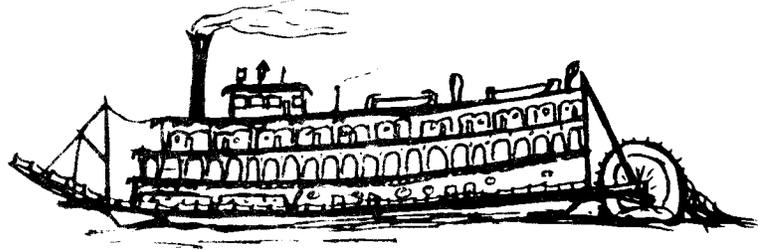


# OLD STERNWHEELERS

## Masters Monthly



Volume III, Number 7

UNMATCHED PROPAGANDA

July 4, 1977

### SPECIAL CHERRY BOMB DOWN YOUR TOILET ISSUE!!!

Hello again, sea nymphs. Put down your bottle rockets for a moment, and gather around the charcoal grill for another voyage on the Old Sternwheeler. We hope your summer has been an active and productive one thus far. I have been so busy that I haven't had time to slap my paddlewheel with both hands since May.

So here we are in July, looking forward to the St. Paul Classic, which is one of the finest (if not THE finest) A.A.U. Senior Meet in the Midwest. We will be swimming between the Prelims and the Finals of the Saturday session. The kids will run Friday thru Sunday, so if you want to see some great swimming, drop by early on Saturday, or anytime during the weekend (prelims begin at 10:00 A.M. and finals at 6:00 or 7:00 P.M.).

Note the special mini-modified schedule of events for the Classic. We hope the order of events will allow everyone to swim something. Let's all come out for this meet, our only summer fitness festival.

\*\*\*\*\*

How about a little "Selective Arthritis"? Let's go get stiff in a couple of joints....

\*\*\*\*\*

### SAMPLE WORKOUTS All written for about 2000 yards.

400 Swim	500 Swim	300 Warm-up	250 EZ Swim
200 IM Kick	800 for time	10 x 50 Kick (:30)	2 x 150 RB Pull (rest :30)
300 Restrict breathing	2 x 400 faster than the 800	10 x 50 Pull (:30)	4 x 150 (kick middle 50)
14 x 50 on 1:15		4 x broken 150→	200 EZ
200 EZ		75 (:20) 50 (:10)25	8 x Dive start 50's (2:00)
8 x 50 on 1:10		100 EZ	200 EZ
400 Warm-up	400 IM (no fly)	3 x 200 Warm-up	400 Swim, using 3 strokes
1000 Swim →	300 IM Kick	300 Backstroke	2 x 200 on 4:00
odd 50's RB	200 IM Pull	300 Breastroke	4 x 100 on 2:00
even 50's non-crawl	100 IM Swim	300 Butterfly (just kidding, folks)	8 x 50 on 1:00
5 x 100 descending set on 3:00	alternate: 6 x 100 } (:40) 6 x 50 }	30 x 25, IM order (:20)	16 x 25 on :30
	100 EZ	100 EZ	100 EZ CD P2*

\* CD = "Cool Down"  
P2 = "Pull the Plug"

\*\*\*\*\*

Love comes to Masters Swimming in Summer. The Old Sternwheeler is honored to announce the upcoming marriage of Dianne Mineck, who will swim down the aisle in August.

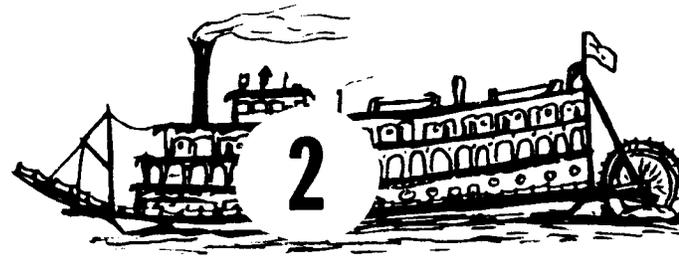
Another momentous announcement: Jessica Weaver, who met her husband Bill through Masters swimming and was married last summer (to Bill, fortunately) is expecting a little freestyler. The little critter should arrive just in time for the short course state meet. Jess and Bill's courtship took place in the 50m pool during the Northern Shores Masters workouts, and they took their honeymoon at the Long Course Nationals in Spokane last summer. They are now living in Eugene, Oregon, where they organized a Masters team, and are very active on the Oregon Masters scene. Jess and Bill will always be very special to us aboard the Sternwheeler, and we send them and Dianne our very best wishes and all our love. And remember the secret to a successful marriage: keep your elbows up, and think about continuous motion.

