013.8

The calender says late spring - but the thermometer says late winter! Hopefully those of you who live "downstate" are enjoying a better spring than those of us "up nort". With the short course season behind us it is now time to look forward to Long Course and the opportunity of having USMS Nationals right next door to us in late August. Between Badger Games, Wilson Park and Nationals we will have more than our usual opportunities to swim long course this summer. Let's all think ahead to these meets and support our organization with a record turnout for all three meets.

John Bauman reports that we are still having a problem with swimmers not using their first name as it appears on their registration card when they send in entries for a meet. If your given name is DAVID but you want to be known as DAVE then REGISTER AS DAVE. The same holds for James/Jim, Richard/Dick, etc. Middle initials are also a source of headaches. Meet results MUST be sent in with ALL ' names in the results listed in EXACTLY the same way they are listed on the national registration list. We must have at least 20 "David" 's on our list and John must check every one every time as he can't remember how they registered. So, please.....REGISTER AND ENTER USING EXACTLY THE SAME NAME FORM! It would be a shame not to receive Top Ten or All-American recognition simply because a name was listed improperly. Your help in this matter will be GREATLY appreciated!

As you can tell by the enclosed information Wisconsin Masters has scheduled a Long Course meet at Wilson Park August 6-8, 1993. This will provide a perfect tune up meet for the Long Course Nationals which will be held "next door" in Minneapolis later in August. Let's hope the weather cooperates with us this summer. It was a real disappointment last summer when the meet had to be cancelled because of cold weather and cold water.

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As you can see by the return address on this newsletter your editor has moved. Actually - the horrible process will be ongoing just about the time you receive this newsletter. I'm still in the north woods of Wisconsin - still in Marinette. But now I awake to sunrise over the Bay of Green Bay. While the Bay is gorgeous to look at and great to boat on it leaves much to be desired (from MY point of view, anyway) as far as swimming goes! Water depth at the end of our 65' pier is 12-18 INCHES! Nevertheless, if you are ever in the area and desiring an open water workout - drop by!

Nancy Kranpitz

I finally received permission to reprint an article written by Herb Howe, Jr. Most of us are at least familiar with the name of Herb Sr., a perennial All American and World Record Holder. I hope you find Herb Jr.'s article as interesting as I did.

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GRIM WIN: I don't use mayo; I've scratched the salt.

Two eggs and such - I've called a halt.

I've cut out whatever once set me throbbing 
And now at night I lie there, sobbing.

-SharkSnooze

\*\*\*\*\*\*\*\*\*\*\*\*\*

What do you do when you are an extended swimming family, several members of whom live in the Minneapolis area, and one challenges the others to form a "team" for the Long Course Nationals? Ask Cindy Leigh Maltry from Neenah. Cindy has been a long standing Wisconsin Masters swimmer who, for this year only, has joined her sibblings, father, uncle, and possibly her mother and husband and registered in Minnesota so as to form The Team From "L" (In honor of the family name of Leigh). The other suggested name of "Fat Guys in Speedos" didn't quite cut it with Cindy and her sister!

So who will comprise this team? Richard Leigh, 68, Cindy's uncle, will be the elder statesman. A former high school swimmer, he recently returned to competitive swimming through the masters program and reportedly won all his events at the World Games in Indiaiapolis last summer. Quote from Richard - "Participation, hell. I want to win!"

Jack Leigh, 62, Cindy's father, also a former HS swimmer, has just recently resumed swimming and wishes he had started his comeback earlier! His penchant for labeling everything on the family premises with an "L" was the inspiration for the name of the team.

Nate Leigh, 36, Cindy's brother, swam his way through age group, high school and college and re-entered competition as a Masters swimmer 2 years ago. Besides being a swimmer himself he is the father of 3 USS swimming children.

Jay Leigh, 34, another brother, has been a USS swim coach in the Minneapolis area for the past 12 years. He, too, swam through age group, high school and college and has done some sporadic Masters swimming over the past few years. As the family artist he is working on the team T-shirt design.

Sara Leigh, 30, Cindy's sister, competed mainly in junior and senior high school and swam for fitness through college and grad school, She currently works out with the Hamlin Masters team and writes articles about the nationals in their newsletter.

