susan Cox  
Betsy T. Jordan  
Joann Leilich  
Ivanell Hoe  
Susan Rittenhouse  
Susan Munn  
Jayne Bruner  
Ronnie Kamphausen

## WOMEN 50-54

Jayne Bruner  
Lavelle Stoinoff  
Ronnie Kamphausen  
Ann Pisciotta  
Gail Roper

## WOMEN 55-59

Clara Walker  
Anne Adams  
Betty Russ  
Gail Roper  
June Krauser

## WOMEN 60-64

Dorothy Donnelly  
Margaret Morrison  
Dorothy LaChasse  
Catherine Williams  
Charlotte Costello  
Patsy Weiss  
Jeannette Eppley  
Shirley Erickson  
Jeanne Merryman  
Betty Christian

## WOMEN 65-69

Louise Kelley  
Jane McCollister  
Mardie Brown  
Yvonne Frischhertz  
Gertrud Zint  
Helen Hummer  
Viola Thompson  
Rita Simonton  
Marie Wicklun

## WOMEN 70-74

Dawn Musselman  
Lenore Wingard  
Maxine Merlino  
Nancy Clark  
Marie Wicklun  
Win Kennedy

## WOMEN 75-79

Julia Dolce  
Ruth Switzer  
Johnnie Belshe  
Rita Shephard  
Katherine Pelton  
Jewel Cooke

## WOMEN 80-84

Martha Keller  
Marion McKechnie  
Elizabeth Mauric  
Ella Peckham  
Anna Bauscher

## WOMEN 85-89

Ella Peckham

#####

## MEN 25-29

Dix Ozter  
Robert Bugg  
Rob Copeland  
Michael Bottom  
Tom Wolf  
R. J. McDonald  
Mathew Kanzler  
James Belardi  
James Montgomery  
John Gavlik  
Andrew Miller  
Mark Schuman  
Richard Hess

## MEN 30-34

Fred Hubbell  
James Griffith  
Jim McConica  
Wm. Penn  
Don Farmer  
Steve Stocksdale  
Fred Ferroggiaro  
Doug Ryerson  
Bill Vickery  
Greg Harrison  
John Foote  
Bruce Mallette  
Don Gilchrist  
Bob Janis  
Todd Bryan  
Mike McIntyre  
Clay Evans  
Chester Miltenberger  
Mark Chatfield  
Robert Clark  
D. Hannula

## MEN 35-39

Bill Barthold  
Bill Babcock  
Frank Warner  
Tod Spieker  
Clay Kolar  
Mal Jester  
Fred Schlicher  
Donald Havens  
Richard Thomas  
William Wemple

## MEN 40-44

Timothy Garton  
Jack Geogheghan  
Cleon Wingard  
Phillip Whitten  
Chuck Ogilby  
Bruce Fowler  
Steve Clark  
Lance Layson  
Robert Smith  
Dick Woodrow

## MEN 45-49

Edward Hinshaw  
Frank McKinney  
Cyrus Hopkins  
Hans Reichelt  
George Worthington  
Dave Costill  
Jeff Farrell  
Charles Bechtel  
Bill Stewart  
Drury Gallagher  
Tony Tashnick  
Bert Peterson  
Risto Pykko

## MEN 50-54

Donald Hill  
Graham Johnston  
Donald Brown  
Manuel Sanguily  
John Masters  
Wally Dobler  
Brad Sturtevant  
Bill Yorzyk

## MEN 55-59

Boyd Johnson  
Bob Heritier  
Win Wilson  
Roger Franks  
Ted Haartz  
Frank Plemme  
Aaron Kurtzman  
Wm. Phillips  
Peter van Dijk  
Paul Nutinger  
Ed Emes  
Charles Moss

## MEN 60-64

Peter Powlison  
John Woods  
Edward Hall  
Irving Katz  
Barton Greenberg  
Edward Rudloff  
Herbert McAuley  
John Richards

## MEN 65-69

Birch Davidson  
Andrew Holden  
Jim Welch  
Edward Moran  
Ray Taft  
Aldo da Rosa  
Paul Krup  
David Volk  
Albert Vandeweghe

## MEN 70-74

Kelly Lemmon  
Herbert Howe  
Gary Weisenthal  
David Rowan  
Bennett Allen  
William Grant  
Walt Pfeiffer

## MEN 75-79

Lyle Collett  
Lloyd Osborne  
Art Hargrave  
Herb Eisenschmidt  
Dan Dotterweilch  
Bill Share  
Bill Stinson  
Maurice Young  
John Wallace

## MEN 80-84

Gus Langner  
Alvin Kallunki  
Thomas Cureton  
Joseph Scheu  
John Anderson

## MEN 85-89

Fred Allen  
Paul Spangler  
Charles Fletcher  
Jack Blumberg

## MEN 90+

Willister Wheeler

\*\*\*\*\*  
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## THE INFORMATION NETWORK

Master Swimmers are a gregarious group, who love to share information, tips on improving stroke, training regimen and, most important, when and where to swim and how to get into competition.

