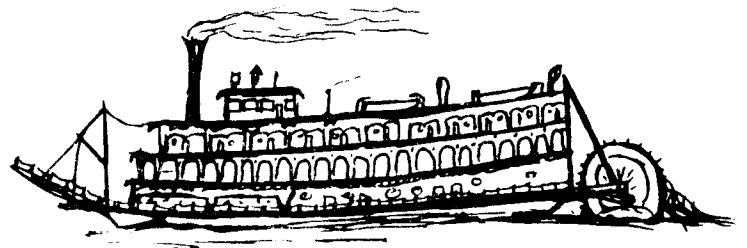


# OLD STERNWHEELER'S

## Masters Monthly



Volume IV, Number 5

UNMATCHED PROPAGANDA

May 12, 1979

### SPECIAL "NOTHING TOO SPECIAL ABOUT THIS ISSUE" ISSUE

Hello again, sea nymphs. Well, Spring has finally arrived to the Northland, birds are chirping up a storm, frogs are getting flattened on the highways after each rain, and my car is totally encased in sap from the trees.

Mother's Day, the Twins Baseball team, sailboats, lilac bushes, morning sickness, all nifty signs of spring. So dust off your goggles, fire up for the venereal equinox.

Due to all sorts of deadlines, we are forced to write this month's issue before the St. Kates Mini. But in our infinite wisdom, we have provided for an up-to-date report by giving you, the Masters Swimming Public, the details, virtually on the cutting table:

Hey! Wasn't that a GREAT meet at St. Kates?? 48 people were there, swimming up a STORM. And how about that LYNN DOYLE with a STATE record? Also with record swims were MARSHA SOUCHEPAX, PEGGY O'BRIEN, JEAN MELSON, and HARRY & MARRANNE. That Mamie Brown just keeps chuggin' along, doesn't she?

Special thanks to our Super Starter Dave Beardsley / Bob Carl / Ed Tahti / (other     ) who did a SUPER job. ERMA QUICKTURN and I got into an argument about / over OPEC SOLIDARITY

Hope to see you all at the 1650 Time Trials at Chippewa, and the Open Meet in St. Louis Park on June 2nd.

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### OLD STERNWHEELER'S RESTAURANT REVIEWS

It may well be the civic duty of the Old Sternwhammer to make public reviews on various establishments which cater to the needs of Masters Swimmers. Modern Science has acknowledged the need to replace vital body fluids after practices or meets, and all nutritionists agree that pizza pie is very good for the soul. Here are the final judgments:

- ▶ 1. Broadway Station, Bar & Pizza. Classy place to replenish lost body fluids. There's a little train which goes 'round and 'round over the bar. The pizza may be the best in the entire universe.
- ▶ 2. Perkins of Gem Lake. Best looking waitresses in the Perkins chain. They allow children in on weekends. Drink a pot of coffee and try to write a practice: 10x5 [unclear] - [unclear]
- ▶ 3. Ronnally's Pizza, Shoreview. Wring out your napkin for a free oil change. Get a dollar off on a Large. Get a warm mug for your tepid 3.2 beer. Play pinball and lose.
- ▶ 4. Steak Inn, New Brighton. Great place for breakfast after Saturday morning practice, because there's never a problem getting a seat. The cook must have been mad when he made the coffee.
- ▶ 5. Banquet Chicken at Cronje's. Atmosphere is the thing here. Especially in the upstairs bedroom-for-rent, where you can watch T.V., and enjoy the dirty clothes on the floor. Aqua walls accent the decor, and the rug, last seen in 1977, is blue.

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### MASTERS CLUB UPDATE

Add these two new teams to your club list, right under Erma Quickturn's Twin City Stokers:

1. Hell's Belles (the little devils) All girl club, no number listed.
2. St. Vitas Dancers. Some of these members went to school at Our Lady of Great Constipation.

\*\*\*\*\*

Last week at Northern Shores, George Hill (our computer ace) wore his work boots. Sue Sherin asked, "Is George wearing his pontoon boats, or are those platoon boots?"

Well, I guess you had to be there. We are desperate for 3 line filler.

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SCHEDULE UPDATE:

We've found that the meets are coming closer and closer together, making it increasingly difficult to get the meet notices into your hands much more than a week ahead of the meet. So it becomes imperative that you read ahead in the schedule, mark a few dates on your calendar, and plan ahead. We know about the capriciousness of the Bulk Mail rate and delivery, but we're doing the best we can. You can plan ahead so that you are prepared when the mailing arrives.