RESULTS OF THE ALEXANDRIA LAKE SWIM

Men's 1 Mile Swim

1.	Roger Bosveld	Northern Shores	26:10.20*
2.	Chuck Miller	Unattached	26:50.33
3.	Bubba Smith	Roseville	26:56.35
4.	Bill Coleman	Bunsville	27:10.35
5.	William White	Unattached	28:54.23
6.	Warren Kaye	Northern Shores	29:31.99
7.	Don Flyckt	Northern Shores	31:21.25
8.	Bob Dykoski	Lake Swim Club	35:39.60
9.	Mike Mullangy	Burnsville	35:47.48

\*New Record. Old Record, 26:59.0 by Chuck Peitso, 1977



Women's 1 Mile Swim

1.	Kristin Nesrig	Unattached	30:28.90*
2.	Corky Carl	St. Louis Park	38:48.22
3.	Sue Howell	Alexandria	44:29.92

\* New Record. Old Record: 37:34.0 by Corky Carl, 1977

Men's 1/2 Mile Swim

1.	Bubba Smith	Roseville	12:22.99*
2.	Roger Bosveld	Northern Shores	12:23.01**
3.	Chuck Miller	Unattached	12:34.75**
4.	Mike Salchert	Unattached	13:18.59
5.	William White	Unattached	13:30.85
6.	Mike Martin	Alexandria	14:19.75
7.	Tom French	Roseville	14:20.02
8.	Tom Hecomovich	Roseville	42:12.25

\* New Record. Old Record: 12:37.0 by Richard Grant, 1977

\*\* Time also betters Old Record

Women's 1/2 Mile Swim

1.	Karen Collier	Roseville	13:41.75*
2.	Kristin Nesrig	Fridley Park Aquatic	13:42.75**
3.	Dawn Bergstrom	Roseville	15:37.76**
4.	Corky Carl	St. Louis Park	16:41.90**
5.	Anita Johnson	Fridley Park Aquatic	17:12.12
6.	Judy Bowdin	New Hope-Crystal	21:03.33
7.	Marge Corner	Moorhead	23:06.07
8.	Barb Hecomovich	Roseville	35:22.74

\* New Record. Old Record, 16:54.0 by Corky Carl, 1977

\*\*\*\*\*

Looks like the Alexandria Lake Swim Was a great success. Next year, we hope to have age group divisions for all events: that was the only complaint. It's tough to have to swim with those young bucks. Roger Bosveld and Bubba Smith had a nail-biter in the 1/2 Mile, as did Karen Collier and Kristin Nesrig. Congratulations to all those crazy lake swimmers!!

\*\*\*\*\*

SPECIAL PRIVATE MESSAGE to "SPLASH": Well, Splash, I hope you are enjoying your peanut butter and wheat germ sandwich in the bath tub. I appreciated the letter, but saying that you envision me as Erma Bombeck in a tank suit?? Well !! I am sorry to hear about your guppies and teddy bear. If I can be of comfort to you in these trying times, write me, and I'll send along some back issues of the Old Sternwheeler, and some slightly used magazines (Time, Newsweek, etc.)

Well, Splash, time to go. There are about 30 gorgeous women (and some men, too) waiting just for me at the pool. Next time you swim butterfly, think of me.

Thanks for the kind thoughts,

*Old Sternwheeler*

P.S. No, I never did deliver telephone books, perhaps we were in Met Stadium together once.

LITTLE VICTORIES

- Over in Wayzata, at the Lake Swim Club's new evening practice, Coach Janet Wallace reports that Ernie Mienen is now able to complete 25 yards NON-STOP!! "Into the deep water and the whole bit," Janet says.
- Mamie Brown just keeps rolling along. If you read your results carefully, you will notice that the longest event which Mamie had swum at this time last year was a 50 of freestyle or backstroke. Then at the Long Course Nationals, she swam 100's and 200's meters of both. Well now, folks, our intrepid 74 year old is swimming 500 yards and 400 meters regularly in practice.
- Look up Mamie's State Record in the 50 Free. (For those of you without records, its 1:08.1) Two weeks ago, at a Northern Shores practice, Mamie swam a set of 8 x 50 on 2:00, and #7 was a 1:05.0!!! Then with less than a minute to rest, she finished off the set with a time of 1:02.5!!!
- It's nice to see the Roseville Masters alive and kicking. With no less than 6 entries in the Alexandria Lake Swim, it looks like a rebirth. Look for those senile Stingrays at the meets to come.