Cindy, 38, swam age group, high school, college, and masters since age 25. In addition to swimming she is a faithful member of the Neenah area ladies swimming luncheon group!

Possible Competitors (if they are talked into it):

Grace Leigh, 62, Cindy's mom, a former non-swimmer has arranged for some private coaching to improve her strokes and learn turns. Cindy reports she is making remarkable progress in short order!

Dave Maltry, 39, Cindy's husband, a former swimmer and football player. Dave turned from swimming to golf when their oldest child became too antsy to sit for an hour in her stroller on the deck while both Dave and Cindy worked out with a Masters team in Columbia, MO. According to Cindy, if Dave were to join her brothers and father on a relay the name "Fat Guys in Speedos" could work!

Good Luck to The Team From L! And we'll look forward to Cindy's return to WMAC in January and possibly welcome her husband, too!

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## WISCONSIN MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS AUGUST 6-7-8, 1993

SPONSORED BY: The Wisconsin Masters Aquatic Club.

SANCTIONED BY: USMS, INC. and LMSC for Wisconsin. Sanction No. 203-05.

LOCATION: Wilson Park Recreation Center, 4001 So. 20th St,

Milwaukee, WI

FACILITIES: 8 lane, 50 meter pool with anti-turbulent lane guides,

starting blocks and backstroke flags.

Time: Friday, Aug. 6: Warm-up 6:00PM, meet starts at 6:45PM.

Saturday, Aug. 7 and Sunday, Aug. 8: Warm-up 7:00AM,

Frite - Little

meet starts at 8:00AM.

WARM-UPS: Lanes 1 & 8 will be start and sprint lanes with swimming

in one direction only and exiting to the side or end. Lanes 2-7 will be for circle swimming only - NO DIVING

STARTS from the blocks or the deck in lanes 2-7.

RULES: Official Masters Rules will govern this meet. All events

will be timed finals and will be pre-seeded except for the 400 and 1500 Freestyle. Heats will be seeded slowest to fastest and swimmers not submitting seed times will swim in slower heets. Age groups and sexes will be combined to

expedite the meet.

TIMING: Will be with an automatic timing system backed up by watches.

Members of the Wisconsin Masters Aquatic Club will be

expected to assist with the timing.

ELIGIBILITY: Open to all Masters Swimmers 19 years old or older.

All entrants must be a registered Masters Swimmer and have their current card available at the meet. The USMS number must be on the entry - no "applied for" will be accepted.

ENTRY FEE: \$2.50/individual event - \$5.00/relay, plus a \$4.00 surcharge

for facility user fee. Fees must accompany entries.

DECK ENTRIES FOR INDIVIDUAL EVENTS WILL NOT BE ACCEPTED.

Deck entries for relays will be accepted.

CHECKS PAYABLE TO: Wisconsin Masters Aquatic Club.

ENTRY LIMIT: Five events per day plus relays and the 1500 Freestyle.

THE 1500 FREESTYLE WILL BE LIMITED TO THE FIRST 48 ENTRIES RECEIVED and each swimmer entered in the 1500 will be

responsible for providing a person to count his/her laps.

ENTRY DEADLINE: Entries must be in the meet directors hands no later than

6:00PM, Wednesday, July 28. Entries received after the

deadline will be returned.

ENTRY FORM:

The official entry form must be used, one person per form and the waiver must be signed without any alterations.

AWARDS:

Ribbons for 1st to 3rd place.

MEET DIRECTOR: John Bauman

John Bauman

11616 W Greenfield Ave - Apt. 23

West Allis, WI 53214

(414) - 453 - 7336

### SCHEDULE OF EVENTS:

Friday, Aug. 6 - Warm-up 6:00PM - 1. 1500 Freestyle

	Saturday	Aug.	7	Sunday,	Aug. 8		
		Warm	-up 7:00AM		Warm-uj	7:00AM	
	2.	50m	Butterfly	10.	50m	Breaststroke	
	3.	400m	IM	11.	200m	IM	
	4.	100M	Freestyle	12.	100m	Backstroke	
	5.	200m	Backstroke	13.	50m	Freestyle	
	6.	100m	Breaststroke	14.	200m	Breaststroke	
	7.	200m	Freestyle	15.		Butterfly	
٠,	8.	50m	Backstroke	R3.		Free Relay	
	9.		Butterfly	R4.		Mixed Medley	Relay
	R1.	200m	Medley Relay	16.	400m	Freestyle	
	R2.	200m	Mixed Free Relay				

Christensen, Robert C. "Mr. C."

