

Wavemaker



December 1987

With 1987 coming to a close, I hope everyone had a successful swimming year! In 1988 we can look forward to exciting National Championships in May and August. If you are planning to go to Austin, please read Dick Cheadle's article. The deadline for articles and news for the next issue of the Wavemaker is March 15, 1988. Merry Christmas and Happy New Year!!

Calendar of Events

All of January: National One-Hour Swim
Contact Art Smith, 337 Chesapeake Drive, Great Falls,
VA 22066 (703)759-2211

February

7th: Pentathlon/Terrible Triple. Burke, VA
Contact Tom Lyons, Rt 1, Box 555, Broad Run, VA 22014
(703)471-4035 office; (703)347-7528 home

27-28th: UMBC, Catonsville, MD (date tentative)

March

6th: Downtown Athletic Club, New York, NY, 1650
Contact: Suzanne Rague, 263 West End Ave., #9-C,
New York, NY 10023

26-27th: University of Delaware, Newark, DE
Contact: Harry Rawstrom, Carpenter Sports Building,
University of Delaware, Newark, DE 19716

April

10th: Hawaiian Relays, Tuckahoe Pool, McLean, VA
Contact: Sandy Carey, 5501 N 31st Street, Arlington,
VA 22207 (703)237-1251

22-24th: COLONIES ZONE CHAMPIONSHIP - SYRACUSE, NY

May

19-23rd: USMS NATIONALS, AUSTIN, TEXAS

AUSTIN - MAY 1988 - 2ND CALL

BY: Dick Cheadle

The 1988 Masters National Short Course Championships will be held May 19-22 at the University of Texas Swim Center in Austin, Texas. We are going down 80-85 strong and attempt to win all three National titles. The pool is unbelievably fast. Our team hotel is the Embassy Suites. I am handling the team rooms, the team party and a team canoe trip the day after the meet ends.

Thusly summarizes my two page article on Austin in the last Wavemaker. If you missed the last Wavemaker, give me a call, and I'll have a condensed version of it sent to you.

UPDATE

ORDER OF EVENTS: Since the publication of the last Wavemaker, we have learned that the order of events will be different from what we have routinely come to expect. The 1,000 and 1,650 frees will be the 1st day of the meet (Thurs. 5/19); the events beginning with the 200 breast will be the 2nd day of the meet (Fri. 5/20); the events beginning with the 200 back will be the 3rd day of the meet (Sat. 5/21); and the events beginning with the 200 free will be the last day of the meet (Sun. 5/22). That moves the team party to Sunday night (5/22) and the canoe trip to Monday (5/23). While from a swimming viewpoint one has to question the judgement of starting a meet with the 1650, at least it gives the distance people a chance to attend the team party for the first time in recent memory, plus the option to go on the canoe trip if they want. Also, on a Monday we should have the river pretty much to ourselves.

ROOMS: The final negotiated rate at the Embassy Suites is \$64 per suite, including a full breakfast. (Add 13% tax to all hotels in Austin.) This compares very favorably with the Hyatt and Four Seasons, where the Longhorn Masters have blocked a large number of rooms. The Villa Capri, previously listed as \$44, has closed. (I told you not to book there without calling me). In its place the Longhorn Masters have booked the Radisson, at \$50. The Radisson is nice and closer to the pool, but is kind of isolated with nothing interesting anywhere around it. I would suggest that if cost is a critical factor, then go 3 to a suite at the Embassy Suites. It would be cheaper, breakfast is provided, and I guarantee that the living room portion of the suites (with pullout queen size bed) is as big and as plush as anyone's living room in their own home.

Right now about half of our 50 rooms have been spoken for, a remarkable figure for November. I would ask that if you are going to Austin, or probably going to Austin, that you give me a call (202-634-2867-direct line; 202-634-5100-switchboard) ASAP, so that I can get a feel as to whether we might need more rooms. Let's save March and April for people who might be just joining the team. Also, right now I can get extra rooms (any rooms over our 50 will probably have a King size bed in the bedroom - if anyone wants a king size bed, please let me know); extra rooms may be hard to come by in April.

If you're going to Austin, but staying "elsewhere," please let me know that also, for two reasons. One, I want to compile a complete team roster that I can compare with Tom Wolf's list of people who will have submitted relay splits, to ensure that we have not overlooked anyone when making up the relays. (Relays are 25+, 35+, 45+, etc., as opposed to sum of the ages.) Second, I would like to get a special mailing out just to those people going to Nationals about 2 - 3 weeks before the meet, with things like directions, airport-hotel, directions, hotel-pool, meet shuttle schedules, commercial bus schedules, hotel parking, pool parking, the latest on the team party, how to find out relay assignments, update on the canoe trip, etc.

Oh yes, the CANOE TRIP: Team reaction? Explosively receptive! Bunches of people are going. It's going to be a fun experience, barring flood waters or thunderstorms. We'll leave the hotel at 10:15 A.M., and I'll try to have everyone back to the hotel by 6:30 P.M. It's about an hour and a quarter drive to the livery, then a 7 mile run which could take up to 4-1/2 hours with the number of people going, plus we'll probably stop twice, at the two waterfalls, to line out the chutes and take a swim break Some questions have come up, from people who might consider going, but can't quite picture in their mind what it would be like. I'll try and answer some of those questions here. Questions like . . .

Q. How many people in each canoe?

A. Two, except Jacki Hirsty's, which will have five.

Q. Will we be stopping on the run for lunch?

A. You mean sort of like canoeing over to the Left Bank, and sipping cognac and munching Cordon Bleu on the outdoor patio of the Chalet D'Puissant . . . Hey, we're going very deep into the Texas wilderness. I just hope to get back with as many people as I started. Scratch lunch. (There is a 7-11 type place near the livery.)