\*\*\*\*\*

Got a letter from one of my swimmers last week who was on vacation in Colorado. She sent me some "Rocky Mountain Dirt." Cracks me up.

\*\*\*\*\*

Remember that address for the Long Course Nationals: Enid Uhrich, Meet Director, 25 Lafayette Road, Newton Lower Falls, Massachusetts, 02162. Write now! The entry deadline is Wednesday, August 16, 1978 at 12 noon.

\*\*\*\*\*

Hot enough for you? Masters Swimmers/geologists Bob Baker and Bruce Koci are spending the summer on the Barnes Icecap on Baffin Island inside the Arctic Circle. Evidently, entry onto the icecap was delayed by blizzards and freezing cold. The boys are collecting ice samples by digging many feet into the heart of a glacier. Me, I'm working on my sun tan.

\*\*\*\*\*

Overheard in Lane 3 at the Northern Shores evening practice, after Chuck Cohen had swum a blistering set of 100's, with the aid of a pull-buoy:

Sue Sherin: "You know, Chuck, you really shouldn't be using that buoy in practice, since in a meet they might notice that you are using one."

Chuck Cohen: "But I've been thinking of buying an inflatable suit."

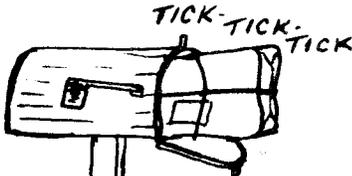
John Medelman: "Did you ever notice Harry Brown's breastroke pull?"

Yes Doctor, this conversation actually took place.

\*\*\*\*\*

I don't want to say that my whip kick is bad, but every time I swim breastroke, I look up and buzzards are circling my legs.

\*\*\*\*\*



# Letters



The only two letters I received this month may not be published in keeping with the Old Sternwheeler's policy of decency and journalistic responsibility. When Rex Hudson cleans up his limericks, and "Splash" finishes her next peanut butter and wheat germ sandwich, we will have letters for you. We welcome your correspondence. Please address all said correspondence to the Old Sternwheeler, 5 Oriole La., St. Paul, MN 55110.

\*\*\*\*\*

ATHLETE'S RELEASE: You've all seen those release forms for out-of-state meets where you are required to sign a legal form releasing the home team from legal responsibility....well, here is the Committee's answer to legal forms:

In consternation of my entry exceptions, I do hereby for myself, my hairs, executioners, wave, perceive, and forever hold my peace, and have no discharge (to speak of) or do thereby whereby and stareby claims damaged by hail and acts of God or his agents, even the A.A.U., or the official officers offices or orfices hereby, nearby, or beer buy suffered by me in constipation or presbyterian in association with the association or its associates.

Date

Signature

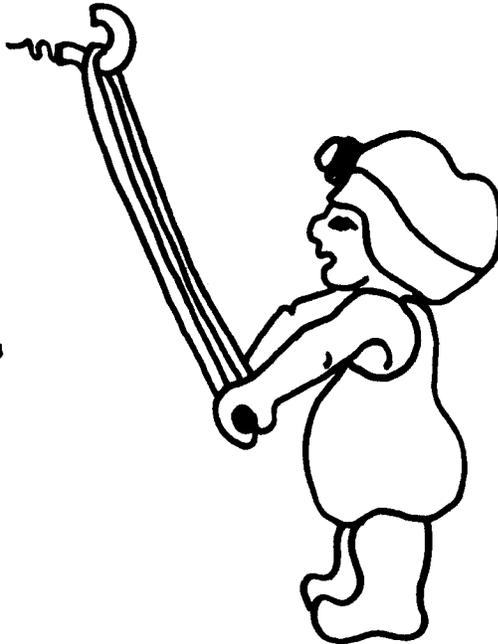
DO IT YOURSELF STROKE HINTS: Dry Land Exercises

One of the problems of competition (athletics) at our advanced ages is the loss of strength and muscle tone. Our workouts are primarily designed for cardio-respiratory fitness, and in order to develop strength, we must work against a resistance greater than the 10 - 15 pounds felt when pulling a hand through the water. Swimming fast requires both stamina and strength, so here are ways you can develop muscle tone and rediscover some of the power which you left behind as you fled from your youth.