Age 65. Born July 4, 1927 in Racine, Wl. Died May 10, 1993. Married to Sally Ann (nee Brunnelson) August 8, 1953. Dear father of Stephen, Jenny, and Marcy (Brian) Minix. Proud grandpa to Cassandra, Jessica, and Daniel Thor Christensen and Grace Elizabeth Minix. Brother of Violet, Rosa (Gilbert) Sorenson of Racine, Wl. Rev. Richard (June) of Fresno, CA, and Dr. Harvey (Pree) of Hickory, NC. Further survived by relatives and many friends.

Memorial Services to be held Sat. at 3 P.M. at the Evangelical Covenant Church, 7727 West Center, Milwaukee, Wl where Bob was an active member. The family will receive friends at the church from 1 P.M. to time of service. At his request, his body was donated to the Medical College of Wisconsin. In lieu of flowers, memorials to the church or Wauwatosa Special Olympics would be appreciated.

Bob taught for the Wauwatosa School System and coached swimming at Wauwatosa East and other, Milwaukee area schools. Swimming Coach for the Wauwatosa Special Olympics and Aquatics Director for Wisconsin Special Olympics. Co-Developer of Suburban Senior Softball League, former National President of Phi Epsilon Kappa, and Wauwatosa Distinguished Citizen 1987.

We were saddened to learn of the death of Bob Christensen. Although not one of our "regulars", he did participate in Masters Swimming off and on over the years. He also always swam in the Senior Olympics and the Milwaukee Municipal Meet every year. We extend our sympathies to his family knowing that we, too, will miss him.

# ENTRY FORM WISCONSIN MASTERS CHAMPIONSHIPS August 6-7-8, 1993

4. 4.65

NAME		BIRTH DATE	AGE	MALE FEMALE				
ADDRESS								
CITY			ZIP_					
PHONE NO.		USMS NO.						
TEAM	:							
	SCHEDULE C	F EVENTS						
Friday, August 6	Seed Time							
1. 1500m Freestyle		· · ·						
Saturday, August 7 2. 50m Butterfly 3. 400m IM 4. 100m Freestyle 5. 200m Backstroke 6. 100m Breaststroke 7. 200m Freestyle 8. 50m Backstroke 9. 200m Butterfly R1. 200m Medley Relay R2. 200m Mixed Free Rela	Seed Time	Sunday, August 10. 50m Breas 11. 200m IM 12. 100m Backs 13. 50m Frees 14. 200m Breas 15. 100m Butte R3. 200m Free R4. 200M Mixed Relay 16. 400m Frees	tstroke troke tyle tstroke rfly Relay Medley	Seed Time				
SURCHARGE			\$	4.00				
ENTRY FEES:	INDIVI	OUAL EVENTS @ \$2.5						
The Control of the Co		TOTAL FEES	\$					
, T Ca :	LIABILITY	RELEASE						
I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. In addition, I agree to abide by and be governed by the rules of USMS.								
		DATE						

"The following article is reprinted courtesy of SPORTS ILLUSTRATED from the December 10, 1984 issue. Copyright - © - 1984, Time, Inc. "Cancer Gave This Nonathlete a Renewed Appreciation For Sports" by Herb Howe, Jr. All Rights Reserved."

### Sideline

by HERB HOWE JR.

CANCER GAVE TO THIS NONATHLETE A RENEWED APPRECIATION FOR SPORTS

Armed with stopwatches, kickboards and the latest Speedo swim trunks, a growing band of senior citizens rendezvous each morning at swimming pools across America. By churning the once-placid water and contorting themselves into flip turns, they strike at a basic myth about age. Most of us assume that our physical pleasures lessen as our physical abilities decline. It took a brush with death for me to understand that these graying, stooped-over swimmers, including my 72-year-old father, have an elementary lesson to teach us.