Marsha has done her usual spectacular job getting together this schedule for the Summer of '79:

<u>Date</u>	<u>Meet</u>	<u>Location</u>	<u>Schedule</u>	<u>Warm-up</u>	<u>Start</u>
May 23	1650 Time Trials	Chippewa Jr. High	1650 Fr.	7:00 PM	7:20 PM
June 2	St. Louis Park Open	St. Louis Pk. Sr. High	C	9:00 AM	10:00 AM
June 17	Rochester Mini*	Olmsted Community Center	210/Rev.	Approx Noon	
June 23	Mankato ** M.S.C. Coach Seeman Baugh is the host. More details as we get them.	Mankato State College			10:00 AM
June 23	Alexandria Lake Swim Masters Mile	Lake Darling, Alexandria, MN			
June 24	Alexandria Lake Swim Masters 1/2 Mile	Lake Darling, Alexandria, MN			
July 7	Bloomington Mini*	Bloomington Community Pool	210/Rev.	Approx. Noon	
July 28	St. Paul Classic*	Highland Pool, St. Paul	210/Rev.	Approx. Noon	
Aug 23-24-25-26	Long Course Nationals	Dearborn, MI	Address for entries to follow.		

\* These meets will be run between the prelims and finals of A.A.U. Senior meets. The prelim heats usually finish around noon - 1:00 PM, and we swim a 10 event schedule, which includes the 50m, 100m of each stroke, plus the 400m free and the 200m IM.

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That address for entry information for the 1979 Long Course Nationals:  
Hank Hoover, 1815 Gay Lane, Lansing MI, 48912

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SAMPLE WORKOUTS: How often do we have to remind you? These first 4 workouts are 2000 yds!

400 Swim	800 Swim	500 EZ	450 Swim
200 IM Kick	2 Sets of:	500 Moderate	10 x 25 Kick (rest :30)
2 x 100 IM Pull	4 x 100 (rest :10)	Rest 15:00	10 x 25 Pull (rest :20)
16 x 25 on :40, IM Order	100 EZ	500 for Time	10 x 25 Swim (rest :10)
200 Restricted breathing	4 x 50 on 2:00	200 EZ	4 x 75 on 2:00
200 EZ	100 EZ	2 Sets of:	4 x 50 on 1:30
200 Fast		4 x 25 on 1:00	4 x 25 on :50
200 EZ		100 EZ	200 EZ Cool down

And these are for you rookies, who would like to go about 1200 yds...

200 Swim	500 yards,	100 Swim	} Twice	150 Swim
100 Pull	on your own	100 Kick		100 Kick
100 Kick		100 Pull		50 Pull
3 x 50, use stroke drills	6 sets of:	25 Kick, 50 Swim		50 EZ Kick
3 x 50 Freestyle	75 Swim	} rest :30		100 Swim, non-stop
3 x 50 Backstroke	50 Swim		6 x 25 on 1:00	4 x 50 on 2:00
	25 Swim		50 Kick	
100 Choice	100 Swim	6 x 25 on :50		400 yds. On the House
10 x 25 on 1:00		50 EZ Swim		2 x 25 Fast!
				100 EZ Swim

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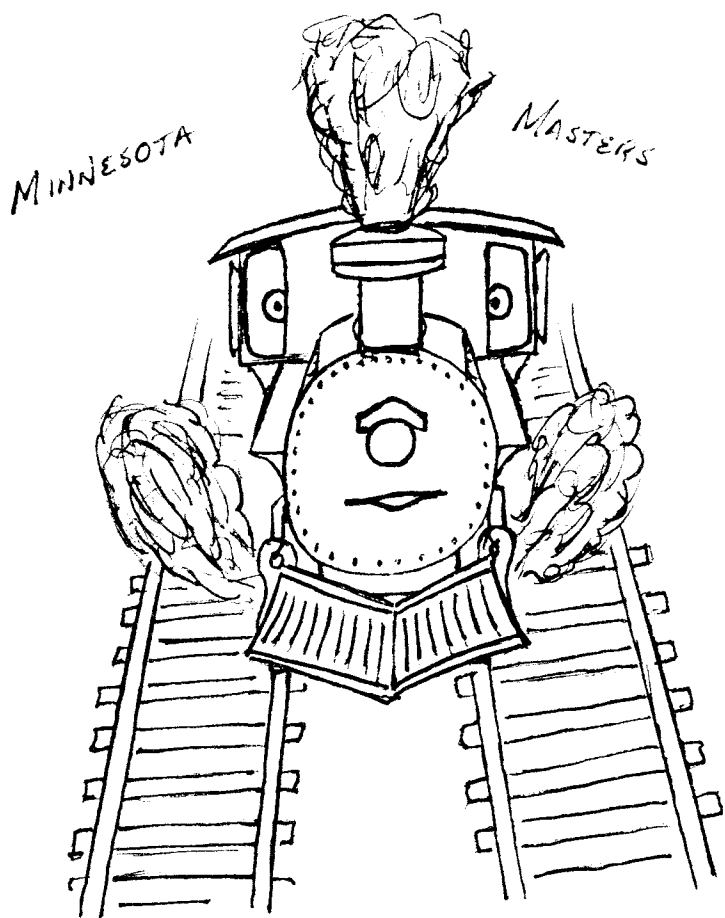
QUESTIONS AND ANSWERS

