



WAVE MAKER

August, 1985

CALENDAR

- September 1 Atlantic City, NJ, 1.5 Mile Ocean Swim
Frank Funston, 4417 Privateer Road, Brigantine, NJ 08203
- Sept 10-13 Northern Virginia Sr. Olympics, Wakefield Rec Cntr
For Northern VA residents 55 and older
Registration forms at local recreation centers
Other activities in addition to swimming, call 558-2672
- September 21 PVMSC Award Dinner and Social Event, Reston, VA
- Sept 21-22 Dickinson Masters Meet, Carlisle, PA
Dr. Joseph McEvoy 717-245-1523 243-7824
Dickinson College, Carlisle, PA 17013

LONE STAR HAMSTERS SWEEP NATIONALS

BY Marylee Fouchee

(Reprint from WACO HERALD, June 11)

HOUSTON: The Lone Star Hamsters swept all three National titles this past week at the National Hamsters Swimming and Diving Championships at Olympic Stadium in Houston. The Rocky Mountain Hamsters finished a distant second and the Land of Lincoln Hamsters took third. The DC Hamsters, co-favorites before the meet began, finished eighth. Shortly after the end of the competition, a rather distraught Dr. John Alleva, coach of the soundly whipped DC team, furnished an exclusive interview to this reporter.

Q. What happened?

A. What didn't happen?.....It all started with that dumb story in the WAVEMAKER. First the AMA threatened to sue me into the Stone Age. Apparently the early release of the story ruined a number of pending research projects and scooped the medical journals by 4-5 years. Then we arrive down here and the Lone Star Hamsters show up with almost a million swimmers and divers, 500,000 from Dallas alone. Our little guys were whipped psychologically before we even started. Our male 7 and 8 month olds missed the team flight and wound up getting hijacked to Somalia. Twenty-five of our best swimmers got audition notices about some kind of stupid Broadway musical and decided to skip Nationals and headed for New York to audition for parts. Then our best mixed medley relay got disqualified when a sharp-eyed turn judge, Mrs. Fina Shelhammer of Russell, Kansas, noticed that three of our swimmers were male. Next our "B" relay got DQ'd for not putting their first names on the relay card. And so it went.

Q. And when might we be hearing from these wonderful little critters again?

A. (Censored).

SPRINTS

We are very sad to hear of the death of Marge Miller, wife of Frank Miller. Many of us have enjoyed meeting Marge at team parties over the years. We extend our sympathies to Frank at this difficult time.

DCM bids a fond farewell to Judy and John Collins. John retired from the U.S. Navy in June (wearing the same white shoes he wore when he joined the Navy some 20 years earlier). The ceremony in Annapolis was very impressive. For the summer the Collins will be sailing around England and Scotland in a newly purchased boat. In late August they will take up residence near San Diego to begin the "second half of their lives" (a quote from John). Their address will be 631 Country Club Lane, Coronado, CA 92118. We look forward to meeting up with Judy and John at future National competitions.

Much thanks to Tony Young and his wife Pepper for running an excellent meet on August 3 and 4. Also thanks to Eileen McAfee and the other DC Masters who helped to make it a successful meet. It was great to see Matt Flanagan back in action.

Ruth Shapiro remarked at the August meet on how happy she was to be improving at the age of 70. She's gotten better in all of the events she has been swimming and has added breaststroke to her arsenal. 65+ women take note. She might be persuaded to attend short-course Nationals next spring.

The iron man award of the meet must go to Dale McGinley who swam at the meet on Saturday, then drove to Atlantic City for an ocean swim competition, then competed on Sunday, topping his weekend off with an 800 and the 400 IM.

Tom Anderson was kind enough to send along this delightful sprint. "Mary found out why she was having a hard time swimming with her second pregnancy--not just old age! Matthew and Kenneth, 5 lbs. 8 oz. each, were born 7-27-85.

After assuring me the babies definitely were not coming Saturday evening, I left with Nathan for his Grandparents. Mary proved she has the right stuff by driving herself from our home in Frederick Co. to Walter Reed Hospital, giving birth 30 minutes after arrival. Fortunately the gas station attendant at Shady Grove Shell called me after Mary pulled off long enough to hand him a note she had written on I-270, and I was able to arrive at Walter Reed at the same time she did. Or I might have missed it!

