



1989 USMS All-Americans

WOMEN

19-24

Diane Batson
Sheri Brownstein
Kathryn Cavanaugh
Maya Codelli
Corrin Convis
Christine DeKraay
Judi Erickson
Christine Hartzell
Linda Beth Hughes
Stacy Jones
Reena Kilgore
Laurie Kilmartin
Kim Kirby
Ann Lewis
Mary Beth Masterson
Pamela Maxwell
Amy Solveson
Tori Trees
Nana Wilemon
Paige Winters
Livia Zien
Krista Zimmer
25-29
Karen Burton
Kim Carlisle
Shelley Carlisle-Sellani
Melanie Dullea
Liz Fabrizio
June Ford
Kathy Frazier

Gina Gatti
Diane Graner
Jeanne Hanisch
Beth Knight
Susan Matherne
Nancy Mitchell
Beth O'Connor
Amy Pless
Sara Shand
Janie Valach
Robin Zubeck
30-34
Lisa Bennett
Kathy Branch
Cathy Bujorian
Susan Blattner
Bonnie Durdy
Elaine Hochuli
Lauren Hasselquist
Beth Knight
Carol Lee-Heltzel
Beth Maurer
Marguerite Meyer
Maureen Mortell
Huddie Murray
Sandy Neilson-Bell
Melinda Schmitt
Rosemary Seaman
Amy Winston
35-39
Linda Bamber

Luanne Beinke
Susi Chandler
Charlotte Gutierrez
Susan Halfacre
Jacki Hirsty
Catherine Kohn
Lynn Morrison Casey
Leslie W. Osborne
Jan Pesavento
Susan Skiff
Louise Stacy
Mary Ann Stevens
Laura Vai
40-44
Carolyn Ferris Boak
Kathrine Casey
Carol Chidester
Brooke Dick
Barbara Dunbar
Martha Martin
Ginger Pierson
Dale Strickland
Megan Wilson
Sharon Wise
45-49
Betty Bennett
Elaine Bromwich
Dorothy Burke
Irene David
Barbara Frid

Barbara Hoellen
Jane Katz
MaryPat Maley
Ardeth Mueller
Nancy Ridout
Diana Todd
50-54
Nancy Brown
Jayne Bruner
Charlotte Jenkins
Betsy Jordan
Angela Konig
Jayne Lambke
Joann Leilich
Susan Munn
Sperry Rademaker
Karlette Vourlis
55-59
Laverne Adams
Jayne Bruner
Ronnie Kamphausen
Anne McGuire
Roxanne Motter
Lavelle Stoinoff
Diane Stowell
Carol Taylor
60-64
Anne Adams
Beth Blickfeldt
Cynthia Bruce
Florence Carr

Alicia Coleman
Regan Kenner
June Krauser
Gail Roper
Betty Russ
Doris Steadman
Carol Taylor
Clara Walker
65-69
Grace Altus
Betty Christian
Charlotte Costello
Dorothy Donnelly
Jeannette Eppley
Jae Howell
Regan Kenner
Dorothy LaChasse
Ruth Manfredi
Jeanne Merryman
June Reynolds
Phyllis Staige
Petey Smith
Doris Steadman
Patsy Weiss
Catherine Williams
70-74
Mardi Brown
Louise Donovan
Audrey Etienne
Yvonne Frischertz
Helen Hummer

Kay Schimpf
Rita Simonten
Ann Walker
Gertrud Zint
75-79
Hilda Buel
Nancy Clark
Jean Durston
Genevæ Kahrs
Marie Kelleher
Win Kennedy
Elsa Mattila
Maxine Merlino
Marie Wicklun
80-84
Jerry Bennett
Hazel Bressie
Jewel Cooke
Julia Dolce
Dorothy Hopkins
Katherine Pelton
Sally Scott
Rita Shephard
Aileen Soule
85-89
Anna Bauscher
Mamie Brown
Marian McKechnie
Hazel Rambo
90-94
Pearl Miller

MEN

19-24

Scott Adams
Tony Batis
Joseph Bergin
Tom Blodgett
Michael Collins
William Corrigan
Terry DeBlase
Christian Gregory
Jeff Heimback
Joseph Hoess
Mark Houston
James Hudson
Anthony Kung
Marc LaPalme
John Melton
Thomas Prince
Darren Phelan
John Scurlock
Chris Stevenson
Randy Sprout
Mark Whiteside
25-29
Holden Bank
James Boegman
Clay Britt
Theodore Chappell
Rick Carey
Pierre Delisle
Dick Dilalla
David Grootenhuis
Al Jaegers
Stuart Knowles
D. Burgess Laird
James Lilley
David Lundberg
Peter McClafferty
Ross Myers
Craig Nadel
Mark Noetzel
Bobby Patten
John Sayre
John Smith