Do you have any questions for the Old Sternwheeler? We can offer advice on swimming, nutrition, jogging, sex, most anything! Send your questions to this new feature: Old Sternwheeler, 5 Oriole Lane, St. Paul, MN 55110. Let's have some fun.

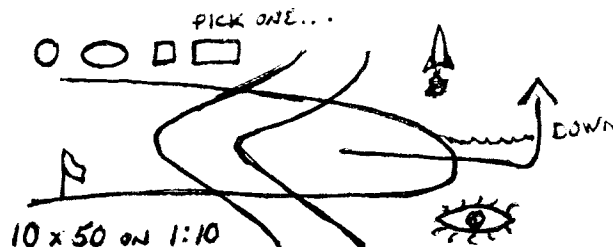
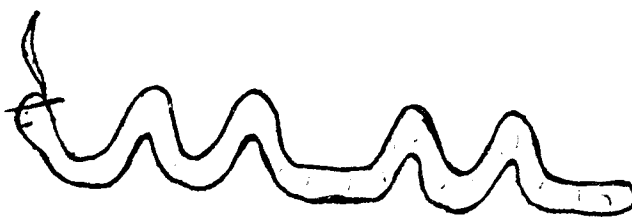
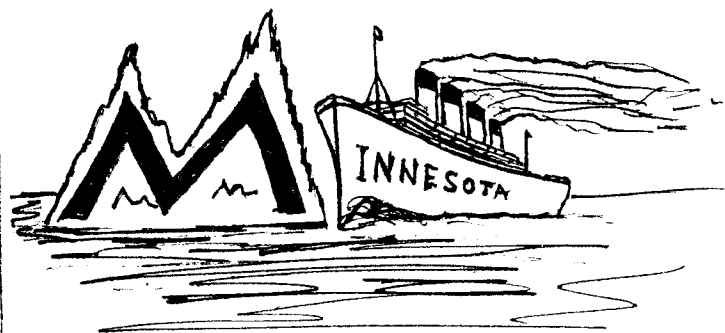
The Executive Committee (or executive committee, depending upon how you feel about it) has not yet reached a final decision on the Logo for Minnesota Masters Swimming. I will accept the total blame for the delay, and any bad light this sheds upon the Committee (or committee..)

It was I, the Master of Memory that misplaced no less than 3 entries to the contest, they are buried somewhere in my room, perhaps at this very desk. The Committee (c) is taking full advantage of all the input from all the entrants, and all the voters. Hopefully, certainly, this will provide you, the SEA NYMPHS, with the best Logo we've had in years!!

Here are some of the Logos which were submitted which didn't even make the first screening. I particularly like one which shows female masters swimmers showering up after a practice, but they won't let me print it.



"ON THE RIGHT TRACK!"



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LITTLE VICTORIES

- On April 30th, the crazies in Lanes 3 & 4 at Northern Shores swam 30 x 50 on 1:00, and did it again one crowded night a week later. Meanwhile, the Bomb Squad in Lane 1 did 15 x 50 on 2:00!
- The same strange disease seems to have infected the New Hope-Crystal team also! On April 1st, their top lanes went 12 x 100 on 2:00. Tough stuff!
- 11 persons at the St. Kates Mini were swimming in their first Masters meet ever! The Mounds View Clippers had 6 of them! They were Wayne Paulson, John Twohig, Nino Jackia, Jean Melson, Jana Brown, Beth Kusz, Peggy O'Brien, Julia Olson, Betty Jo Dale, Darlyne Reducki, and Sheila Harr. Congratulations and Welcome!
- The husband and wife duo of Louis and Marion Errede had a super meet at St. Kates! Marion swam the 50 free in 47.40, a three second personal record, the 100 free in 1:48.5, only 9 tenths off the State Record, and the 100 Breast in 2:09.8, which is also a new personal best time.
- Meanwhile, Lou Errede was busy swimming every event except the 100 butterfly, including a very respectable 1:44.8 in the 100 Breast. Lou and Marion have been two of the most faithful members of the Northern Shores Stainless Steel Hand Factory in Lane 2.
- And Dave Beardsley did it again: his 50 Free at St. Kates was an utterly predictable 28.0.