Q. If there are any portages, can the guides carry the canoes so we won't get overtired?

A. Guides? You're looking at the only guide this trip has, which ought to quickly answer any questions about carrying canoes. Anyway, there aren't any portages.

Q. Are there bathrooms along the run?

A. Yes. Acres and acres of them. All beautifully landscaped, terraced, and heavily wooded. All provided by Mother Nature.

Q. Can we take beer with us on the canoe trip?

A. Certainly. Lots of people do, especially rafters. But if you do, you'll feel like you just finished the 375 fly at the University of Mars by the time you get back to Austin. Your choice.

Q. Is it dangerous?

A. No, don't bother the ~~water meeeasins~~ animals, and they won't bother you. None of the rapids should be rated higher than Class I. I know of no hydrolic currents on the run. Remember to cover your head with your hands when the canoe goes over in the white water, and you should be all right. It is a physically demanding trip. Very much so.

Q. Will there be more on the canoe trip in the next Wavemaker?

A. You bet! Of special interest to those contemplating going will be an explanation of the Dick Cheadle system of canoe pairings. Don't miss it!

EMOTION: Looking good here too. Looks like Jimmy D. Will be going, and therefore will be leading the team cheers . . . Stuff like

DC Masters, beat the drum
Bang it and clang it, 'cause here we come
Percussion and cymbol in B-flat
Lone Star Masters, stick it in your hat!

And many others yet to be written.

Hawaiian Relays Preview
By Sandy Carey

The Hawaiian Postal Relays have been scheduled for Sunday, April 10, 1988. The relays will be swum at Tuckahoe. This weekend seems to be the one with the least number of conflicts. We'll be so organized, the competition will eat our wake! Volunteers are needed to be age group captains (25+, 35+, 45+, etc.), timers, starters, etc. Please contact Ann Svanson (549-5562 before 8 p.m.) or Sandy Carey (237-1251 before 10:30 p.m.) with volunteer's names, and if you are planning to swim. A terrific social is being planned for after this event! Thanks!

Winter Training at Tuckahoe

The group of mostly D.C. Masters that swim mornings at Tuckahoe in McLean has openings for a few more swimmers.
Hours: 6:30 - 8:00 a.m., Monday - Friday
Cost: \$50.00 per month
Coach: John Flanagan
Ability Levels: 6 Lanes from very slow to very fast.
Regardless of your speed there is space for you.
Place: Tuckahoe Recreation Center
1816 Great Falls Street, McLean
20 minutes from Alexandria
20 minutes from Bethesda/Potomac/Rockville
10 minutes from Tysons Corner
Call Art Smith (272-6026) or Sue Herrington (983-0731)

A Letter from Elaine Hochuli

Dear Teammates,

I have decided to leave D.C.M. I am no longer living in Northern Virginia. Now residing in Baltimore and practicing regularly at UMBC, I have become an integral member of the Maryland Masters Swim Team.

As a D.C. Master, I had many wonderful experiences both in and out of the water. I appreciate all that you have shared with me. I enjoyed being a member of record breaking relays, competing at National Championships with a supportive, enthusiastic team, training hard with a dedicated group and eating with the "Breakfast Club".

Even though I'll be a Maryland Master I hope that our friendships continue. You are a wonderful team. Good luck to all of you.

Yours, Elaine Hochuli

Editors Note: From all her friends in the D.C. Masters, we wish Elaine happiness and success with her new team, her presence will surely be missed!

1987 SHORT COURSE NATIONAL TOP TEN - DC MASTERS**
(*All American) Submitted by Ann Svanson

Women

19-24 Holly Vaughn: 500 Free
Pam Locke: 1000 Free; 50, 100, 200 Back
25-59 Beth O'Connor: 50, 1650 Free; 50, 100 Back; 50, 100 Fly;
*100, 200 IM
Cindy Watts: 100 Free; 50 Back; 50, 100 Fly
30-34 Wendelle Gray: 50 Breast
Elaine Hochuli: 1000, 1650 Free; 50, 100, 200 Fly; 400 IM
Sue Skiff: 100, 200 Fly
40-44 Sue Herrington: 50, 1000 Free; 200 Back; 50, 100 Fly; 100 IM
Ann Svanson: 200, 500, 1650 Free; 200 Fly; 400 IM
45-49 Joann Leilich: 1650 Free; *50, *100, *200 Breast; 50 Fly;
200, 400 IM
65-69 Mimi Lee: 1650 Free; 200 Back; 50, 100, 200 Breast; 100,
200 Fly; 100, 200, 400 IM
70-74 Nancy Clark: 50, 100, 200, *500 Free; 50 Fly; 100 IM
Mary Lathram: 50, 100 Back
75-79 Elsa Mattila: 50, 100, 200 500 Free; 50, 100, *200 Back; 50,
100, *200 Breast; 50, *100, *200 Fly; *100, *200, *400 IM

Men:

25-29 Mark Heinrich: 50, 100, *200 Back
30-34 Tom Wolf: 50, 100, *200 Back; 200, *400 IM
Matt Kanzler: 50, 100, 200 Breast
35-39 Jorge Gonzalez: 1650 Free
40-44 Dave Audley: 50, 100, 200, 500, 1000 Free
John Flanagan: 1000, 1650 Free; 100, 200 Fly; 200, 400 IM
45-49 Bill Newman: 50 Free
Art Smith: 50, 100, 200 Back
55-59 Ed Emes: 50 Free; 50, 100 Fly
60-64 John Woods: 50, 100, 200, 500, 1000, 1650 Free; 50, 100,
200 Back; 50, 100 Fly; 100, 200 IM
65-69 Frank Murphy: 1650 Free
70-74 Kelley Lemmon: *100 Free; 100 Breast; 50 Fly
Bill Fite: 100, 200 Fly; 200, 400 IM
75-79 Kelley Lemmon: *50, *100, *200 Free; *100 Breast; *50 Fly;
*100, *200 IM
Dave McAfee: 100, 200, 500, 1650 Free; 100 Back