Mary and the babies are doing well."

Congratulations to both of you from the team.

The Committee of Management of the Alexandria YMCA presented its Aquatics Program Award, a certificate and a YMCA aquatic T-shirt to Bert Kassell at its annual dinner meeting on June 27, 1985. The citation, read by Patricia Mellen, Second Vice Chair of the Committee, mentioned the

recipient's participation as a member of the YMCA's Aquatics Committee and his contribution to the initiation of a masters' program at the Y, as well as his having participated for the YMCA in the recent National Championships. Bert has been a member of the Alexandria YMCA and has been working out in its pool for the last four years.

YMCA NATIONALS

By Jill Hoover

Although only one participant at the 1985 YMCA Nationals sent me their places, I will attempt to report on this event by looking at the results published in SWIM. Since DC Masters swam for a variety of Y's, I am sure to have missed a few. If I missed you, please drop me a line with your results. The meet was held May 3-5 at the new Justus Aquatic Center in Orlando, Florida.

BERT KASSELL won 2 silver and 3 bronze medals in the sprint events. KEN FLYNN took a sixth and fourth in 50 and 100 free, second in both the 50 and 200 breaststroke, third in the 100 breaststroke, and fifth in the 50 fly in the 55-59 age group. ED EMES swam in the same age group and got firsts in the 50, 100, and 200 free, 50 and 100 fly, and took second in the 100 IM. SKIP MONSEIN in the 50-54 age group took second in the 50 and 200 back and third in the 100 back.

The 45-49 age group saw many DCM swimmers. CHUCK BECHTEL won the 50, 100, 200, and 500 free and the 100 IM. ART SMITH won the 50, 100, and 200 backstroke and the 50 fly and 200 IM and was third in the 500 free. RICHARD HAY took a fifth in the 50 back and 100 IM and sixth in the 100 back. TONY YOUNG had a successful meet with a sixth in the 50 free, fourth in the 100 free, seventh in the 200 free, third in the 500, fifth in the 1650 in a 20:18.48, eighth in the 50 fly, and ninth in the 100 fly.

JOHN FLANAGAN, 39, had a very successful meet with personal bests in several events. He won the 200, 500, and 1650 freestyle events, setting a YMCA National record in the 500 with a 5:10.26 and in the 1650 with a 17:58.03. John's time in the 1650 beat all the younger age groups as well. He also won the 200 fly and took second in the 100 fly. BOB MONSHEIMER was seventh in the 50 and 100 fly, ninth in the 100 IM, eighth in the 200 IM and sixth in the 400 IM.

For DCM women, NANCY CLARK won and set national records in all her events, the 50 through 500 free, the 100 back and the 100 IM. New DCM Jayne Bruner duplicated Nancy's feat in winning the 50 and 200 free, the 50 back, 100 and 200 breast and the 200 IM. MARTHA WITEBSKY, swimming for the Silver Spring Y, placed sixth in the 200 free, fifth in the 1650, sixth in the 50 breaststroke, fifth in the 100, and third in the 200 breaststroke, second in the 200 IM and third in the 400 IM.

TERRAPIN MASTERS 1500 METERS MEET by Ann Svanson

Many D.C. Masters had a successful 1500 swim at the beginning of the summer. Some did not fare as well but get credit for making it through.

ELAINE HOCHULI was the top seed and swam the fastest time in the meet--19:58.5. She had wanted to break 20:00. She was in a good heat with Al Rickard and Pam Locke. PAM LOCKE (20:40) said, "It was fun ... but I'd only like to do it once a year." JOHN LOCKE wasn't sure of his official time, but it was 3 minutes faster than last time he swam the event! AL RICKARD (20:57) said, "It was great for the first 200 meters and downhill from there." When I asked him how he felt afterwards, he

said, "DEAD!" SUZANNE O'HARA swam the event for the first time. She submitted a seed time of 25:00 but quickly lapped the other swimmers in her heat and finished in 22:04. DENISE WOOD was another first-timer. She enjoyed it and looks forward to more. She tied with Art Smith in 21:43. ART SMITH was very pleased with his time--best in four years! ANN SVANSON (23:46) was very happy as she was almost a minute better than last year and had a PR by 39 seconds. She felt great the whole way and negative split the race (the last 800 was 9 seconds faster than the first 800). TONY YOUNG had a good time at 21:38. MARY LATHRAM swam the event for the first time in her new age group. JIM MYERBERG was fairly pleased with his time. MIMI LEE also completed the event.