Probably by the time you read this, Mamie Brown will have turned 75 years old. I don't think that this occasion should go unnoticed, so I'm going to share with you a few thoughts about Mrs. Brown.

The earliest record of Mamie's participation in Masters Swimming was at a meet in Hastings on March 8, 1975. As a 70 year old, she swam only the 50 Free in 1:28.2. This was after only one year of swimming, having begun at the age of 69. For the next two years, Mamie swam very faithfully at the meets, entering only the 50 Free, swimming always in an outside lane, with Dave Beardsley walking the deck alongside as a lifeguard and encourager.

Mamie joined the Northern Shores Aquatic Club early in 1977, a time which also saw her recovering almost instantly from gall bladder surgery, much to the amazement of the medical profession, and no surprise at all to those who have come to know her. Within two months of the surgery, Mamie lowered her 50 Free time from 1:20.9 to 1:15.2. On May 1, she swam her first-ever 50 Backstroke. By this time, the floodgates were wide open. At the Long Course Nationals in Spokane, in front of her three sons, Harry, Dick, and Tom (who all swam and placed in the meet), Mamie swam a 50m, 100m, and 200m Free, and a 100m, and 200m Backstroke!!

Since that National meet in August of 1977, Mamie has swum all the short course distances in Freestyle and Backstroke, can swim a nearly legal Breast stroke, and is about 5 yards away from a length of Butterfly! On July 22, 1978, our lady became a distance swimmer, completing the 400m Freestyle, and since September 16th of '78, she has swum the 500 yd Free six times!

What has made this extraordinary woman so successful as a septuagenarian in a sport so often wasted on the young? Well, some of it begins with dedication. She drives to practice in Shoreview three to four times each week from South Minneapolis in her blue Camaro. She is one of the most regular swimmers in her attendance, and works hard in the water; far harder than I would ever expect of her.

At one time in her life, a bone disease threatened to cripple Mamie Brown. Her hip sockets were deteriorating, and even walking required a cane. Then she began swimming with a will, and called upon her faith. (She has always been active in her Church's activities). Now, she proudly reminds us, "The cane hangs in the closet."

We can learn from her approach to the meets. Each opportunity, (each meet) she takes her measure. Experimenting with new strokes or distances, or swimming the old events, she knows her times, "I guess I did all right, didn't I." or perhaps "That one wasn't as fast, I suppose." If Mamie can swim 500 yards and giggle about her time, then I guess we can swim to the Moon and back again, and maybe giggle too.

In Lane 1 of her practice, Mamie teaches while she works out. Lane 1 is the home of the "Bomb Squad" or "Bombers", where beginning Masters Swimmers get their wings on 1400 yards per practice before graduating to the 2500 yard "Honkers" workout. And Mamie has educated many, many swimmers who have left Lane 1 with a happy, even loving attitude about swimming for yourself and swimming with a team.

It is these qualities that have earned her our undying respect and love. In all honesty, we certainly respected her because of her age in the early months. But after only a few weeks, her heart of solid gold won us over completely, and we were helpless in the face of her little smile, the modest wave of her hand, and her steadfast refusal to take any of the credit for all of the wonderful things she has done for herself and her friends. And anyone who has seen Mamie Brown swim is automatically a friend.

I'm sure that this article will cause her to blush, shake her head slightly, and give me that "oh, gee" wave of her hand as she says, "You shouldn't really have said all those nice things."

But birthdays are meant to be special, and on your Diamond Jubilee, the best we can do is help you understand how much we love you, and remind you, once again, to keep your elbows up.

Happy Birthday, Mamie Brown!