Congratulations to all, but especially to first-timers Bill Newman,
Pam Locke and Holly Vaughn, and to Kelley Lemmon who made
the list in two age groups (note that in his new age group, Kelley
was first in each of the events he swam)

*All American = First in that event

**DC Masters (Recently) Past (Holly Vaughn), Present, and
Future (New: Wendelle Gray, Pam Locke)

DC Masters Halloween Happenin'
October 31, 1987

Results Compiled by: Nancy Kirkendall

The DC Masters halloween meet was held on October 31, 1987 at the Montgomery College Pool. This was a small meet, there were 48 people who entered, counting deck entries. Awards were unique medals which were designed by Bill Newman and assembled by a committee consisting of Bill, Nancy Kirkendall, Steve Hogan, Marueen Lindsey and Joanne Leilich. Thanks to the following volunteers, without volunteers there could be no meets.

Bill Newman: Starter, designer of awards, Darth Sprinter in the costume race.
Dave Lyons: Stroke and Turn.
Judy Berman: Head Timer, (best known for her many announcements: "We need another timer, please".)
Sue Herrington: Deck Seeder, Judge for the costume race, timer when she was done with seeding.
Sandy Carey: Check-in and deck entries, timer, a cheerleader at the beginning of check-in but because of the heat, she was an aerobics swimmer in the costume race.
Maureen Lindsey: Co-meet manager (assembling volunteers), check-in and deck entries, timer.
Steve Hogan: Judge for costume race.
Dave McColloch: Full time timer.
Dona McColloch: Assistant awards distributor.
Nancy Kirkendall: Co-meet manager, receiver of entries, data processor, preparer of results, distributor of awards, Judge for the costume race.

Thanks also to swimmers who helped out by timing when they weren't swimming, and to family and friends of swimmers who helped out.

RESULTS

The costume race: a 25 yard race with the following rules: No birthday suits. Must complete race. Must not interfere with next lane. Costume must stay on for entire 25 yards. Award for best costume/time for men and women.

WOMEN

Sandy Carey, 36	Aerobics Swimmer	14:77
Kay Brockwell, 51	Witch	35.25
Elsa Mattila, 77	Gay Ninety's Bather	47.62

MEN

Rick Bockes, 29	Spuds MacKenzie	46.78
Bill Newman, 47	Darth Sprinter	13.88
Robert Parke, 49	Aqua Man	18:30

As you can see the times are widely varying: but the witch

flew off the deck with her broom, and swam with her hat on top of her broom; the gay ninety's bather (in a genuine old time bathing costume complete with umbrella) used her umbrella to avoid the sun during the prerace parade, and swam slowly and gracefully, as befits a lady of the era; Spuds Mackenzie (the budwiser dog) did the doggie paddle (of course); and Darth Sprinter threw off his cape, flew off the starting block and raced to the end of the pool. Because of the novel way the witch and Spuds swam their 25 yards, they were declared winners. Kay Brockwell received a stuffed witch as an award, Rick Bockes received a stuffed vulture. It was a close race for both the men's and women's prizes.

WOMEN 25-29

100 YARD FREESTYLE
 1 Sharon Wright, 28 1:11.50
 2 Jean Gossman, 29 1:35.14
 500 YARD FREESTYLE
 1 Martha Williams, 28 5:53.90
 2 Jean Gossman, 29 10:24.09
 200 YARD BACKSTROKE
 1 Martha Williams, 28 2:47.25
 200 YARD BREASTSTROKE
 1 Martha Williams, 28 3:29.15
 100 YARD BUTTERFLY
 1 Sharon Wright, 28 1:25.32
 200 YARD INDIVIDUAL MEDLEY
 1 Sharon Wright, 28 3:01.06
 400 YARD INDIVIDUAL MEDLEY
 1 Martha Williams, 28 5:27.67

WOMEN 30-34

100 YARD FREESTYLE
 1 Nancy Zeidman, 30 1:11.05
 200 YARD FREESTYLE
 1 Anita Callahan, 30 2:10.75
 100 YARD BACKSTROKE
 1 Alica Grodsky, 30 1:16.28
 2 Linda Burkholder, 31 1:27.90
 200 YARD BACKSTROKE
 1 Alica Grodsky, 30 2:42.17
 100 YARD BREASTSTROKE
 1 Linda Burkholder, 31 1:33.72
 200 YARD BUTTERFLY
 1 Anita Callahan, 30 2:27.52
 200 YARD INDIVIDUAL MEDLEY
 1 Nancy Zeidman, 30 2:59.50
 400 YARD INDIVIDUAL MEDLEY
 1 Alica Grodsky, 30 5:52.68

WOMEN 35-39

100 YARD FREESTYLE
 1 Christine Malhoyt, 39 1:26.72
 200 YARD FREESTYLE
 1 Christine Malhoyt, 39 3:18.90

WOMEN 40-44

100 YARD FREESTYLE
 1 Marilyn Lumpkin, 43 1:09.00
 2 Linda Maloney, 41 1:30.27
 200 YARD FREESTYLE
 1 Linda Maloney, 41 3:19.04
 100 YARD BACKSTROKE
 1 Maureen Lindsey, 40 1:46.00
 100 YARD BREASTSTROKE
 1 Marilyn Lumpkin, 43 1:26.35
 400 YARD INDIVIDUAL MEDLEY
 1 Marilyn Lumpkin, 43 6:16.13