The best place to start gathering information is at the local level. There are fifty associations across the country, defined much as they were in the old AAU days and currently used by United States Swimming and the rest of the aquatic disciplines. The Local Masters Swimming Committees (LMSCs) are the backbone of the Masters Swimming Program. Without these dedicated volunteers the whole national program would collapse.

To meld these associations into a cohesive unit, the country is divided into seven zones, presently headed by a Zone Representative elected by the participating LMSCs. The Chairman of the Zone Committee is a member of the Executive Board.

Each LMSC is represented on the National House of Delegates, with voting privileges tied into the number of registered athletes. The Board of Directors is composed of the Executive Committee, and the Chairperson of the fifteen standing committees of USMS Inc. A rundown on the committee structure is also included in this informational issue.

In 1985, USMS Inc. took the giant step forward of establishing a National Office, staffed by an Executive Secretary. This is intended as a service office, for clerical support of the committees and LMSCs and a central information center for all master swimmers.

The National Office is located in the home of the Executive Secretary, Dorothy Donnelly. Mail should be addressed to:

United States Masters Swimming, Inc.  
Five Piggott Lane,  
Avon, Connecticut 06001.

The phone (203) 677-9464 is answered from 8:30 a.m. to 10:30 p.m. Eastern Time, seven days a week. When the Secretary is not available in person, a voice activated recorder is available to take the message. Anyone seeking information should state what they're looking for, and leave name and address (including zip code) so the information can be sent along promptly.

## The Executive Committee

President - Michael A. Laux  
8 Myrtle Ave, Westport CT 06880  
Vice Pres. Verne H. Scott  
646 Elmwood Drive, Davis CA 95616  
Secretary Dorothy Donnelly  
5 Piggott Lane, Avon CT 06001  
Treasurer Reg Richardson  
915 Flora Vista Drive  
Santa Barbara, CA 93109  
Past Pres F. Ted Haartz  
155 Pantry Rd, Sudbury MA 01776  
Legal Counsel - Jack Geoghegan  
155 Osborn Rd, Rye NY 10580  
Zone Chair Gail M. Dummer  
Phys. Ed Dept, Michigan State U.  
East Lansing, MI 48824

## Committee Chairpersons:

All American - Nick Fazzano  
102 Williams St, Providence RI 02906  
Audit Lucy Johnson  
7318 S. Marina Pacifica Drive  
Long Beach, CA 90803  
Arthur Award Judge Bob Beach  
545 1st Ave. N. St. Petersburg, FL 33701  
Championship - Tom Boak  
63 Huntsman's Horn Circle, Woodlands  
Texas 77380  
Convention - Mary Lee Watson  
6613 Rolling Fork Dr, Nashville TN 37205  
Finance - E. Kevin Kelly  
1400 Dean Ave, Des Moines, IA 50316  
Historians - Ham and Mildred Anderson  
506 Bolivar, Bellaire, TX 77402  
International - Tina Martin  
3320 Primavera St, Pasadena CA 91107  
Legislation - Arthur C. Smith III  
337 Chesapeake Dr, Great Falls VA 22066  
Long Distance Swimming - Dave Gray  
1744 Palm Ave, San Mateo CA 94402  
Long Range Planning - Verne Scott  
646 Elmwood Drive, Davis, CA 95616  
Marketing - Dick Guido  
8 Shell Drive, Glen Cove, NY 11542  
Publications - Chris Georges  
3501 Sawtelle #104, Los Angeles CA 90066  
Records - F. Ted Haartz  
155 Pantry Rd, Sudbury, MA 01776  
Registration - Dr. Art Mayer  
1024 Elkton Rd, Newark DE 19711  
Rules - June Krauser  
2308 NE 19th Ave, Ft. Lauderdale FL 33305  
Sports Medicine - Dr. Jane Moore  
29920 2nd Pl SW, Federal Way, WA 98003  
Top Ten/Tabulation - Enid Uhrich  
PO Box 5039, Sun City Ctr, FL 33570

## Zone Committee - Gail Dummer, Chair

COLONIES - Eastern seaboard to Virginia  
Jeanne Mason Bostwick  
3 Golden Hill Court, Catonsville MD 21228