- Old Sternwheeler

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There's a new swimming magazine on the market, for swimming adults, "from Masters swimmers to a few relaxing laps alone in a pool heated to 90° at the end of the day." It is called "SWIM SWIM", and subscriptions can be had for \$10.00 per year. Six issues per year, it is a slick paper publication with features, results, and advertising. The address: SWIM SWIM, P.O.Box 5901, Santa Monica, CA 90405.

And of course, June Krauser is still publishing "SWIM-MASTER", which features results and newspaper articles about Masters swimming around the country. That address: SWIM-MASTER, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305. And sometime this summer, the Old Sternwheeler is going to do a parody of SWIM-MASTER. Hold onto your shorts, America!

## MASTERS SWIMMING SELF-TEST

You've all seen these self-test quizzes in the no-brainer magazines such as Penthouse, Cosmopolitan, and Amateur Brain Surgeon. Well, we have never been too good to steal, and if someone else's idea will make us look good....

### Self Test

Chose the answer that best describes your approach to Masters Swimming.

- 1 I feel the most satisfied when I
  - a) run 5 miles.
  - b) swim 5000 yards.
  - c) stay in bed until 3:00 PM.
  - d) personalize my self-fulfilment on a visceral level.
- 2 I go into cardio-vascular overdrive
  - a) every chance I get.
  - b) swimming the butterfly.
  - c) during sex.
- 3 4000 yards is
  - a) a bridge too far.
  - b) about right.
  - c) about left.
  - d) about face.
- 4 Ray Hakomaki is
  - a) a strange visitor from another planet, with powers and abilities far beyond those of mortal men.
  - b) 87 years old.
  - c) a hard-boiled truck-drivin'man.
- 5 In the mornin', in the evenin', ain't we got
  - a) fun.
  - b) no fun.
  - c) precious little gratification funnyboneesque.
  - d) mutual funds.
- 6 I go the meets to watch:
  - a) Sue Sherin, Marsha Soucheray, Judy Myers, Angie Jones.
  - b) Bob Davidson, Scott Nelson, Bill Earley, Chuck Cohen.
  - c) People get sick.
  - d) the Old Sternwheeler!
- 7 The single most exciting thing about Masters Swimming is:
  - a) the possibility of losing my suit.
  - b) the possibility of someone else losing their suit.
  - c) the possibility of everyone losing their suits at the same time!
  - d) none of the above.



### DISCUSSION

- Question #1. If you answered C, give yourself 10 pts. D scores 5 pts. If you answered A or B, put down this quiz, and go hurt yourself.
- #2. C is the only correct answer. 10 Pts.
- #3. A = 10 pts. B = subtract 10 pts. C = 50 pts. D = 5 pts. (totally arbitrary)
- #4. Ray only looks like he's 87. C is the correct answer (10 pts)
- #5. If you got it, flaunt it. C is worth 10 points to you.
- #6. Women get 10 pts. for B or C. Men get 10 pts. for A or C. If you answered D, and are a wealthy single woman, put down this quiz and dial 484-0210. If you are a man and answered D, put down this quiz and commit suicide.
- #7. Normal people usually answer A, B, or C. If you answered D, give yourself 10 pts.

### ANALYSIS by Dr. Sy Copathic, psychoticictryst

Score yourself to obtain an accurate psychological profile:

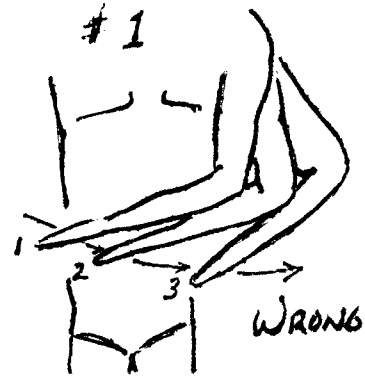
- 50 - 70 pts. --- You show signs of severe maladjustment. Psychotherapy, even electro-shock treatment may be futile. Lobotomy may be the only answer.
- 35 - 49 pts. --- One or more persons is following you. "They" are out to get you. They already got me. And it wasn't altogether unpleasant.
- 33 - 34 pts. --- Down by the old (not the new, but the old) mill stream (not the river, but the stream)....
- 23 - 32 pts. --- You have sensitivities and sensibilities far superior to ferns.
- 16 - 22 pts. --- Don't you feel inadequate, having scored only 16 - 22 pts?
- 14 - 15 pts. --- Trade in your Edsel, and don't vote for Goldwater ever again.
- 3 - 13 pts. --- Why don't you buy a copy of Cosmopolitan, and try one of their quizzes?
- 1 - 2 pts. --- You alone, are normal.
- 0 pts. --- It is impossible to score 0 pts. on this test. You have cheated. Slap your own wrist, and your fine is \$25.00. Send it in cash to Old Sternwheeler, 5 Oriole Lane, St. Paul, MN 55110.

