

Table with 3 columns: Name, Number, and Name. Lists names and numbers in three columns, organized in a grid-like structure. Includes names like SCOTT WELLS, GREG DALEY, and JEFFREY PEROUT.

SWIM-MASTER

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swimming versus (2) the aging process? And how do these two factors vary by age? Speaking personally, my current swim times are not much different than they were 30 years ago in high school. Factor 1 is more important than factor 2 (or so I like to think).

On the other hand, this will eventually reverse as the aging process takes hold. All too plainly our body slows down as we get older, arteries clog, muscles atrophy and reflexes deteriorate. While we can fight against this and win some battles, in the end the war is lost. Sooner or later, age is "gonna git ya." But when and how quickly?

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CORRECTION REQUESTED - Edie Gruender writes:

"I request a correction to an article printed in the Nov.-Dec. 88, issue of 'Swim-Master', p. 11, titled '2-Mile National Championship'. This article stated that the first race of the 2-Mile National Championship was swum in 1979. This is incorrect. The first 2-Mile National Championship was held in Menomonee Falls, Wisconsin, at Trout Lake, July 23, 1977. The meet director was my father, Cliff Brown. Before this meet he put on 2-Mile Masters Maximum Swims July 26, 1975 and July 24, 1976, at the same location. He received the Glenn S. Hummer Award posthumously for his contribution to Masters Swimming in developing the 2-Mile National Championship Cable Swim. On July 23, 1988, I put the 2-Mile National Champ-

ionship on in the same location as a memorial to my father. So, the 'first race' was swum in 1977 in Wisconsin."

LETTER TO SWIM-MASTER from Jane Johngren - My subscription I let expire in April but I've had it on my list to drop you a note ever since, and I'm finally getting around to it now. Since I am no longer competing, I thought it was rather silly to keep on subscribing, but I wanted to let you know that I've enjoyed receiving it over the years, and I think it's amazing that you've been able to keep it going, and in the same format. Masters Swimming is a real phenomenon and even though I haven't been to a meet in years, I still swim almost every day. In short, it changed my life, and I'll never forget the great early years when I was so involved. It's all so different now, so much more intense, that I could never get back into it that way, but the memories are wonderful. Thanks for helping be a part of it for me.

FREESTYLE Tom Lyndon

HOW THE BIG NAMES DO IT... None of the books tell us enough about how each swimmer adapts the basics to his or her particular perceived needs. So try these clips.

Tom Jager: His preparations for the 50 meter free last summer at the Pan Pacific games, from *Swimming World* "Tom Jager just stayed in his room, watching television and sleeping. . . He barely walks anywhere the last few days before competing. 'There's not a lot you can do if you stay off your feet. And I believe it helps me to prepare mentally if I'm rested.'

"He never warms up in the competition pool on the night of the 50 meter freestyle anyway. And he avoids thinking about his event until 10 minutes before the start. Then, his mind takes over. What he thinks about, he won't reveal. He only says, 'If I told you, other people would be able to do it. They are personal things that motivate me. . . all the reasons why I swim.'"

Peter Fick He appears in a 1940 Camel cigarette ad in the *Saturday Evening Post*, courtesy of the Empire Masters newsletter. Mr. Fick, whom the ad says broke an impressive list of national and world sprint records, won the title of "world's fastest swimmer" because of his speed and said Camels' slow burning won him over to them, too. As he put it, "Speed wins in the water but it's slow burning that wins with me in a cigarette."

(I remember my first year and a half of masters swimming when I was smoking/inhaling cigars and loving every puff. As I drove into the parking lots of the pools I was about to race in, I would take my last, deep, tender drag before flicking the butt out the window. I never ventured out beyond a 100 yards in those days. Come to think of it, maybe cigars weren't such a bad move, after all.)