## DIXIE

Peter Mullen, Breneau College  
Box 4743, Gainesville GA 30501

## HEARTLAND

Bill Tingley  
2008 Trevillian Way, Louisville KY 40205

## BREADBASKET

E. Kevin Kelly  
1400 Dean Ave, Des Moines, IA 50316

## COW & OIL

Karen Barnes  
12317 Teakwood Rd, Edmond OK 73034

## CONTINENTAL DIVIDE

Edie Gruender  
3329 N. Valencia La., Phoenix AZ 80518

## OCEANA

Dore Schwab  
P.O. Box 7772, Rosemead CA 91097

## LOCAL MASTERS SWIMMING COMMITTEES

Adirondack - Mary Lou Schulz  
109 Westchester Dr. N, Delmar NY 12054

Alaska - Mary Gale Schulz  
3828 Alaska Ave, Ketchikan, AK 99901

Allegheny Mountain - Jayne Bruner  
316 Hardy Drive, Pittsburgh PA 15241

Arizona - Edie Gruender  
3329 N. Valencia Ln, Phoenix AZ 85018

Arkansas - Paul Blair  
9009 Reservoir Ct, Little Rock AR 72207

Border - Don Mehl  
1650 George Dieter #1207, El Paso, TX 79936

Central - Cynthia Jones  
130 N. Oak St, Elmhurst, IL 60126

Colorado - Bill King  
6724 Kendal, Arvada, CO 80003

Connecticut - Jerianne Donnelly  
5 Piggott Lane, Avon, CT 06001

Florida Gold Coast - June Krauser  
2308 NE 19th Ave, Ft. Lauderdale FL 33305

Florida - John Maguire  
4033 12th St. NE, St. Petersburg FL 33703

Georgia - Curtis Fehn  
2775 Briarglen Dr, Atlanta GA 30340

Gulf - Kris Wingenroth  
5310 Greenbriar #8, Houston TX 77005

Hawaii - Bruce Clark  
46-459 Hololio St, Kaneohe, HI 96744

Indiana - Mel Goldstein  
6456 Broadway, Indianapolis, IN 46220

Inland Empire - Harry Lewis  
944 E. 39th Ave, Spokane, WA 99203

Iowa - Jack Mathews  
816-10th Ave Box 8, Grinnell, IA 50112

Kentucky - Richard Peot  
647 Longview Dr, Lexington KY 40503

Lake Erie - Harry Fox  
710 Oxford Ave NE, Massillon, OH 44646

Maryland - Jeanne Mason Bostwick  
3 Golden Hill Court, Catonsville MD 21228

Metropolitan - Suzanne Rague  
263 Mes: End Ave #9C, New York NY 10023

Michigan - Lynn Weir  
23033 Bristol St, Birmingham MI 48010

Middle Atlantic - Dr. Art Mayer  
1024 Elkton Rd, Newark DE 19711

Midwestern - Rob Copeland  
4209 Madison, Omaha NE 68107

Minnesota - Roger Bosveld  
357 Snail Lake Rd W, St. Paul MN 55112

Missouri Valley - Marie Kreipe  
7138 SE 2nd St, Tecumseh, KS 66542

Montana - Virginia Barisch  
810 Hayes, Helena MT 59601

New England - D. Barr Clayton  
22 Chadwick Rd, Weston MA 02193

New Jersey - Austin Newman  
106 Marion Ave, Westfield NJ 07090

New Mexico - Michael C. Norris  
6308 Baker Ave NE, Albuquerque NM 87109

Niagara - Gene Donner  
717 South Rd, East Aurora NY 14052

North Carolina - Hill Carrow  
2901 Sandia Dr., Raleigh NC 27607

North Dakota - Bill Weir  
VAM & ROC, Fargo, ND 58102

Ohio - Jan Huneke  
1158 Asbury Rd, Cincinnati OH 45230

Oklahoma - Karen Barnes  
12317 Teakwood Rd, Edmond OK 73034

Oregon - Sandi Rousseau  
23995 SW Drake Lane, Hillsboro, OR 97123

Ozark - Dianne Letendre  
267 Glandore Dr, Manchester MO 63011

Pacific - Dave Gray  
1744 Palm Ave, San Mateo CA 94402

Pacific Northwest - Hugh Moore  
29920 2nd Place SW, Federal Way WA 98023

Potomac Valley - Chris Ruppert-Prosch  
3380 N. Dickerson St, Arlington VA 22207

San Diego Imperial - Marilyn S. Fink  
5518 Laramie Way, San Diego CA 92120

Snake River - Richard Cooke  
1915 W. State St, Boise ID 83702

South Carolina - Stephen Crawford  
PO Box 789, Anderson SC 29622

South Dakota - Stuart Davidson  
PO Box 138, Sioux Falls SD 57101

South Texas - Larry Kreitzer  
304 W. 42nd, Austin TX 78751

Southeastern - Dotty Whitcomb  
1981 Villafane Dr, Pensacola FL 32503

Southern - Laura Breaux  
324 Ockley Dr, Shreveport LA 71105

Southwestern - Colin Light  
1920 Webster Dr, Plano TX 75075

Southern Pacific - Steve Schofield  
9740 Yolanda St, Northridge CA 91324

Utah - Glenn Mortenson  
1750 N. 1000 East, N. Logan UT 84321

Virginia - Betsy Durrant  
211-66th St, Virginia Beach VA 23451

Wisconsin - John Bauman  
9717 Saratoga Dr, Caledonia WI 53108