WOMEN 50-54

100 YARD FREESTYLE
 1 Kay Brockwell, 51 1:18.24
 200 YARD BREASTSTROKE
 1 Kay Brockwell, 51 4:15.31

WOMEN 55-59

100 YARD BREASTSTROKE
 1 Barbara Glancy, 55 1:56.86
 200 YARD BREASTSTROKE
 1 Barbara Glancy, 55 4:38.78
 100 YARD BUTTERFLY
 1 Barbara Glancy, 55 1:40.45
 200 YARD BUTTERFLY
 1 Barbara Glancy, 55 4:12.17
 200 YARD INDIVIDUAL MEDLEY
 1 Barbara Glancy, 55 3:50.15

WOMEN 65-69

100 YARD FREESTYLE
 1 Helen Hummer, 69 1:38.61
 200 YARD FREESTYLE
 1 Helen Hummer, 69 3:22.93
 500 YARD FREESTYLE
 1 Helen Hummer, 69 9:06.54
 100 YARD BREASTSTROKE
 1 Mimi Lee, 67 2:09.70
 200 YARD BREASTSTROKE
 1 Mimi Lee, 67 4:38.78

WOMEN 65-69 continued
 100 YARD BUTTERFLY
 1 Helen Hummer, 69 1:54.71
 2 Mimi Lee, 67 2:22.39
 200 YARD BUTTERFLY
 1 Helen Hummer, 69 4:22.95
 200 YARD INDIVIDUAL MEDLEY
 1 Mimi Lee, 67 4:32.83
 400 YARD INDIVIDUAL MEDLEY
 1 Mimi Lee, 67 9:59.98

WOMEN 70-74
 100 YARD FREESTYLE
 1 Mary Lathram, 72 1:56.28
 500 YARD FREESTYLE
 1 Mary Lathram, 72 11:40.41
 100 YARD BACKSTROKE
 1 Mary Lathram, 72 2:03.60
 200 YARD BACKSTROKE
 1 Mary Lathram, 72 4:25.26

WOMEN 75-79
 200 YARD INDIVIDUAL MEDLEY
 1 Elsa Mattila, 77 4:35.96
 400 YARD INDIVIDUAL MEDLEY
 1 Elsa Mattila, 77 9:33.80

MEN 20-24
 100 YARD FREESTYLE
 1 David Pifel, 24 :55.09
 200 YARD FREESTYLE
 1 David Pifel, 24 2:07.66
 500 YARD FREESTYLE
 1 Thomas Pino, 23 5:29.43
 2 David Pifel, 24 6:02.06
 200 YARD BREASTSTROKE
 1 Thomas Pino, 23 2:36.69
 200 YARD BUTTERFLY
 1 Thomas Pino, 23 2:14.04
 400 YARD INDIVIDUAL MEDLEY
 1 Thomas Pino, 23 4:47.45

MEN 25-29
 100 YARD FREESTYLE
 1 Michael Moriarty, 26 :54.48
 2 Howell Posner, 28 1:00.65
 200 YARD FREESTYLE
 1 Howell Posner, 28 2:10.75
 2 Rick Bockes, 29 2:40.87
 500 YARD FREESTYLE
 1 Howell Posner, 28 6:07.25
 2 Rick Bockes, 29 7:25.75
 100 YARD BACKSTROKE
 1 Michael Moriarty, 26 1:11.46
 2 Rick Bockes, 29 DQ
 200 YARD BACKSTROKE
 1 Howell Posner, 28 2:47.00

MEN 30-34
 100 YARD FREESTYLE
 1 Eitan Freidman, 34 :59.48
 500 YARD FREESTYLE
 1 Eitan Freidman, 34 6:00.70
 100 YARD BUTTERFLY
 1 Eitan Freidman, 34 1:07.82

MEN 35-39
 100 YARD FREESTYLE
 1 Mike Connolly, 36 1:08.30
 2 Robert Axelrod, 39 1:17.92
 200 YARD FREESTYLE
 1 Stephen Hogan, 39 2:22.90
 500 YARD FREESTYLE
 1 Stephen Hogan, 39 6:30.30
 2 Patrick Grady, 36 6:48.68
 100 YARD BREASTSTROKE
 1 Mike Connolly, 36 1:28.35
 2 Robert Axelrod, 39 1:39.28
 200 YARD BREASTSTROKE
 1 Mike Connolly, 36 3:10.85

MEN 40-44
 100 YARD FREESTYLE
 1 Harry Sober, 44 56.70
 2 James Fagersten 1:01.84
 200 YARD FREESTYLE
 1 James Fagersten 2:20.01
 2 Richard Smith, 42 2:54.48
 100 YARD BACKSTROKE
 1 Richard Smith, 42 1:38.10
 100 YARD BREASTSTROKE
 1 Ronald Greger, 43 1:17.83
 2 Richard Smith, 42 1:44.63
 200 YARD BREASTSTROKE
 1 Ronald Greger, 43 2:57.84
 100 YARD BUTTERFLY
 1 Robert Bennett, 44 1:04.17
 200 YARD BUTTERFLY
 1 John Flanagan, 41 2:12.60
 200 YARD INDIVIDUAL MEDLEY
 1 James Fagersten 2:33.17
 2 Robert Bennett, 44 2:41.78
 400 INDIVIDUAL MEDLEY
 1 John Flanagan, 41 4:51.94

MEN 45-49
 100 YARD FREESTYLE
 1 Robert W. Parke, 49 1:14.42
 2 Ed Moylan, 45 1:17.52
 200 YARD FREESTYLE
 1 Robert W. Parke, 49 2:43.83
 2 Ed Moylan, 45 2:57.60
 500 YARD FREESTYLE
 1 Robert W. Parke, 49 7:31.47

SPRINTS

Maureen Lindsey's 2-Mile Lake Swim performance was left out of the last issue of the Wavemaker, her time was 1:08.11. Maureen finished 5th in the 40-44 age group.