Mark Stohrer
Jim Tucker
John Waldman
Chris Waters
Bari J. Weick
Brad Wells
30-34
Michael Bottom
Matt Clark
Rob Copeland
Will Douglass
Dan Goerke
Rick Hofstetter
Bruce Howell
Sam Jones
Fritz Lehman
Doug Malcom
Scott Malm
Stu Marvin
Jim Montgomery
Barry Morrison
Kerry O'Brien
Shawn O'Gorman
Dix Ozier
Robert Placak
John Roemer
R. Mark Schuman
Joseph Shore
William Specht
Dan Stephenson
Thomas Wolf
35-39
Edward Brown
W. Casey Claffin
Clay Evans
James Griffith
Greg Harrison
Trip Hedick
W. Tom Hickox
Gary Kempf
Bruce Mallette
Mike McCaffery

Jim McConica
Mike McIntyre
Chet Miltenberger
Mel Nash
Jeff Perout
Thomas Perrin
Kevin Polansky
Frank Thompson
Bill Vickery
Paul Windrath
Larry Wood
40-44
Bill Barthold
Keith Bell
George Bozelle
John Calvert
Ric I. Cooley
James Delacy
Boo Gallias
Paul Henne
Elam Hitchner
Patrick Howe
James LaMontagne
Homer Lane
Andrew McPherson
John Momen
Kevin Polansky
Tod Spieker
Allen Stark
Dick Thomas
Dan Thompson
J. Michael Witaszek
Ken Ziskin
45-49
Ed Bartsch
Richard Bauschard
Tom Boak
Richard Boyd
Doug Buchan
Rich Burns
Ed Cazalet
Bruce Clark

Gerry DeLong
Scott Guthrie
Gaylord Hopkins
Marty Hull
Ralph Kendrick
Keefe Ludwig
David Lyons
James Pellissier
Dick Pitman
Robert Smith
Hugh Winn
Richard Woodrow
50-54
Jack Beattie
Jeff Farrell
Drury Gallagher
Ed Hinshaw
Ernie Leskovitz
Bill Mulliken
Robert Proebsting
John Smith
William Van Horn
55-59
Jack Beattie
Bob W. Best
Don Brown
Wally Dobler
Phillip Gay
Donald Hill
Graham Johnston
Burwell Jones
Charles LeBourgeois
Yoshi Oyakawa
Mani Sanguily
Bill Yorzyk
60-64
Roger Franks
Ted Haartz
Bob Heritier
Paul Hutinger
Boyd Johnson
Joe Kurtzman

Charles Moss
William Phillips
Frank Piemme
Perry Rockwell
Thomas Smith
Peter Van Dijk
Don Van Rossen
Win Wilson
Erick Youngquist
65-69
John Florence
George Gandsey
Barton Greenberg
Ray Hakomaki
Ed Hall
Irving Katz
Herb McCauley
John Richards
G. Ed Rudloff
Jurgen Schmidt
William Stadig
Bruce Sumner
Ray Taft
Fred Taloll
John Woods
70-74
Anton Cerer
Aldo Da Rosa
Birch Davidson
Norris Fluke
James Green
Robert Johnston
Paul Krup
Bill Molvie
Edward Moran
Bill Odman
Harry Rawstrom
Ray Taft
James Welch
75-79
Bennett Allen
Woody Bowersock

Jesse Coon
Jerry Donovan
Jerry Everall
Bill Fite
William Grant
Kelley Lammon
Dave Malbrough
Jack Mattingly
Mike Offner
Allan Sachs
Charles Saille
Carl Thornburg
Wesley Webb
Gary Weisenthal
Dexter Woodford
80-84
Leonard Chapin
Dan Dotterweich
Herb Eisenschmidt
Alfred Guth
Joe Kaufman
John Maxwell
David McAfee
Don Neefe
Abe Olanoff
Jim Penfield
Tex Robertson
William Share
Lee Starr
Bill Stinson
Charles Wood
85-89
Louis Belmont
James Burns
Reginald Harrison
Al Kallunki
Gus Langner
90-94
Tom Lane
Paul Spangler
95+
Tom Lane

APRIL 29, 1990

The New York Times Magazine

PART 2 APRIL 29, 1990

THE NEW YORK TIMES MAGAZINE

THE

GOOD HEALTH[®] MAGAZINE



'The pool is the well of the soul where creative energies recover.'

By Sara Rimer

PEOPLE ASK WHAT I THINK ABOUT when I'm swimming laps, and whether I don't get bored — perfectly reasonable questions. I would like to be able to say that I think profound thoughts underwater, that I write poems or work out complicated dilemmas. But the truth is that I sing the same songs to myself over and over (Roy Orbison is a current favorite) and concentrate on counting laps — from one to eighteen, four times. At 36 laps, halfway to my ritual mile, I rejoice.

