

2005 LAKE HARRIET  
1 AND 2 MILE SWIMS

THANK YOU -  
MACALESTER MASTERS SWIMMING  
FOR PUTTING ON A GREAT SWIM.  
CONGRATULATIONS TO ALL SWIMMERS

2 MILE RESULTS

1	Thomas Senn	46:17	
2	Kristin Rygg	46:35	
3	Bryan Erdmann	47:44	
4	Cary Robinson	48:06	
5	Robert King	49:17	
6	Rachel Hughey	49:25	
7	Kim Parkinson	49:44	
8	Jane Hansen	51:01	
9	Christine Basile	51:38	
10	Christina Welzien	51:44	
11	Dawn Vanderbeek	52:09	
12	John Hugo	52:17	
13	John Haller	53:42	
14	Bruce Engelsma	53:45	
15	Thomas Moore	54:01	
16	Dan Kirkpatrick	54:08	
17	Scott Rice	54:59	
18	Sarah Hromada	55:49	
19	Greg Davenport	55:58	
20	Paula Castellnaos	56:06	
21	Mary Hauff	57:02	
22	Peggy Kratz	57:17	
23	Bob Schroeder	57:13	
24	John Ziegenhagen	58:13	
25	Anne Casey	58:24	
26	Roger Bosveld	58:30	
27	Buzzy Anderson	59:02	
28	Heidi Hubert	59:12	
29	John Maguire	59:16	
30	David Cook	59:40	
31	Gerry Tyrrell	59:41	
32	Kara Heffner	1:01.38	
33	Marise Widmer	1:01.38	
34	Cheryl Wagner	1:02.54	
35	Margaret Iverson	1:04.56	
36	John Masiulis	1:05.44	
36	Kathleen Shankutz	1:05.44	
38	Dawn Beck	1:06.10	
39	Rachel Surber	1:06.51	
40	James Casperson	1:07.15	
41	Bob McCollor	1:07.27	
42	Bart Gottschalk	1:08.21	
43	John Cook	1:08.54	
44	Judy Boudreau	1:09.14	
45	Julia Hara	1:09.48	
46	Ann Alquist	1:12.39	
47	Eva Kaustmen	1:13.25	
48	Joel Peskay	1:17.09	
49	Lisa Geis	1:24.16	

1 MILE RESULTS

1	John Reinartz	24:12	
2	Kim Parkinson	25:09	
3	Mark Zeller	25:24	
4	Jane Hansen	25:26	
5	Robert King	25:27	
6	Rachel Hughey	26:24	
7	Francesca Mazzulla	26:31	
8	Chris Schmitz	26:57	
9	Lindsey Hilleshein	27:03	
10	Dawn Vanderbeek	27:12	
11	Scott Rice	27:28	
12	Thomas Moore	27:30	
13	Amy Lewis	28:13	
14	Jonathon Haas	28:58	
15	Paula Castellanos	29:06	
16	Bob Schroeder	29:30	
17	Peggy Kratz	29:30	
18	Robert Alwin	29:34	
19	Jeffrey Larson	29:49	
20	Molly Hillstrom	29:52	
21	Heather Schwartz	29:59	
22	Alan Fine	30:45	
23	John Maguire	30:52	
24	Roger Bosveld	31:35	
25	Sara Will	32:07	
26	Katy Shishilla	32:18	
27	Marise Widmer	32:29	
28	Rick Eubanks	33:03	
29	James Casperson	33:10	
30	Lance Hauge	33:17	
31	Laurel Riedel	33:57	
32	Bob McCollor	34:52	
33	Anne McNerney	35:37	
34	Crista Bren	37:38	
35	Susan Dragsten	40:13	
36	Diane Allgood	40:23	
37	Chris Engelman	40:50	
38	Jill Polgar	41:06	
39	Debbie Willwersched	41:36	
40	Herbert Rorke	42:12	
41	Monica Powers	44:58	
42	Vincent Farancoual	48:51	
43	Colleen Tracy	57:08	

THANK YOU

(2004 results are still listed on this website)

**Alexandria Lake Results**

The 2005 Alexandria Lake Swims were completed under near perfect conditions I hear – wish I had been there for that.

**Womens 1 Mile Race**

Lindsey Arrowood – 3<sup>rd</sup>

**Mens 1 Mile Race**

Brian Jacobson – 5<sup>th</sup>

**Womens 2 Mile Race**

Lindsey Arrowood – 8<sup>th</sup>

**Mens 2 Mile Race**

Barry Hein – 2<sup>nd</sup>

Jim Stewart – 3<sup>rd</sup>

**Mens 4 Mile Race**

Barry Hein – 1<sup>st</sup>

Jim Stewart – 2<sup>nd</sup>

Both the Men's 2 and 4 mile races were hotly contested between Barry and Jim. IN the 2 mile, Barry finished a mere 14 seconds in front. In the 4 mile, the margin was a slant 3 seconds.

Having raced against Jim and watched him swim this race, I imagine it was a pretty good chase the entire way.

Congratulations to all the masters who competed. May we have more next year!

A good early season practice is one that emphasizes aerobic conditioning over sprinting. This allows the entire body to find a rhythm and gain strength in preparation for the stress of competition. This aerobic conditioning can be non-stop swimming or interval training with relatively short intervals of rest so the heart rate does not drop too low. Your optimal heart rate changes with your age and your general physical conditioning.

My rule of thumb for aerobic conditioning is to pick a rest interval that represents 25% of the time I will be swimming. The swimming portion should be at a pace where I am slightly winded when I finish and can breathe comfortably just before I start the next repeat.