In the last issue of the Wavemaker, John Woods victorious 100 meter freestyle swim at Long Course Nationals was omitted, John's winning time in the 60-64 age group was 1:10.49.

Congratulations to Sandy Brown and Marianne Dickerson on their performances at the Bud Light Ironman Triathlon in Hawaii in October.

Don Edgell recently competed in the New York City Ocean Mile and placed 19th out of 285, (second in his age group). He has also informed us that he will be moving to Georgia in December where he will be the Administrator of the USAF Hospital at Robins AFB. Don plans to remain registered with the D.C. Masters. Good Luck at your new job!

Eileen and Dave McAfee wish to convey exuberant thanks to all who had a hand in choosing their gifts for their many years of service as Secretary and Treasurer of the D.C. Master.

Anyone interested in ordering any team paraphernalia (it includes suits, goggles, caps, parkas, etc.) should call Steve Shaffer at Aardvack (631-6045 or 378-1020) and place an order directly with him.

August Meet Announcement!! The planning committee has begun discussing our annual long course meet held at Haines Point in August. Volunteers for all positions will be needed. If you are planning that far ahead, please call Steve Hogan to express your interest in helping run the meet. You will be contacted concerning the first organized meeting, to be held early in 1988.

1000/Pentathlon Results Submitted by Ann Svanson

Bert Kassell bettered four of his five seed times in the pentathlon, including the 50 free and 100 IM. This really indicates a good start for Bert in his new age group. Ann Svanson swam the 1000 in 13:24, this is her best time by over 10 seconds! Tillie Huber performed a fantastic 1000, finishing the event with a Personal Best, she admitted afterwards that she had never swam the event before! Congratulations to all who competed at the meet.

MEN 45-49 continued

100 YARD BACKSTROKE
 1 Lee Bettis, 49 1:12.04
 200 YARD BACKSTROKE
 1 Lee Bettis, 49 2:34.65

MEN 50-54

100 YARD FREESTYLE
 1 James Gray, 52 1:09.64
 2 Nick Peterson, 52 1:44.05
 200 YARD FREESTYLE
 1 James Gray, 52 2:50.41
 2 Nick Peterson, 52 3:53.05
 500 YARD FREESTYLE
 1 James Gray, 52 7:59.05
 100 YARD BREASTSTROKE
 1 Hans Reichelt, 50 1:13.31
 200 YARD BREASTSTROKE
 1 Hans Reichelt, 50 2:37.18
 100 YARD BUTTERFLY
 1 Hans Reichelt, 50 1:10.50
 Nick Peterson, 52 DQ
 200 YARD BUTTERFLY
 Nick Peterson, 52 DQ

MEN 55-59

100 YARD FREESTYLE
 1 Robert Dalton, 55 1:39.80
 200 YARD FREESTYLE
 1 Robert Dalton, 55 3:31.03
 500 YARD FREESTYLE
 1 Robert Dalton, 55 9:15.66
 200 YARD BREASTSTROKE
 1 Al Allen, 58 3:32.00
 100 YARD BUTTERFLY
 1 Al Allen, 58 1:13.50
 200 YARD BUTTERFLY
 1 Al Allen, 58 3:32.50

MEN 60-64

100 YARD FREESTYLE
 1 James Ferguson, 63 1:23.13
 100 YARD BACKSTROKE
 1 James Ferguson, 63 1:42.56
 200 YARD BACKSTROKE
 1 James Ferguson, 63 3:41.11

MEN 70-74

100 YARD FREESTYLE
 1 Norris Fluke, 70 1:15.33
 500 YARD FREESTYLE
 1 Sidney Saperstein 10:43.89
 100 YARD BACKSTROKE
 1 Norris Fluke, 70 1:31.03
 2 Sidney Saperstein 2:23.54
 200 YARD BACKSTROKE
 1 Sidney Saperstein 4:51.90
 100 YARD BREASTSTROKE
 1 Sidney Saperstein 2:37.10
 200 YARD BREASTSTROKE
 1 Sidney Saperstein 5:32.19
 100 YARD BUTTERFLY
 1 Norris Fluke, 70 1:38.55
 200 YARD INDIVIDUAL MEDLEY
 1 Norris Fluke, 70 3:16.78

MEN 75-79

100 YARD BACKSTROKE
 1 Bert Kassell, 75 1:51.70
 200 YARD BACKSTROKE
 1 Bert Kassell, 75 4:13.215

15 October, 1987

Thoughts on Lifetime Best

During my 22 years of competitive swimming experience, my most memorable moments are those where I dramatically exceeded expectations. Thus, while I was fortunate enough to take the gold medal in the 200 meter butterfly at Houston this summer, my most memorable performance - in my view - was the achievement of a lifetime best time in the 400 IM.

I learned a lot about myself this summer. I learned about heat and humidity, about prerace visualization, about working hard in workouts, mental concentration, pacing, tapering, the thrill of difficult challenges. Through it all my strongest feelings were of pride in myself, and that this is really fun. I present the following chronology to share some of these feelings and challenges with you. Swimming is one of the things I live for.

Long Course Masters Nationals, Houston. Sunday, and a reprise from the heat - it is 97° instead of 104°. Same stifling humidity. The third grueling two-event day, all 200 meter events except the 100 Fly and my one remaining event: the 400 IM.