It is embarrassing to admit that I don't find all this mindless activity one bit boring. I find it restful. The counting is a kind of meditation, an aquatic metronome that drives out all the internal flotsam. I leave the pool with a sense of well-being that carries me through the day.

Problems somehow work themselves out, or loom less large. Ideas emerge. The sentences flow a little more easily. At night I fall asleep in an instant. During confusing times, swimming has helped me find my bearings. Of course, every few years I get sick of it and decide that all those laps are a waste of time, and antisocial, too. I let my pool membership lapse. But sooner or later I miss the water, and I'm back.

There are 30 million fitness swimmers in the United States. The experts say that an hour of vigorous swimming burns 660 calories, as many as jogging six miles in an hour. It is rated among the best aerobic fitness activities. Three hours a week of swimming, if sustained over several months, will bring superb conditioning, not only aerobically, but also in terms of muscular strength and flexibility.

There are few other fitness activities that use so many of the body's muscles and also produce a continuous, gentle stretching of both muscles and ligaments. It is difficult to sustain an injury while swimming. All this is nice to know. But it is not why I swim.

For urban dwellers like me, the pool is a rare refuge of quiet and privacy, an oversized flotation tank. There are no intrusions. The telephone doesn't ring underwater. Horns don't honk. People don't shout. There is only the sound of the water, the flutter kicking of the other swimmers, the bubbles of my own breathing. I like being immersed in water, surrounded by it. People who find pleasure in driving long distances talk about the rapture of gazing at the white line along the highway. I follow the long blue line on the bottom of the pool.

IHAVEN'T HAD A COACH in nearly 20 years, and my front crawl is the same as it was when I was 10 years old, which is nothing to brag about. It occurred to me that it might not be a bad idea to ask a professional for some pointers. There can't be a more enthusiastic coach than Jane Katz, a professor of health and physical education at Bronx Community College and author of "Swimming for Total Fitness" and other books on swimming.

Katz provides physical evidence of the benefits of a lifetime of swimming. She grew up on New York's Lower East Side. Her parents, Dorothea and Leon Katz, dedicated swimmers and volunteer swim instructors, taught her to swim in a city pool when she was about 2 years old. As a young girl she won many local and regional championships, and as a teen-ager she won an international competition.

Now, at age 47, Katz is better than ever: she has been the national Masters synchronized swimming solo champion almost every year since 1974. Katz says swimming gives her the energy to teach and coach all day — and dance all night.

"Swimming is sensuous," she says. "It makes you feel sexy."

She offered to check out my stroke. On a recent cold night, we met in the pool. Usually, I just jump in and start swimming.

"It's important to warm up first," she told me. We did about 10 minutes of bobbing and stretching exercises in the pool.

With Katz watching, I swam a lap of front crawl. She was kind. She told me I had a nice stroke.

Then she suggested a few major adjustments. She told me I was kicking too hard. In long-distance swimming, where the object is endurance not blinding speed, kicking hard is a waste of energy, she said. Most of the power should come from the arms, with the kick used largely to stabilize the body.

But my arms weren't giving me as much power as they could, because somewhere along the way my stroke had become obsolete. To propel myself through the water, I was using my arms like paddle wheels, pushing each one straight down and back. Katz explained that this was inefficient and she demonstrated the preferred stroke, known as the S-pull, so named because of the pattern the hand inscribes as it pulls through the water.

We worked at it for about a half-hour. I can't say I feel that I got it, but Katz assured me that I was making some progress.

It would be nice to master a swifter and more efficient stroke, but it probably won't matter much if I don't. I'll still climb out of the pool feeling good.

THE CRAWL REVISITED

THE OLD-FASHIONED crawl, in which the hand pushes straight down and back in the water like a paddle wheel, has given way to a more complex stroke, called the S-pull. In this updated version, the hand in-scribes an "S" as it moves back along the length of the torso, which is a more efficient way to propel the body forward.

First, slice into the water with your hand and extend it forward and down to a depth of four to eight inches; your arm should be straight (1). As you pull your hand back it should simultaneously move farther down into the water and outward. When your hand is even with your head, pull it in diagonally beneath your torso to your abdomen (2). To complete the motion, bring your hand out-



