



WAVE MAKER

September, 1982

NATIONAL 10 BEST TIMES - SHORT COURSE - 1982

Twenty-eight members of the DC Masters Swim Team qualified for Top-10 in one or more events during the 1981-82 season. Over all, members placed in a total of 143 events. Using the usual point system - 10 for 1st, 9 for 2nd, etc., DC Masters accumulated a total of 814 points!

Leading swimmers were Kelley Lemmon and Mimi Lee. Kelley placed in 20 events, including eight firsts and seven National Records. Six of his new records were in the 70-74 age group (he turned 70 just before the Short Course Nationals in May) and all times were faster than he had done in the 65-69 age group. Mimi Lee placed in 16 events including one 1st, two 2nd and five 3rd. Chris Ruppert who placed in 8 events also set three National Records.

First place winners - and therefore National Champions - were: Kelley Lemmon (8); Chris Ruppert (4); Mimi Lee (1) and Joann Leilich (1).

Second place - Chris Ruppert (2); Mimi Lee (2); Nancy Clark (2); Joann Leilich (1); Helen Hummer (1); John Flanagan (1); Chuck Bechtel (1); Dave Hershey (1); Ed Emes (1) and Kelley Lemmon (1).

Third place - Mimi Lee (5); Bill Bacon (4); Helen Hummer (3); Nancy Pessel (2); Nancy Clark (2); Rita Shephard (2); Kelley Lemmon (2); Chris Ruppert (1); John Flanagan (1) and Dave Hershey (1).

Others who placed in the Top-10 were: Lisa Bennet (2 events); Sue Skiff (3); Diddo Clark (1); Barbara Glancy (2); Mary Lathram (3); Gertrude Abraham (2); Bob Hanson (5); Art Smith (3); George Worthington (3); Sandy Gideonse (4); Peter Taft (5); Bob Goodwin (2); John Alleva (1) and Dave McAfee (5).

Individual High Point winners were:

<u>Men</u>		<u>Women</u>	
Kelley Lemmon	156	Mimi Lee	103
John Flanagan	33	Chris Ruppert	68
Bill Bacon	32	Helen Hummer	56
Dave Hershey	27	Nancy Clark	53
Chuck Bechtel	20	Rita Shephard	45
Peter Taft	20	Nancy Pessel	29
Bob Hanson	20	Joann Leilich	20

PARTY !!!

Sandy Gideonse has once again arranged for us to have our annual "Banquet" at the Officers' Club at Ft. Myer. Date: Oct. 16, 1982
Time: Open bar at 7 PM, Dinner at 8:30 PM. Cost: \$12. Team treasury will subsidize the rest. Checks made to DC Masters. Call Eileen McAfee for reservations before Oct. 13. Surprise awards to be made!

LONG COURSE NATIONALS

Four members of the DC Masters Swim Team flew to Portland, Oregon to compete in the 1982 Long Course National Championships. Portland is beautiful and everyone enjoyed seeing the Columbia River, Mt. Hood and Mt. St. Helens. The weather was comfortable, except for the rain on the last race (the 1500 M freestyle). The meet was well run, except for the seeding of the 1500. Almost 1,000 swimmers from 85 American and 36 foreign teams (including 12 teams from Japan and 7 from Australia) competed. DC Masters did particularly well. Each team member won the maximum of six medals for individual events. Kelley Lemmon swam faster than ever and set 6 National Records, most by huge margins. In the 200 M IM, his 3:27.87 was more than 16 sec. faster than the current National Record. In the 200 M Free, his 2:49.06 beat the record by 10 sec.; in the 100 Free, his 1:12.40 beat the record by 6.40 sec.; in the 50 Free, his :31.85 beat the record by 1.35 sec.; in the 400 Free, his 6:24.02 beat the record by 1.15 sec. and in the 50 Butterfly his :41.35 beat the record by 3.25 sec. No one in his age group gave him any serious competition. Since he turned 70 in May, Kelley has broken National Records 20 times. Helen Hummer, 63, won six gold medals in the 50, 100, & 200 Free, and the 50, 100 & 200 Butterfly. Her teammates were most impressed with the 200 fly. She was doing it for the first time. She paced herself well, looked strong throughout, and finished in 4:33.35 - far ahead of arch rival Zada Taft (Helen's 100 fly was 2:01.77; her 50 fly was :49.06; her 50 free was :40.58; her 100 free was 1:34.10 and her 200 free was 3:25.31). Portland native Mary Lathram, 67, was happy to be home and to see friends she hadn't seen in 50 years. She was pleased with her 3 personal best times, her 2nd place medals in the 1500 free (39:21.23) & the 50 M back (:56.74) & her third in the 100 M back (2:07.10). Diddo Clark, 32, had submitted a seed time of 1:30.0 for the 100 M breast, even though she had never beaten 1:48. In Portland, thanks to the encouragement of her teammates, she finished in 1:29.10 & placed 3rd. She also placed 3rd in the 1500 Free with a time of 22:08.99 - almost 2½ min. faster than her best time when she entered this meet. Aside from typist - WOW. Now, let us all train for the Short Course Nationals in Florida--May!