Danced half the night away last night like an idiot. Did I really come down here to attend a Flash Cadillac dance concert with no hair on my body? At least I've been drinking lots of water today. If I do another dehydrated swim like that 200 Fly on Friday I'll get plenty of water alright - in my lungs.

"I'm going to go back to the pool, Ted." Time to kill the TV; wish I could catch the rest of this ESPN auto race. Sure am glad the hotel was close enough to get some shut-eye between events. That gal in the first heat of the Medley is tough as nails, but I'm hanging up my goggles if it ever takes me 13 minutes to do a 400 of anything.

Rats. All that calculation to figure out just exactly when I needed to be back here, and I just can't bear to trust myself. I shouldn't be here for another half an hour. Now I get to wait through eleven wonderful heats of IM! I'll bet that's another hour and a quarter.

Oh well, let's hit the indoor pool. Aaahhh, air conditioning. Suck in the old belly, clothes off, goggles on, hit the water. I'VE GOT...THAT SHAVED DOWN FEELING. Take it easy, now, let's cruise a few fifties.

That oughta do it. Now let's hang on the wall for awhile and watch the scenery...

Okay, time for a little race visualization. I'll just swim an easy 200 Free here, and that will be the same number of lengths.

Here we go, first length. This length will be eeeaaazzyyy Fly. Absolutely no effort. World's longest arms. Scooper smooth. Hit the wall bam quick turn long push off back to eeeaaazzyyy Fly. Smooth. Bam hit the wall this will be about 1:04.5 on the Fly split. Off on my back long push off, now we'll be doing long power back strokes. Keep riding high, keep the kick down *just for balance* or we'll die kicking too much. Remember to count the strokes and breathe in rhythm. The flags will be there bam hit the wall flip push off long ride high this'll be another length just like the last one...except I'll be getting farther ahead... Okay here's the flags...here's the wall bam off that wall get a *grunt* power underwater pull get a *grunt* power squeeze kick okay I'm on the surface now I'll be keeping my elbows up, making sure I use my arms to their fullest, keeping my stupid kick out of the way undulate undulate undulate undulate undulate undulate *wall* turn fast push off *grunt* power pull *grunt* squeeze undulate some more...

Hey come on, can't you tell I'm visualizing a race here? So what if it looks like easy freestyle. Get outta the way. No don't say anything to him. That would just make us both mad.

Okay, here's the 300 mark. Turn and start the Free leg. I'm going to be tired by now. I'll definitely be breathing every stroke. The Free will be on automatic. The effort will have to be consummate here. Nuthin after this but an airplane ride home. Bring it home all on how it feels. Bam the pad. I'm going to be first because I'm seeded fastest in the banana heat, so the time on the board will be mine. What will it be? No coach to talk to. Time doesn't matter. Can't do a good time by staring at the clock. If the *feel's* right I'll do well. I know it.

Time to get psyched. Let's go watch Suzanne swim. Here's the stopwatch. I'll record her splits into Tom's videocam. Man, she's doing well. All right, good swim for Suzanne.

Okay, let's get off the feet. This deck has ripped my toes to shreds. Wait for the right time to head for the blocks.

Now's the time. Matt is in my heat, and he just went over behind the blocks. Shoes on, sunglasses off, hat on, grab the Sammy towel, twirl the goggles. Twirl the goggles some more. Twirl the goggles some more. Do I look cool yet? No? How 'bout now? ... Let's sit in this chair here.

Okay, the heat's on the final 100. Shoes and hat off, get some water in the goggles and put them on. Make sure they're *tight*. Tie the suit ya dummy.

On the blocks. Nuthin left but the swimmin'. Wiggle wiggle. Wiggle wiggle. Step right up. Gentlemen, this is 400 meters individual medley.....Take your marks.....*eeeeep go go go*. Duck at the water, keep those goggles on. Down to business. Eeeaaazzyyy Fly. Cruise. Where the freak is Matt going? I *can't* be going out too slow, he must be going too fast. Stay with the smooth. Bam yeah I'm in front except for Matt. God he's gonna die. He's a *breaststroker*. Think about

me me me not him. Cruise. Cruise. Slower. Slower. Bam that must be Matt's split on the board 1:04.0 I must be just right on my Fly split. Okay roll the shoulders power backstroke keep the kick down to maintenance level. Got to make it through backstroke with speed but cool the effort. Eight seven six Flags four three two one bam flip push power backstroke again. Bring it on back. Keep the power on. Keep the kick down. Seven six Flags four three two one bam up rotate push...grunt pull...grunt kick...on the surface. Let's see if a summer practicing breaststroke unbelievably slowly will help me now.

Providence. I dunno why my breaststroke works all of a sudden when I shave down but here it is again. Oh yeah I'm moving here for a change. Okay, gotta push it now. Here comes the wall watch for the wall look at the wall concentrate on the wall bam rotate push...grunt pull...grunt kick...on the surface don't fail me now breaststroke. Yeah. Hey, I don't think Matt even caught up on me much on that length. Keep the power on man I'm getting winded. Air. Air. Air. Air. Air. Air. Here comes the wall watch for the wall look at the wall bam "GO FOR IT!" push off the wall now grind.

My God, Wolfman's gonna be swimming this sucker grind himself in another 100 seconds, what's he doing yelling GO FOR IT at the top of his lungs grind at me for? Didn't see my split. I must grind be looking at sub 5 minutes, otherwise he'd never yell like that... grind So go for it grind go for it ... flip bam push one more wall breathe every stroke grind Tom musta thought I was going sub 5 minutes grind here comes the wall no more breathing... kill the pad bam head up breathe air breathe air, more air...