NANCY KIRKENDALL swam a 24:40, about the same time as last year. BOB MONSHEIMER at 22:55 declined to comment. RAY CHEN felt that his time was pretty bad, but it was his first time in a long-course pool since last summer. On the positive side, it did cause him to join a work-out group; however, "Even Mimi Lee beat me and she's 65." MARY PARKER swam the race for the first (and last) time and felt terrible. This race helped convince her that she's a sprinter. BETTY GRIFFIN found the race to be long. She had a goggle problem in swimming a 31: something. At the first turn her goggles flooded, and she had to stop 3 times to readjust. The antifog drops burned her eyes, so she swam the last 800 meters with her eyes closed. Better luck next year. DAVE McAFEE thought it was horrible, but so would you if you'd been fighting bronchitis for many weeks since returning from China.

THIRD ANNUAL VIRGINIA MASTERS LONG COURSE CHAMPIONSHIPS - JUNE 28-30

by Bert Kassell

Nancy Clark, with six first place performances, led nine representatives of the DC Masters to the 1985 team championship trophy presented by the host Virginia Masters to the visiting team scoring the highest number of points at the Briarwood Club in Richmond, Virginia. The first long-course competition for most of those present drew representatives from 15 clubs from points south as well as north, of the area.

Andy Kurtzman took four firsts in the 25-29 bracket, while Kelley Lemmon at the other end of the age brackets, also took four firsts. Joann Leilich finished first in all four of the events she swam.

Lee Bettis was the ironman, swimming seven events and claiming one first, five seconds, and a fifth for his two days work. Incidentally, the "boys" in the 45-49 age group did themselves proud, finishing 1-2-3 in the 50 back, Dale McGinley, Lee Bettis and Richard Hay finishing in that order. Dale picked up three firsts, two seconds, and one third in the six events he swam. Richard Hay (our mystery man whom we now have agreed we must corral the next time we see him entered) picked up three thirds and a fifth, the latter in the 50 free.

Our Intrepid Author of "Lane 5", otherwise known as Dick Chadle, went 400 meters freestyle ten seconds faster than he did last year, finishing third in his age group, but claiming he is getting younger and may have to fall back one group. That was until he swam the 100 free, which he did fly at his 200 m fly pace (and if you have followed us thus far you will understand why the time is classified).

Finally, Bert Kassell, with three firsts and three seconds, joined Nancy Clark, Andy Kurtzman, and Dale McGinley (unconfirmed) in taking

home an age-group high-point prize.

CHESAPEAKE BAY CHALLENGE

by Elaine Hochuli

At the 2nd Annual Chesapeake Bay Bridge Bay Swim Race, six gutsy DC Masters, namely Elaine Hochuli, Mark McNickle, John Locke, Pam Locke, Tony Young and Wayne Zimmerman, took the plunge.

The race began at Sandy Point State Park and finished at Heminway's Restaurant on the Eastern Shore. The course was 4.1 mile. Some of the swimmers actually swam about 5 miles because swift currents pushed them off a straight course. The water temperature was 66. There were 66 competitors with only 48 finishers (27 percent attrition).

Tony Young finished 5th overall, clocking 2 hours 15 minutes. Pam Locke and Elaine Hochuli swam together finishing 14th and 15th place, respectively. John Locke and Mark McNickle were 18th and 19th place respectively.

TWO MILE LAKE SWIM

by Elaine Hochuli

This year the Annual 2 Mile Lake Swim, held in Charlottesville, VA, was titled the National Championships. But as always, most of the competitors were from VA, MD, PA and NC. There were 163 participants. The lake record was broken by 29 year old Perry Lange of Virginia Beach, 41:50.