SWIM-MASTER

June Krauser, Editor
2308 N.E. 19th Avenue
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LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM CALENDAR

VOL XVIII - No 1

JAN 1989

JAN	13-14	SC - Ray Brimball, 15419 22nd Ave. SW, Seattle, WA 98166
	14	SC - NAHS Boosters, c/o Becky Schmidt, 1651 Silver Creek Dr., New Albany, IN 47150
	14	SC - Steve Schofield, 7914 Sadring, West Hills, CA 91304
	21	SC - Redbank YMCA - New Jersey
	21	One Hour Swim - Little Rock YMCA
	21	One Hour Swim - St. Louis, MO
	22	One Hour Swim - Mission Bay, Judy Meyer
	28	SC - Steve Schofield, 7914 Sadring, West Hills, CA 91304
	28-29	SC - Brian Wilder, 16407 Ashwood Dr., Tampa, FL 33624
FEB	3-5	SC - Dick Bower, 600 Haring Rd., Metairie, LA 70001
	4	SC - Lt. Susan Petersen, US MMA, Athletics Office, Kings Point, NY 11024
	5	SCM- SDI, 1135 Garnet-K, San Diego, CA 92109
	11	SC - Steve Schofield, 7914 Sadring, West Hills, CA 91304
	11	SC - City of No. Miami, 776 NE 125 St., North Miami, FL 33161 Attn: Ken Stephens
	11	Mile Meet - Leo Letendre, 267 Alandore Dr., Manchester, MO 63021
	12	SC - C.T. Branin Natatorium, Canton, OH - Pieter Cath 216-248-8270
	17-18	SC - Ken Hickey, 905 Muldoon Rd., A-35, Anchorage, Alaska 99504
	17-19	SCM- Susan Van Royen, 1700 West Ivanhoe Blvd., Orlando, FL 32804
	18	SC - Dick Fadgen, HPER, 630 Echles, Memphis, TN 38512
	18	SC - Matt Preble, 5410 E 7th St., Tucson, AZ 85711
	18-19	SC - George Fisette, P.O. Box 1604, Charleston, SC 29402
	26	SC - Lucy Johnson, P.O. Box 3368, Long Beach, CA 90803
	26	Pentathlon - SCI, 1135 Garnet-K, San Diego, CA 92109
MAR	11	SC - Kent, OH - Pieter Cath 216-248-8270
	11-12	SC - Leo Letendre, 267 Alandore Dr., Manchester, MO 63021
	11-12	SC - Judy Meyer, 10333 Diego Dr. S., Boca Raton, FL 33428
	12	SC - Alicia Coleman, 24 The Point, Coronado, CA 92118
	12	SC - Pentathlon - Steve Schofield, 7914 Sadring, West Hills, CA 91304
	18-19	SC - Lisa Watson, 2104 Howell Blvd., Duluth, GA 30136
	30-Apr	2 SC - St Peterburg, FL
APR	1	Pentathlon - Leo Letendre, 267 Alandore Dr., Manchester, MO 63021
	1	SC - Steve Schofield, 7914 Sadring, West Hills, CA 91304
	1-2	SC - David Briggs, 181 Longleaf Dr., Spartanburg, SC 29302
	1-2	SC - Dorothy Ressiguie, P.O. Box 7, Tar Heel, NC 28392
	2	Pentathlon - SCI, 1135 Garnet-K, San Diego, CA 92109
	8-9	SC - Cleveland State University, Cleveland, OH - Pieter Cath 216-248-8270
	8-9	SC - Raleigh Area Masters Swim Team, P.O. Box 19845, Raleigh, NC 27619
	8-9	SC - John Brucato, 213 Osceola Ave., Nashville, TN 37205
	15	SC - SDI, 1135 Garnet-K, San Diego, CA 92109
	15-16-23	SC - Steve Schofield, 7914 Sadring, West Hills, CA 91304
	28-May	1 YMCA NATIONALS, Gerald J. Meyer 216-651-8928 - Cleveland State University
	29-30	SC - SE Regionals, John Brucato, 213 Osceola Ave., Nashville, TN 37205