Before I reached my teens, my father, then a professor of classics at the University of Wisconsin, had led me through that rite of passage known as introducing a son to sports. On a late Sunday morning in our backyard some 35 years ago, he first wrapped my hands around a bat and tossed soft pitches that I harmlessly flailed at. Nearly a decade later my dad and I would listen to the exploits of the Milwaukee Braves over the radio or visit County Stadium to watch Henry Aaron, Eddie Mathews, and Bob (Hurricane) Hazle. And when I began to play Little League ball, my father would sit through the flubs and whiffs of my butterfingered youth.

As I entered high school and college, other activities and people inevitably drew my attention. But while my interest in sports waned, my father's grew stronger and he became a serious swimmer.

In 1972, Masters swimming became affiliated with the Amateur Athletic Union. The AAU believed that many older Americans wanted the fun, exercise and competition that organized swimming affords. The Masters has 14 groups, starting with men and women ages 25 to 29 and ending with swimmers in their 90s.

At 6 a.m., six days a week, for the last 14 years, my father has walked or bicycled to a pool where he swims two miles alongside preteens. Until his retirement in 1982, he strolled over to the University of Wisconsin's pool at lunch hour and swam a third mile; returning to the classroom, he then taught another generation

the glories of Odysseus and Horatius.

"My old man needs a hobby now that we've all left home," I'd explain to my bemused friends as I described my father's aquatic achievements. During my 20s, sports meant nothing more to me than a study break from school or an excuse, following an intramural game, to quaff Milwaukee's finest.

Cancer changed my assumptions about Masters swimming, sports and older people. In 1976 I was a 31-year-old graduate student at Harvard when I discovered a lump on my wrist. Not too long after that, while I was in the hospital having it removed, a doctor walked into my room and said, "Herb, I don't want to shock you but you've got a very rare form of fibrosarcoma in your right wrist. There's an 80 percent chance you'll die within the next five years."

The next few months saw me pass through radiation and enter a necessary but painful chemotherapy program which, among other things, caused vomiting, nausea, diarrhea and a pronounced listlessness that marooned me on my living room sofa for endless hours. I felt old, and like many patients I asked what the medical experts could do for me rather than what I could do for myself.

By January of 1977 the pain—both mental and physical—had become overwhelming. One morning after two consecutive chemotherapy treatments I told my doctor, "I just can't take it anymore. I'm quitting the chemo." He cautioned me against such a decision. "You realize what you might be doing?" Stopping the chemotherapy could end my life.

I returned home angry, feeling alone. "I'm a quitter," I decided, "but I can't do any better." Needing to release the tension, I laced up my running shoes and began tearing around Cambridge. Skirting puddles and automobiles, I thought of my father and how he had described the joys and rewards of swimming.

"Swimming is the one sport you can enjoy lying down," he had joked before becoming serious, and observing that although we're all losing the war against time, Masters swimmers enjoy winning some of the skirmishes. In 1976 my father swam about 800 miles, or the approximate distance from New York to Chicago. "None of the old goats like myself were Olympic quality in college." Unlike topflight collegiate swimmers who peak in their 20s, my father and his friends, as he put it, "have just enjoyed

#### SIDELINE continued

getting better as time tries to pass us by "

Also, like Juvenal, who sang the praises of "a sound mind in a sound body," my father believed that his work had benefited from physical activity. "Since I'm healthier than 10 years ago," he said, "I'm more energetic and interested in my teaching." Finally, the gift of example. Fifty years from now, predicted my dad, "My students may not remember their Greek conjugations and Latin verbs, but I will have taught them that swimming and walking are part of everyone's professional equipment."

Now, with my father's encouragement, I finally followed his example. For the second period in my life I adopted athletes as my heroes. But no longer were they home-run hitters or strikeout kings. My current idols were gaunt, balding, stoop-shouldered men who probably never had enjoyed a crowd's applause. But, unlike me, they were wringing from life all the joy and humor they could. They hadn't surrendered.