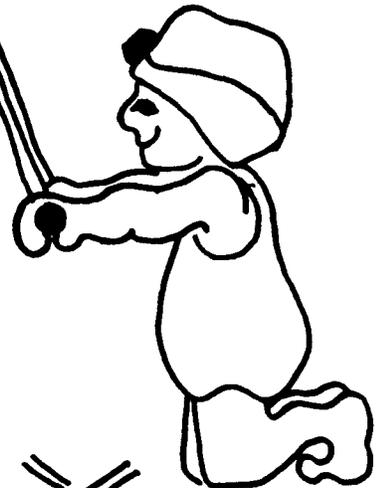
The Apparatus. You will need about a six to seven foot length of elastic shock cord or surgical tubing. Use the Yellow Pages, 'cause I don't know where the best places are for finding the stuff. Ask for  $\frac{3}{8}$  to  $\frac{1}{2}$ " dia. tubing. After locating a length, fashion a handle by tying the ends around a six inch long piece of broomstick handle. Then loop the cord over a firmly set hook in the wall or a ceiling joist. Bike hooks are very chic.

Jump around, swing your arms, run in place awhile to warm up, and you're ready to get started.

**Exercise #1.**  
Pull down on the handles, keeping the elbows high, pressing of the hands. Pull down past the hips until the elbows are extended fully. Hold the shoulders and elbows high. Raise the handles back just as you pulled them, and you're ready to pull again.  
Always pull both hands together.

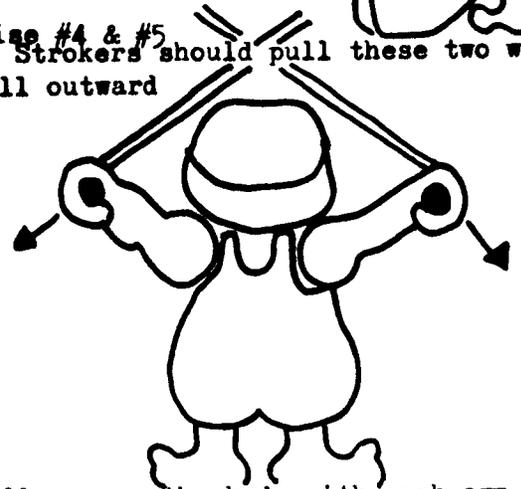


**Exercise #2**  
This exercise can also be done kneeling. It stretches the tubing out more, making for more resistance, and also puts a bit more strain on your tummy.

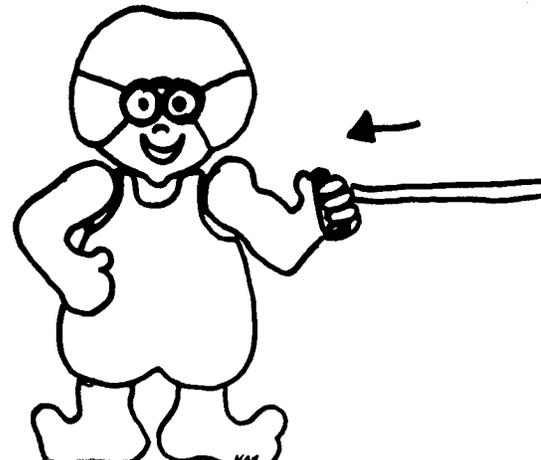


**Exercise #4 & #5**  
Breast Stokers should pull these two ways.

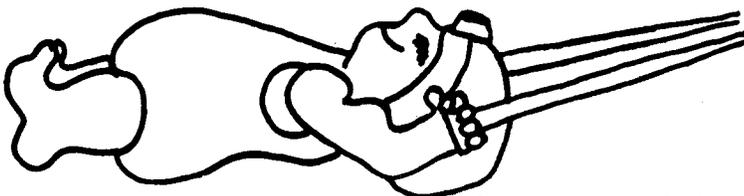
1. Pull outward



2. Pull across the body with each arm. (tie the tubing to a doorknob or such)



**Exercise #3**  
Backstrokers can lie down and pull like this to strengthen that pull. The same rules apply: elbows up, and simulate the underwater motion of the hand.



The cord may be doubled over for more resistance, and working against heavy resistance gives greater power. Judge for yourself how hard it is.

For single strand sets: 1 set of 50, each exercise  
(or) 2 sets of 30, each exercise

For Double strand sets: 2 sets of 10, #'s 2, 3, & 4

Do single strand sets daily, double strand sets only every other day. As you get stronger, increase the number of repetitions.