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This month, sea nymphs, we're gonna talk about your freestyle pull, from the belly button on back. You may ask, "But Old Sternwheeler, aren't you getting rather specific, talking only about 1 ft. of hand movement in a virtual Pandora's Box of neuro-motor happenstance, this freestyle???"

To which I calmly answer, yes, I'm getting specific, but about a part of the stroke which is sadly neglected, and can even lead to some problems with your recovery.

The last foot of the freestyle pull is usually used only to get the hand out of the water, when it really should be used to push the body forward. See in the professional illustration at right, how the hand slides sideways along the waistband out into a bent-elbow recovery. Now, the elbows should be bent during the recovery, but the hand should be moving forward when therecovery begins, not laterally, as is natural to do when the stroke is finished with a slide as in picture #1. The problem is: it's just so easy to slide the hand out like that. You've probably spent too much time in the first half of your underwater pull, and need to hurry up the last half to stay in rhythm. (You can fix that by getting the hands down - pressing on the fingertips - when they are out in front of the face)



So anyway, here you are with a laterally sliding finish to your freestyle. Let's assume you have read the October 24, 1977 issue of the Old Sternwheeler, and your hands press down and deep early in the stroke, so you have all kinds of time to move the hand under the body, and finish the stroke properly.

You have great leverage at this point. A firm extension of the triceps (those flabby muscles on the backs of your arms) straightens the arm with authority. And as you can see in the professional drawing #2, the hand bends back enough to keep the palm of the hand pushing/sculling water directly back, moving you directly forward. This is important, because a sideways push messes up your body position: hips go east, the head goes west; and your feet go South for the Winter.

Use the flat of the hand to push and scull the water down past the crotch (I feel naughty talking about groins and crotches, but this is science, right?) So push the water past "Down There", and finish with a gentle flick of the wrist under the thigh. The reason for a gentle push, is because I've seen thousands of zealous freestylers send geysers of spray toward countless ceilings, trying to finish their strokes with a will not seen since Joe McCarthy.

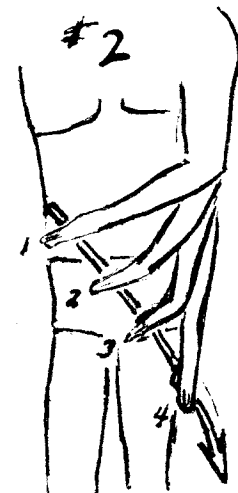
Once the arm and hand is extended fully, (and all of that happens together, and smoothly) the arm is in the perfect position for recovery. Lift the elbow up, draw the hand forward - not out to the side - and you're in business again.

To review, simply push or scull with a flat hand, moving the water toward your knees. Don't surrender your underwater pull to the recovery motion until your elbow is fully extended, and the arm and hand are "Straight like arrow, Kimosabe". Okay, Tonto, but no silver bullets tonight!

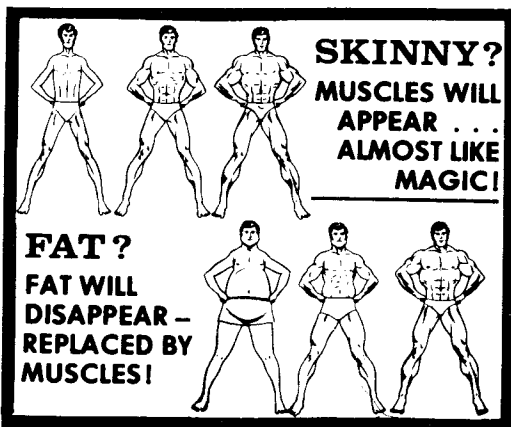
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On Wednesday, May the 9th, the Northern Shores practice was honored by the presence of Paul Windrath, the Chairman of Masters Swimming in Illinois. Paul is a multiple Central AAU record holder (and 5 tenths off the National Record in the 50 Back) and the most enthusiastic 25 year old Masters Swimmer in the 7 State Area. Paul led us around for 2000 yards (but he is still semi-shaved down from their State Meet) and then joined us for pizza and just enough 3.2 beer to get silly (about  $\frac{1}{4}$  glass).