The results are as follows:

<u>Name</u>	<u>Overall Place</u>	<u>Time</u>	<u>Age group Award</u>
Elaine Hochuli	6	44:12	1st
Eob Hansen	16	46:10	8th
Karen Sullivan	18	46:32	4th
Tony Young	23	46:51	1st
Paul Brown	24	46:51	2nd
Denise Wood	31	48:39	7th
Jim Myerberg	38	50:30	3rd
Art Smith	39	50:31	3rd
Howell Posner	46	51:24	10th
Chick Bechtel	55	52:21	4th
Harrison Brand	62	52:35	5th
Jean Picarello	63	52:51	5th
Ann Vollmer-Svanson	64	52:54	2nd
Dale McGinley	70	54:22	5th
Steve Hogan	80	55:19	9th
Frank Murphy	93	58:15	2nd

For most of the team, the highlights of this swimming event were: Learning how to set up the team's sun tent, improving our sun tans, catching up on the latest gossip, a picnic lunch, as well as achieving a

new personal best time.

NEWS FROM OUT OF TOWN

It has been suggested that we spotlight one of our out-of-town members each newsletter. This month Art Smith brought to our attention the humor of Bill Newman and supplied us with this intro for those who don't know Bill.

Bill continues as captain of a Navy garbage-scow somewhere in the Pacific. His ship supplies food and dirty movies and provides incineration services for refuse (we think). Trekking weekly from Boredom to Tedium and return, Bill is still on the way up in the Navy if he can keep his ship off the rocks. He used to live out in Fairfax near our teammate John Alleva. Since they were neighbors, Bill naturally expected at least a post card once a year from John, but that was not to be. So Bill composed the following letter which he sent to John for John to fill in the blanks. We thought you'd enjoy it.

In all seriousness, though, Bill is Captain of the supply ship White Plains and treks around the Indian Ocean and south Pacific. He will return to DC next year. Bill, a Blue Angel pilot and fighter pilot in 'Nam, is a Captain. Fellow swimmers who are sources close to the Navy say he's a man on his way up. We look forward to the day when the Chief of Naval Operations has to take a few days leave to attend Sourt Course Nationals.

John Alleva
9511 Spode Court
Fairfax; VA 22032

(Date)

Dear Bill,

It's about time I got off my butt and wrote you a letter. After all, those of us living the life-of-Riley back here need to express our (appreciation) (ambivalence) (contempt) for you guys out there on the "cutting edge."

First, life here on Spode Ct has really been (boring) (a relief) (saner) since you've been gone. The Army family has done a good job (caring for) (tearing up) (neglecting) your home. Our kids are still (in school) (in the pool) (in love) (all of the above). Now that we have more time together, Peggy and I are getting (along better) (on each other's nerves) (separate bedrooms).

Since I've become a world expert on sexually deviant habits of the North American hamster, I have decided to (never touch those rodents again) (move up to elephants) (write about my own deviant habits). Although the front yard is again overgrown with weeds, the back yard garden is smothered in compost and (smells to high heaven) (has eeked out a few cabbages) (won't grow magic beans worth a darn).

Our vacation to Assateague last summer was really fun. Our big old tent (miraculously held together) (finally collapses) (got us many charity buckets). While Peggy lovingly boiled corn gruel and pounded the wash on a flat rock, I again managed to catch (a few rays) (a cold) (the crabs).

Ah yes, and then there are swimming exploits. This past year David spent Christmas doing 20.000 a day in nearby (Fugi) (Brazil) (Beirut) (). The girls, on the other hand, have done much (better) (worse) with their (strokes) (turns) (dating). Peggy's backstroke is now the pride of lane (6) (5) (4). During this past short course season, I (made the Top Ten) (listened to the Top Ten) (couldn't top a ten year old). As usual, I didn't go to the nationals but take comfort in the knowledge that I can (make top ten) (count laps accurately for 500 yards) (beat you at kicking).

Well, Bill I'll have to close for now. We're looking forward to (your return) (your wife's return) (never seeing your motley crew again).

(Sincerely) (Facetiously) (Disgustedly)

John

July 17 MEETING OF THE DCM EXECUTIVE COMMITTEE

Beginning with the next Board meeting, I will publish more formal minutes; however, this issue is based on notes I took of what I thought were the items of interest to members.

The policy for reimbursement of relay expenses is that relays will be paid for in the case of National and Regional meets. Other meets may get special approval if brought up before the Executive Committee.