SHORT COURSE NATIONALS

To date only 14 members have requested reservations for the Short Course Nationals next May 28-31 in Ft. Lauderdale. We hope to have at least 50 swimmers. Requesting reservation now does not constitute an absolute commitment - but we do need to have an approximate figure for the number of rooms to be needed.

DC MASTERS PATCHES

New DC Masters patches have been distributed to all current members. We hope to see a lot of them at our Fall & Winter meets. Incidentally we have a small supply of DC Masters T-shirts - mostly extra-large. We understand the XL make excellent sleeping garments for gals.

TEAM NOTES

Welcome back to competition, Betty Brey. After coaching & studying at GW for 4 years, she is back at Montgomery College teaching part

time and is using her spare time to work-out every day. Hoping to go to the Nationals in Ft. Lauderdale, she's already begun recruiting fellow age-group members.

Diddo Clark celebrated Independence Day this summer by swimming from Alcatraz to San Francisco. This is only one of her remarkable accomplishments this year, as she improved her time for each event by many seconds and some even by minutes. As this goes to print we have not heard the results of the Marathon swim around Manhattan island - 27 miles - that took place Sunday the 12th, and in which Diddo was entered. Another WOW.

Joann Leilich completed a very successful first year of Masters competition by setting national records in all 3 long-course breast-stroke events to go along with her three national championships in Houston.

NATIONAL MASTERS SPORTS FESTIVAL TRIATHLON

Bob Hansen, Mike DeLean, Floyd DeAndrade and Art Smith participated in the Penn Mutual National Masters Sports Festival Triathlon in Philadelphia in mid-August.

A Triathlon involves competition in three events: swim, bike, run. Normally competed sequentially (the clock starts at the beginning of the swim and stops when the competitor crosses the finish line at the end of the run), this triathlon was done over three days, thus making it much more civilized!

The competition opened with a 1½ mile swim in the Atlantic City Bay at Harrah's Marina & Casino. The triangular course in 70 degree water was an exciting event. The overall winner (Curt Sulzer, 26) ripped a time of 27:36., a full 4 min. ahead of 2nd. place!! Mike turned in a 32:53 (and won his age group 30-34) while Art finished 3rd (33:45) and Floyd 8th (34:57). The DC Masters' big gun of swimming, Bob Hansen, recovered from a slight off-course drift and finished with 32:58. Bob has been troubled with an injured shoulder & spent most of the summer months running & biking around Hains Point while his wife worked out in the pool. His training paid off, though with super times in the other triathlon events.

The bike event was interesting, particularly for Art who had never competed in a bike race before. The race was a 10K (6.2 miles) time trial. Bikers started, one at a time, every 30 sec., beginning at 8 AM. The course was the flat, recently paved, West River Drive along the Schuylkill River. Floyd and Art knew they were into tough competition when they discovered that of the 300 bikers, theirs were the only two bikes with kick-stands!

Mike turned in 15:56., Floyd a 16:37 & Art a 16:39. These speeds convert to about 23 MPH. Bob Hansen's 16:18. moved him up in the 25-29 triathlete competition.

Sunday's run was the killer, although we benefitted from the relatively cool weather (80 degrees). Bob really flew - his 10K run time of 40:32. was 11th overall, and moved him to a final finish of 4th in his age group. One super runner went 31:02 but his swim time of more than an hour pushed him far back in the triathlon.

Mike DeLean ran his 10K in 43:20., which earned him the Gold Medal! Floyd moved from 5th to 3rd place with a very respectable 46:40. Art Smith faced his 10K with fear and trepidation (why couldn't the swim be 10K and the run 1½ miles??) but did a personal best of 56:01.

One advantage to entering one's first triathlon of this nature (3 events over 3 days) is that it is easier to get a personal best!