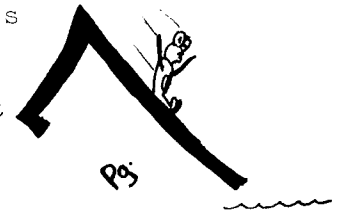
I could waste a lot of space telling you about what a friendly guy he is, what an honest and sportsmanlike competitor he is, how fast he swims, what great ideas he has for Illinois (much like ours), how he is still single, ladies, but I am still puzzled how he knew so much about Nancy Stupka, our spy in Illinois. Fire up a little gossip in the Land of Lincoln.



RIGHT



Love these body building ads! Think of the appeal which these ads must have to aspiring Masters Swimming. Especially the ladies. I want to see a swimmer in the Women's 55-59 age group who is built like the guy on the right. Me? I'm on the left, bottom row, standing next to Mamie Brown. Ho Ho Ho. Just kidding, Mamie. No, I don't want to play football with your son Tom. How about if I arm wrestle with Harry's wife?



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SO YOU THINK YOUR WORKOUTS ARE TOUGH DEPT. Submitted by Jim Pelissier and Ripley's Believe it...

■ Sultan Beybars of Egypt; to set an example of hardihood for his soldiers, swam across the Nile and back every day for 17 Years - clad in full armor and dragging a 38 pound weight!

■ General Quintus Sertorius - The only survivor of an entire Roman Army massacred by the Germans in 105 B.C., escaped by swimming across the raging waters of the Rhone River, although he was critically wounded and burdened by a heavy coat of armor, his shield and sword!

■ And then, the Human Cork! Casimir Polemus of Floërmel, France, was involved in 3 shipwrecks -and each time was the sole survivor! He was the sole survivor of the wreck of the "Jeanne Catherine" off Brest in 1875, the "Trois Frères" wrecked in the Bay of Biscay on Sept. 4, 1880, and "L'Odeon" wrecked off Newfoundland on New Years Day in 1882. Whew!

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I don't know what Dave Luedtke has done down there at St. Kates, but he has assembled the nicest, sweetest bunch of college kids this side of the Como Zoo. Their enthusiasm, kindness, support, and genuine interest greatly contributed to the very special atmosphere of the St. Kates Mini Meet. Thank you kids, and thank you, Dave!

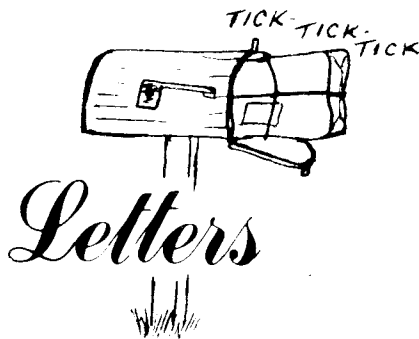
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Dear Old Sternwheeler,

How are the water sprites doing now that the snows are gone? Wes & I swam in the St. Pete S.C. Champs & did OK for just a few weeks taper. (1½ months, actually). I sent some times to Sue Sherin along with a change of address for the newsletter titled "Old Sternwheeler etc.". Who is that guy anyway? (Our best relay went 1:43.3 in the 200 Medley with Wes going 24.9 fly & me missing the boat & the turn in 22.0 anchor. Better luck next time - I'll go back to using goggles)

Well, my car's been running like a thief in the night so I don't have any complaints. I've been swimming faster than a female roach in heat, a one-legged horse getting on a streetcar, and a teenager mooning a squad car. Yes, life is beautiful down here in the 85° spring temperatures so I'll leave you with this: "Call me anything, but don't call me late for dinner."

— Gary Bastie



For the Old Sternwheeler's Masters Monthly,

The Minnesota Association of AAU Masters Swimmers has an increasing membership, not only among individuals, but new clubs as well.

I feel honored to be a member of the wonderful Northern Shores Aquatic Club and am privileged to participate in swim practices and stroke clinics under the supervision of Minnesota's best swim coach (the Old Sternwheeler, who is not old.) He encourages us to do our best, often combining this with mirthful humor.

— Mamie Brown

NOTE: It's amazing what old ladies will do when threatened with physical violence. The stuff about my coaching was prepared for her in advance. The stuff about our super Masters Group is very true, and I feel proud to be a part of any group including Mamie Brown. Happy Birthday!!

(This letter was sent with a renewal form to Sue Sherin, and she foolishly gave it to me.)