4 : 5 8 . 8 7 Aaww that's breathe my time? Oh man breathe I've never gone that fast. 4:58 ... I breathe never went better than 5:02 in college; this is impossible breathe breathe breathe. I've gotta get out of this pool. Now maybe I'd better just lie down on this deck behind the blocks and breathe breathe breathe awhile. Thank you, John. Thank you, Tom.

Okay, got to see the end of this last heat. Ted has almost caught Tom. Only one length to go. I've seen Ted in this situation many times, and I know the outcome: Ted wins. But Tom is holding him off. GO GUYS! 4:54 for both of them! One Two Three in the 30-34 IM! And the Wolfman successfully defends and lowers his own 400 IM World Record! But the best thing Tom did today was remind me at 300 meters that I could better my best.

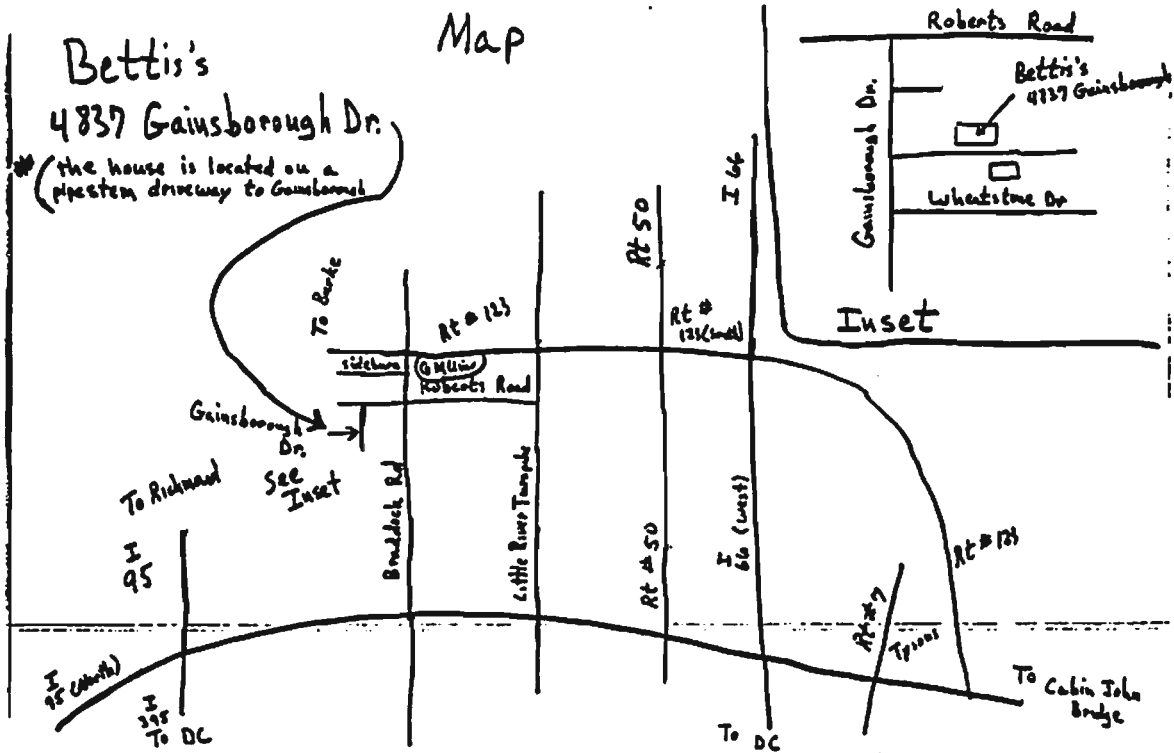
Just getting started in swimming? Perhaps the notion of athletic endeavors for fitness and fun is new to you. Masters Swimming is filled with moments like the one I've just described, because everyone recognizes the motivation of bettering one's self. Nowhere is this healthy attitude more prevalent than at the Masters Swimming Championship meets. Having said that, let me beseech you to come on down to Austin with The TEAM this spring and together we'll make Brontosaurus Burgers out of Lone Star Masters!

!!!! BIRTHDAY (AGING-UP) PARTY !!!!

WHEN: Saturday, January 23, 6:00 p.m.
WHERE: Lee & Lucille Bettis' house:
4837 Gainsborough Drive
Fairfax, VA

WHAT TO BRING: First call, first choice: Call Ann Svanson, 549-5562 BEFORE 8:00 p.m.) to let her know what you'd like to bring (main dish, vegetable, salad, hors d'oeuvres) Club will provide liquid refreshment and dessert.

This party will be to celebrate with all members who are aging up in 1987 and 1988. That always seems to be an extra incentive for hard work and with our attempt this year to WIN at Austin, we'd like to encourage all those hard workers to join us. Besides it was a good excuse for a party. So come get psyched for Austin-- or just to have fun.





1987-88 Order Form (For best service, please order by the first of each month)
 Suggested Team Equipment