All expenses should be approved in advance by the Executive Committee at the regular meetings. When a more prompt decision is required, a decision of at least 2 officers is required.

A sum of \$100, later changed by the officers to \$400, was approved for a party at Nationals. It is intended that in the fall some of our surplus money will be spent on meets, clinics, and the like designed to serve the club's and area's more novice members.

A reimbursement for services of the officers, newsletter editor, hour swim meet manager, and travel coordinator was approved. This reimbursement is in the form of National entry fees and \$10 a night for hotel expenses up to four nights. (Art Smith, hour swim meet manager, and Dick Cheadle, travel coordinator, have declined to accept the money and instead will donate the amount to the party fund.)

Note to team members--anyone interested in attending Executive Committee meetings should contact President Bert Kassel at 920-1675.

DOWN UNDER

by Carlyle Carpenter

Some of the things I understand that the DC Masters do is to ask various swimmers that work out on their own to report on their favorite workouts. Here's one that I enjoy and have had a lot of success with:

swim 300 - kick 200 - 8x50; 2 @ 50%, 2 @ 70%, 2 @ 80%
12 x 75 @1:30/ first 2 lengths free, 3rd stroke
10 x 25 kick-sprint @ :35
200 - 100 - 200 free; 20 secs. rest interval
100 I.M. (15 sec) 200 I.M. (30 secs) 400 I.M. (1 min) 100 I.M. deck start
eat 1 bowl of grapenuts
12 x 50 - stroke - @ 1:10
6 x 100 kick - 20 secs rest int.
500 locomotive - 50-100-200-100-50 (10 secs rest int each distance)

pop 3 benzydriane tablets
bench press 200 lbs x 8 reps
3 x 200 fly @ 3:30
warmdown

Actually, I got this workout from one of our own swimmers, Dick Cheadle, when I was swimming for M.O.S.T. (Masters of Southern Texas) and he was still representing DCM down there. As a matter of fact, I think we were the only two swimmers not to go along when the whole state of Texas consolidated into the Lone Star Masters. Dick was really hot at that. He even wrote a letter to Swim-Master, with a copy to Jim Montgomery, suggesting that the next logical step would be for the entire United States to consolidate into one team, so that everybody who attended Nationals could strut around with a National Team Champion patch. I don't know if Montgomery ever got his copy, though, Dick mailed it to "Lone Star Masters, General Delivery, Texas."

Speaking of Dick Cheadle, I ran into Dick at the ISO (In Search Of) singles bar in Georgetown last week. He was telling me about the new play, and I got to where I couldn't stop laughing. Listen to this.....The house is packed in this huge theatre.....the curtain opens and right in the middle of this gigantic stage is a great big swimming pool.....it's got all these red and blue dividers in it and it's full of people.....now the choreographer, John Brannigan, steps to center stage and starts shouting..."OK, everybody in Lane 5 move to Lane 4, everybody in Lane 3 move to Lane 6, everybody in Lane 2 move to Lane 5, everybody who's tapering move to Lane 1!!.....The audience is howling as nobody moves for at least 30 seconds, fearful of moving into the wrong lane.....Now Brannigan, after quickly glowering the audience into silence, turns and facing the swimmers, raises two fingers to his lips and emits the most blood-curdling, horrific, ear-splitting whistle imaginable. People's glasses are shattering as far back as the fourth row. Everything stops, even the pacing clock.....Now Lance Corporal Rodrigo Palacios-Montemayor, Armed Forces of Mexico, steps up to Lane 5 and, as his ancestors had done 149 years earlier outside the walls of the Alamo, raises his trumpet to his lips and blows the dreaded "Dequello" (no-quarter).....Now the swimmers begin to move, back and forth, with an almost ritualistic-like rhythm.....And in the background a 40 voice choir is singing "The Battle Hymn of the Republic" in G sharp minor....Well, Dick and I got to carrying on so that we almost got thrown out of there. He is totally committed to this project and promises to let us know from time to time as to its progress. If I hear anything I'll keep you posted.

Deadline for next WAVEMAKER is Friday, September 13. Please send articles to Jill Hoover, 2509 Arlington Blvd. #302, Arlington, VA 22201. 522-3027. Thanks to all who submitted this month's excellent contributions.