I canceled my remaining classes for the week and plunged into sports. I was determined to do as much as possible, as quickly as possible. It was important for me to believe that my body was sound. Thinking of my father, I began swimming an hour each day, angrily punching the heavy bag and running six-minute miles. Two weeks after stopping chemotherapy, I was running and swimming farther than I had been before the doctor told me I had cancer. Just as my dad and his aquatic cronies "enjoyed getting better as time tries to pass them by," I, too, was realizing that physical limitations often are a state of mind and that most of us have more control over our lives-and bodies-than we assume.

My early love of sports had returned, but no longer was it the conquering of individuals or teams that excited me. Instead, it was my improved physical fitness that gave me pride. I returned to chemotherapy determined to become completely well.

On Memorial Day of 1977 my brother-in-law and I competed in a world championship, 72-mile, single-day canoe race. All my friends, except my father, implored me not to compete. We finished the race in 12 hours. We did not win. We were lucky to have placed in the top 50%. Yet I was exultant. I had gone beyond my supposed limits. Like my dad, I was winning some of the skirmishes in the war against time. I still am.

\* Total Immersion's Swim Camp ad was omitted from the May issue of SWIM Magazine. The schedule of camps from June on is: June 11-14 Mount Holyoke College S. Hadley, MA June 17-20 Franklin & Marshall College Lancaster, PA June 24-27 Salem College Winston-Salem NC July 2-5 Colgate University Hamilton NY July 17-20 Midwestern College Downers Grove, IL July 24-27 July 30-Aug 2 Adrian College Adrian MI Aug 6-9 York University Toronto, ONT, Canada Contact: Terry Laughlin-Director, 381 Main Street, Goshen, New York (914)294-3510 (516)294-3528

\*

Congratulations to Jan Moldenhauer of Oshkosh on her retirement! Jan has been the very successful UW-Oshkosh men's swimming team coach for many years in addition to her duties there as a professor in the Physical Education Department. While the collegiate ranks are sorry to see her go we in Wisconsin Masters can hopefully look forward to seeing Jan at more of our meets now that weekend college meets won't be conflicting with weekend Masters meets.

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CITY/STATE/ZIP

### 1993 USMS 2000 SWIM CHALLENGE ATTENTION United States Masters Swimming and the Niagara District of New York State invite ALL competitive and fitness swimmers, triathletes and runners to the challenge of a 2000-yard or 2000-meter swim for fun and fitness. **AWARDS** All participants will receive a custom T-shirt and a copy of results. COST Entry fee is \$10.00. Swimmers entering both courses (yards and meters) may enter the second event for \$5.00 and receive one T-shirt. A separate entry form is required for each entry. DATES The distance must be swum between June 1 and July 31, 1993. Entries should be postmarked by August 14, 1993. ELIGIBILITY USMS membership is NOT required. Participants must be physically fit and sufficiently trained to complete the distance safely. No drafting, pull buoys, paddles, fins, bands or other swim aids are allowed. Entrants may enter either or both challenges. RESULTS Will be compiled and ranked by time in five-year USMS age groups (19-24, 25-29, 30-34, etc.). RULES Times should be recorded with a stopwatch. To help keep track of the laps swum and the time, a person counting each lap and recording the cumulative time for each lap is recommended. TO ENTER Complete the entry form below and mail it with a check payable to "USMS, Inc." to Betty J. Barry, 1403 Victor Holcomb Road, Victor, New York 14564-9310. (716-924-5344) 1993 2000 SWIM CHALLENGE - ENTRY FORM T-shirt size Medium I, the undersigned, completed the distance in accordance with the designated rules in the time indicated. Large DATE OF SWIM \_\_\_ \_\_\_\_\_TIME \_\_\_\_\_YARDS \_\_\_ METERS \_\_\_ X-Large AGE AT SWIM DATE \_\_\_\_ BIRTH DATE \_\_\_\_ USMS REGISTERED? YES \_\_\_ NO \_\_\_ NAME SIGNATURE \_\_ **ADDRESS**

PHONE NO.



DATE:

April 20, 1993

TO:

USMS District Chairs, Fitness Coordinators, Newsletter Editors

and Coaches

FROM:

Betty Barry, Niagara District

RE:

1993 USMS 2000 SWIM CHALLENGE

This year for the first time the 2000 SWIM CHALLENGE will be run through the National Fitness Committee with New York's Niagara District administering the meet.