Final Triathlon Results:

25-29 Bob Hansen 4th
30-34 Mike DeLean 1st
40-44 Floyd DeAndrade 3rd
40-44 Art Smith 5th

Team Triathlon: Fastest total overall time for 3 men, 3 events -
DeLean, DeAndrade, Smith 1st

Author's comments: Triathlons are fun for swimmers if you can make sure you have the time to do some running and biking each week. I ran M-W-F and biked Tu-Th-Sat. My cardiovascular system was in fine shape after the short course season, and the workouts at Hains Point every morning kept the conditioning. I only had to get the legs in shape; I seldom if ever got really winded doing the running or biking. The penalty for triathlon training was that my Long Course sprints were slower than in '81, but the opportunity for variety in athletic activity was, I felt, worth it. If you think you might be interested in modest triathlons, the Northport MY triathlon in mid-July is ideal for swimmers. It's a 2½ mile swim, followed by a 6 mile run and an 8 mile bike. It's a continuous event (not a multi-day affair). It is held early Saturday morning and I will have entry forms next year. Two DC Masters went this year (they had 108 entries) and we'd like to have more compete next year. Think about it and plan to jog and bike after Fort Lauderdale's short course Nationals! Art Smith

INTERESTING MISCELLANY

We have heard the news that Chris Ruppert has become engaged to Tom Prosch. We also hear that he is a very understanding non-swimmer. Congratulations are in order.

Will the owner of 2 pale green, about 9" diameter plates that were left at the party at Art Smith's please get in touch with Art.

UP-COMING SWIM MEETS

Sept.25-26 Virginia Masters, Betsey Durrant, 211 66th St., Virginia Beach, Va. 23451
Oct. 10 Mid-Atlantic Masters, Phoenixville, Pa., Susan Palcko, 946 Township Line Rd. Phoenixville, Pa. 19460
Oct.23-24 Oak Ridge Masters, Day Miller, 620 Michigan Ave., Oak Ridge, Tenn. 37830
Oct.30-31 York Masters, Cal Schaeffer, 2826 Eastwood Drive, York, Pa. 17402
Nov. 7 DC Masters, Dave McAfee, 510 E. Broad St., Falls Church, Va. 22046
Nov. 21 Blue Hen Pentathlon, Harry Rawstrom, 713 Colgate Lane, Newark, Delaware 19711
January One Hour Swim - DC Masters
Mar. 13 DC Masters Midwinter Meet
April 9 DC Masters Pentathlon
May 28-31 Short Course Nationals, June Krauser, 2308 N.E. 19th Ave

Swim meets continued

Ft. Lauderdale, Florida 33305

Members will receive announcements of all DC Masters meets. When requesting announcements of other meets please include stamped, self-addressed envelope.

LOOKING AHEAD INTERNATIONALLY

April 9-12, 1983, Sydney, Australia - Pan Pacific International Masters Swim Meet

April 15-17, 1983, Brisbane, Australia - Australian National Championships

For information on the above 2 write: AUSSI, P.O. Box 456, Sutherland, Australia, 2232

April 15-17, 1983, Canadian Short Course Nationals, Etobicoke Olympium

April 24-28, 1984, The First World Masters Swimming Championships, Christchurch, New Zealand. For information write: 1st World Masters Swimming Championships, Convention Management Services of New Zealand, P.O. Box 2607, Christchurch, New Zealand.

1984 Australian National Championships. The Australians say they will schedule their 1984 Nationals to be convenient for people going to the World Championships in New Zealand.

DC MASTERS MEMBERS PROFILES - #1

During 10 years as a Master swimmer Dave McAfee has competed in 14 National Championships (8 Long Course, 6 Short Course). Swimming a total of 70 events, he has earned 6 1st, 23 2nd, 18 3rds. Over the 10 years he has placed in the Top Ten rankings for more than 100 events. Dave, who turned 73 in August has slowed down somewhat, but still places in Top Ten for most of his events.

Long Course			Short Course		
	1982	Best		1982	Best
50	:36.50	:35.41('76)	50	:32.63	:31.60('75)
100	1:25.17	1:23.02('74)	100	1:15.75	1:12.15('76)
200	3:20.84	3:13.95('76)	200	2:52.89	2:49.79('75)
400	7:20.17	7:02.34('80)	500	8:07.64	7:53.48('76)
1500	30:36.49	27:46.07('77)	1650	29:30.39	27:53.83('76)

In 1974 Dave held the National Record in all five Freestyle events - FOR TWO WEEKS! Swimming at Rockville Long Course meet in early August of that year he surpassed all record times. Two weeks later at the Nationals in Santa Clara, Lloyd Osborne established new records in all five events.

LAST WORD - Don't forget to send your reservations and check for \$12 for the "Banquet" at the Officers' Club at Fr. Myer.

AN INVITATION

Jim and Margy Stevens would like to invite you to a lamb roast at their Fauquier County home. For those DC Masters who came to their pig roast in May, the format is the same this time too--freshly slaughtered lamb, cooked over a pit, with keg beer and guests' side