MORE

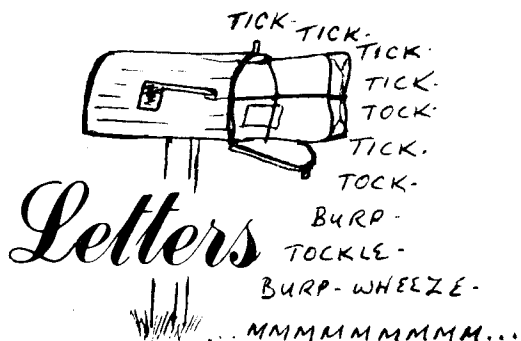
Dear Sue,

Every year or so, at about this time, I feel like crawling out of the woodwork to see what the swimmers are doing. That's why I'm enclosing 3\$ for a year's subscription to that great publication that the Pulitzer Committee continues to overlook, The Sternwheeler.

Please rush the latest copy to me so that I can find out where and when my challenge match with Robin Kleffman is. We will attempt a 1650 each. For sprinters, even the attempt sounds agonizing.

Hope that all is well with you, Give my regards to N.S.A.C.

— Mark Litman



(This was enclosed along with the super, already prepared meet notice)

If you need anything additional, let me know. I assume that you and your staff will take care of awards, timing, watches, sign up material, etc.

P.S. I'm going to make an all out assault on my personal best times. (Plan #367). If not successful, plan #368 will be installed at next meet.

— Dick Donnelly

NOTE: Dick is the meet director for the St. Louis Park Open. This is the same weekend that his daughter is getting married, but he still has taken the time to do a thorough job. Our thanks to Dick, who is our last active holdout in the southwestern Mpls. suburbs.

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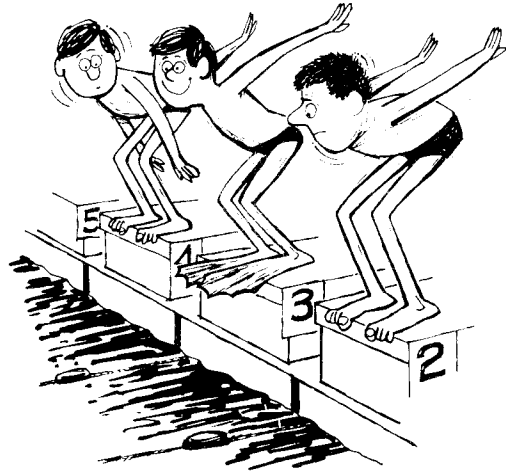
Let's get out to a meet this month!! Get into the fitness habit!

Sue Sherin  
2299 Lilac Lane  
White Bear Lake, MN 55110

U.S. Postage  
PAID  
Non-Profit Org.  
Permit # 81  
Wayzata, Minn.



# St. Louis Park



MASTERS SWIM MEET

SATURDAY, JUNE 2, 1979 \* 9:00 A.M.

HOSTED BY: St. Louis Park  
and  
Southdale YMCA

WHERE: St. Louis Park Sr. High Drive Hwy. #7 west off  
6425 W. 33rd Street of Hwy. 100; 1st STOP-  
St. Louis Park, Minnesota light ( $\frac{1}{2}$  mile) turn right  
to STOPsign (2 blocks)  
School is on left right  
in front of you.

MEET DIRECTOR: R. E. Donnelly

WHY GO? For the FUN, FITNESS AND FELLOWSHIP...if that  
doesn't appeal to you, the excellent rolls and  
donuts will.

WHEN TO GO: Registration and warm-ups begin at 9:00 a.m., the  
first event will start at 10:00 a.m.

WHAT YOU NEED: AAU registration is required of all swimmers; cost  
is \$3.50, and membership lasts through December,  
1979. Insurance is \$1.50 extra. Forms will be  
available at the meet.

FACILITIES: Indoors, 25 yards, 6 lanes, with starting blocks,  
lane lines, and backstroke flags.

COST: 50¢ for individual events - \$2.00 for relays.

## SCHEDULE "C"

ORDER OF EVENTS:	1. 50 Fly	8. 100 Free	15. 50 Breast
	2. 500 Free	9. 200 Breast	16. 100 Back
	3. 100 Breast	10. 200 Back	17. 50 Free
	4. 50 Back	11. 100 IM	18. 200 IM
	5. 400 IM	12. 200 Free	19. 200 Free Relay
	6. 200 Fly	13. 100 Fly	20. 1650 Free
	7. 200 Medley Relay	14. 200 Mixed Relay	