Several changes in format have been made, most significantly USMS registration is not required. It's our hope that by doing so we will encourage the participation of triathletes, runners and lap swimmers across the country and at the same time create an opportunity to publicize the advantages of USMS membership. Of course, for all swimmers it's a challenge at a distance which is considerably less intimidating than the 6000!

Meet information will appear in the magazines "FITNESS SWIMMER" and "SWIM" and, as you can see, competitors may swim 2000 yards or 2000 meters, or enter in both distances if they wish to do so. The distance(s) must be swum during the period from June 1 to July 31.

We encourage you to use the challenge as part of a practice workout, to circulate the meet sheet through your newsletters and at local Y's, JCC's, and other pools frequented by non-USMS athletes.

Participants will receive a copy of the results, a specially designed t-shirt and information about USMS. If you have something you would like mailed to people in your area, e.g. a list of places to swim or contact people/phone numbers, or if you have any questions, please contact me.

Your help in promoting the meet and your participation will be greatly appreciated.

We'll let you know at the convention how many accepted the challenge!

### WORLD RECORD CERTIFICATES

1. MSI has announced that any swimmer who set a World Record from the starting date of 22 June 1985 that was broken by the time World Records were published 1 May 1991 may apply for a MSI World Record Certificate by sending details of event, date, place and age group to:

Peter Gillett
28 Rawlings Road
Modbury North
S.A. 5092
AUSTRALIA

Individual Certificate US \$ 5.00 Relay Certificates (5) US \$10.00

Payable to: Masters Swimming International

Please send all inquiries to the above address.

2. MSI has announced that any swimmer who held a World Record on the 1 May 1991 list or the 1 Nov 1991 list that was broken as of the 1 May 1992 list will receive an MSI World Record Certificate at no cost. By the end of Feb all of these certificates should be in the hands of USMS recipients.

Please send all inquires to Peter Gillett.

3. FINA has taken the responsibility of the World Record Certificates as of 1 May 1992. All swimmers who held a World Record as of the 1 May 1992 list should have by now received a FINA World Record Certificate at no cost.

Please send all inquires to Walt Reid
11114-111th ST. SW
Tacoma, WA 98498
FAX (206) 589-8321

4. FINA will continue to distribute World Record Certificates for any properly documented swim that breaks the published record. Certificates for records broken between 1 May 1992 and 1 Nov 1992 should be in the hands of USMS recipients by the end of Feb 1993. From this point on, the FINA office plans to distribute Certificates on a monthly basis.

Please send all inquires to Walt Reid.

We would like to wish a continued speedy recovery to Dick Zeumer of Neenah. He underwent surgery in late April. Although not a registered Masters swimmer, Dick is almost always in attendance at our meets working on deck as a timer or recorder while his wife, Fran, and daughter (me!) swim. He was once asked if he didn't tire of doing this type of work meet after meet - to which he replied - "Well, it keeps me out of bars and from chasing women!". Dick very well COULD be a competitive swimmer as swimming is a part of his exercise routine year round. Maybe NEXT year we will be able to coax him into the pool to compete.

MASTUETTE, WI 54143
WISCONSIN MASTERS SWIMMING

All registered USMS members in Wisconsin should have received meet entry information for the upcoming Badger State Games. The Masters swimming will take place on June 27, 7 AM - noon at the Shorewood Pool in Madison. Entries are due in by June 11. So if you want to go but haven't sent in an entry form yet - hop to it! This meet provides us with one more opportunity to get in Long Course swimming prior to our "neighbor's" big meet in August!

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Wisconsin Masters swimming is privileged to have two ladies in our ranks who epitomize what Masters swimming is all about. Libs John (80-84) and Betty Kendall (70-74) continue to turn in quality performances despite having been set back several times in their careers by extensive surgeries. Both have amazed their physicians with their speedy recovery and return to swimming and neither have felt it necessary to dwell of their "misfortune" and retire to the inactive ranks of so many of their peers. We applaude you, Libs and Betty!. You are living proof of what we swimmers know to be "Gospel", i.e. swimming is the greatest activity around to keep you healthy and on the move. And, thank you for your contributions to Masters Swimming in the State of Wisconsin! Keep on swimming!

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