Womens Competition Suit (Team Arena, Navy/Red/Wt w/hip logo)	
26 _____, 28 _____\$25.95
30 _____, 32 _____, 34 _____, 36 _____, 38 _____, 40 _____\$30.38
Mens Competition Suit (Team Arena, Navy/Red/Wt w/hip logo)	
26 _____, 28 _____\$13.78
30 _____, 32 _____, 24 _____, 36 _____, 38 _____\$15.00
Team Cap (Lt. Blue w/logo)\$2.50
T-Shirt (Navy w/3 color logo)	
Adult SM _____, MED _____, LG _____, XL _____\$6.00
Long Sleeved T-Shirt (Navy w/3 color logo)	
Adult SM _____, MED _____, LG _____, XL _____\$10.25
Crew Neck Sweat Shirt (Navy w/3 color logo)	
Adult SM _____, MED _____, LG _____, XL _____\$11.00
Hooded Pullover Sweat Shirt (Navy w/3 color logo)	
Adult SM _____, MED _____, LG _____, XL _____\$14.75
Sweat Pants (Navy w/NO LOGO)	
Adult SM _____, MED _____, LG _____, XL _____\$8.50
Collared Golf Shirt (Wt w/logo)	
Adult SM _____, MED _____, LG _____, XL _____\$10.75
Baseball Hat (Navy w/wt front & Navy logo)\$3.50
Nylon Jacket w/lining (Navy w/logo on back)	
Adult SM _____, MED _____, LG _____, XL _____\$18.50
Deluxe Parka (Navy w/Red lining & logo on back)	
Adult SM _____, MED _____, LG _____, XL _____, XXL _____\$54.00
Ear Plugs (3 Pair)\$3.50
Swimmers Ear Protection Drops\$2.50
Log Book\$2.00
Speedo Watershed (Chamois) Yellow _____, Blue _____, Lavender _____, Aqua _____	...\$8.75
Arena Deck Sandaletts 6 _____, 7 _____, 8 _____, 9 _____, 10 _____, 11 _____, 12 _____	...\$18.95
C-Free Shampoo (8oz)\$4.50
Conditioner (8oz)\$4.50
Practice Caps _____\$1.00each 3/\$2.50

Many goggles, suits & other accessories are available at discounted prices.

Circle, Check or Number Choices, Total, Add Tax & Shipping.
 Check must accompany order payable to 'aardvark swim & sport'

Sub Total _____
 VA 4.5% Tax _____
 Shipping \$3.00 _____
 Total _____

NAME _____ PHONE _____

SHIP TO: _____

Mail to: aardvark swim & sport 14512-I Lee Rd, Chantilly, VA 22021
 Questions or Directions? 378 1020 Or in MD 631 6045

Thank You!

We will do our best to ship items within 2-4 weeks
 depending on availability & print schedules.
 We Do Not accept phone orders or credit cards.

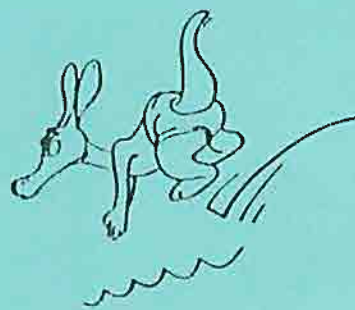
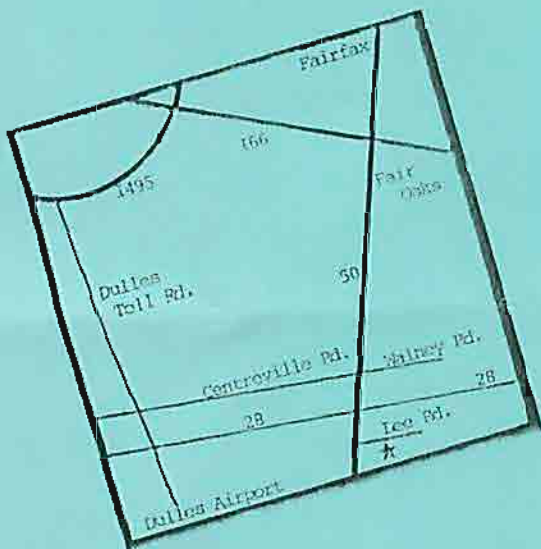


You are always

WELCOME

Hours: Monday thru Friday 9:00 - 4:00
Saturday 10:00 - 1:00 (Tentative)

Please call ahead to check on availability.
378-1020 or in MD 631-6045



Directions:
From 66W to 50W,
Left onto Lee Rd.
2nd Business Park on Right
(Chantilly Business Center)
14512 Lee Rd. in Bay lettered 'I'

ardvark swim & sport inc.

14512 Lee Rd. Chantilly, VA 22021
703 378 1020 metro 631 6045

Welcome to the following new members:

Lisa Orton
Terry N. Linn
Sue Lavery
Brian Zuck
David Cohen
Mike Connolly
Wendelle Gray
Teresa Murphy
David Weiss
Bill Ely
Judy Berman
Barbara York
Dick Rader
Carlyle Carpenter
Meredith Smith

Mark Dervedde
Pam Locke
Robert Ripamonte
George Inman
David Wasser
Matthew Bickley
George Higley
Diana Daymond
Don Hanna
Tim Stroud
Jenny Mowry
Marianne Dickerson
Dan Hoffman
Tom Early
Rebecca Friedberg

As of November 24 the following people had not renewed their DCM membership. This is the last issue of the Wavemaker you will receive until you renew. (Membership application is enclosed in case you didn't receive or lost yours):

Elaine Ammerman
Dave Audley
Eric Bayler

Albert Bove
Ned Cahoon
Leslie Cedarburg
Robin Chico
Margaret Conomos
Tom Cornell
Hope Cullen
Fred Froelicher
Anton Ganey

Ron Grimes
Pat Haffey
Kim Hanson
Bob Hanson
Richard Hay
David Hicks
Matt Kanzler
Susan Marie Kim
Nancy Lee
Kim McDonald
Helena Machado
Allen McCorkle
Connie Meck
Diane Nolly

Nancy Pessel
Edmond Piesen
Sue Seel
Anita Sciacca
Karen & Steve Shaffer

George Szego
Michael Taylor
Susan Tomasovic
Joe Valent
John Wessels
Marjorie Wilson
W. H. Woodward
Fred Zamon

Also, if you have not renewed your DCM membership within 30 days of renewal of USMS membership, your team affiliation will be changed to "Unattached."

New membership rosters will be mailed to all members in January. At that time copies of By-laws and Constitution will be sent to those who requested them.