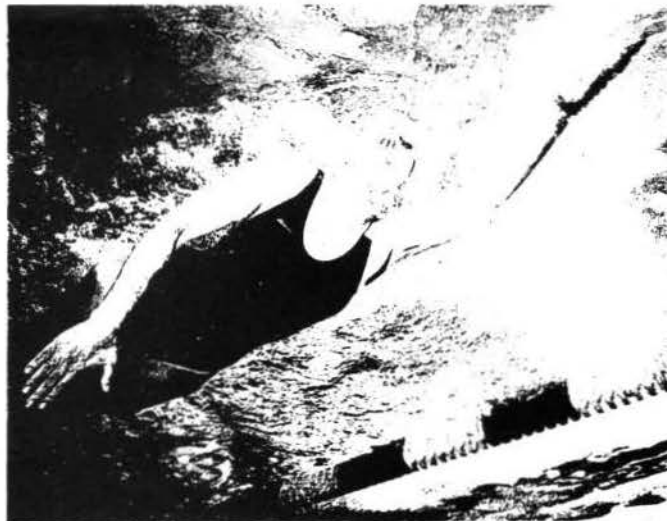
ward, again on the diagonal, until it is beside your thigh, and then straighten your arm; the motion should feel as if you were throwing a ball behind you (3). At this point your other arm will be beginning the S-pull. To get into position for the stroke after that, bend your elbow as you lift your arm out of the water and keep it bent as you bring your hand forward.



1. Slice into the water and extend your hand forward.



2. Pull it back, out and down, then toward your abdomen.



3. Push your hand back toward your thigh and straighten your arm.



NATIONAL

1990

Short Course

SWIMMING CHAMPIONSHIPS

TOP ROW: University of Southern California McDonald's Swim Stadium; Hot Tub at pool.

MIDDLE: Tom Lane, San Diego Masters (95) and daughter; Doris Steadman & Dot Donnelly; Stu Marvin, Ft. Lauderdale.

BOTTOM: Dan Gruender & Dot Donnelly accepting Ramson J. ARTHUR Award for Jack Geoghegan; Darrell Fick, meet director; Ham Anderson with cousin George Anderson, starter; Susan Marsh & Lynn Morrison-Cadey.

PICTURES COURTESY OF DICK STEADMAN AND MILDRED ANDERSON

SWIM-MASTER

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- ☑ Top Ten Times
- ☑ Special Articles

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1989 SPEEDO WORLD MASTERS TOP 10 - Copies of the World Top 10 is now available for \$5.00 from Walt Reid, 11114-111th St. SW, Tacoma, WA 98498.

ISHOF HONOREE - DR. RANSOM J. ARTHUR - At the request of Fran Arthur, June Krauser accepted the honor with the following words: "It is my privilege to accept this honor in memory of Captain Ransom J. Arthur, and on behalf of his family - here with us tonight - and the World of Masters Swimming. How sad he left us in such an untimely fashion, since this honor is a jewel among the many that Ransom earned during his lifetime. Today, FINA has recognized Masters Swimming, accepts World Records and supports World Championships in all five aquatic disciplines for Masters. Ransom's dream of adults swimming for fun, fitness and fellowship has mushroomed into the physical fitness explosion of today. Ransom would be proud of the progress his program has made, as we are so very proud and grateful for his contribution. He would also take pride in the contribution and physical fitness through continued competitive swimming his program has brought to countless swimmers. He was greatly moved by his selection to the International Swimming Hall of Fame and was looking forward to being with us tonight. And he is here - in every one of you who swims for fitness - in every one of you who has helped at a Masters Meet - in every one of you who gives a child the gift of enjoyment in the water, a legacy that will last a lifetime." Perhaps some of you caught the ceremonies on TV as they made an hour and a half show of the week-end festivities and it was shown three different times on the Sunshine Network. This year's Ransom J. Arthur Award went to Jack Geoghegan, for his tireless legal efforts on behalf of USMS.

MASTERS WORLD SWIMMING RECORDS RELAYS - LONG COURSE AT MAY 1st '90

AGE GROUP	SEX	FEMALE		MALE		MIXED	
		EVENT	4 x 50 FIS	4 x 50 MED.	4 x 50 FIS	4 x 50 MED.	4 x 50 FIS
100+	TIME	1:53.20	2:06.67	1:38.53	1:49.84	1:43.89	1:56.58
	CLUB	HOLMES U.S.A.	HOLMES U.S.A.	REGATAS DO FLAMENGO BRASIL 1989	POWERS AUST. 1990	HOLMES U.S.A. 1988	HOLMES U.S.A. 1988
	YEAR	1988	1988				
120+	TIME	1:53.05	2:08.21	1:37.43	1:49.84	1:44.83	1:58.03
	CLUB	LONE STAR U.S.A.	HOLMES U.S.A.	LONE STAR U.S.A.	POWERS AUST. 1990	HOLMES U.S.A. 1988	D.C.MASTERS U.S.A. 1985
	YEAR	1987	1988	1986			
160+	TIME	2:03.48	2:20.53	1:43.26	1:57.11	1:48.82	2:02.10
	CLUB	D.C.MASTERS U.S.A.	D.C.MASTERS U.S.A.	HOLMES U.S.A.	HOLMES U.S.A.	HOLMES U.S.A.	HOLMES U.S.A.
	YEAR	1988	1988	1988	1988	1988	1988
200+	TIME	2:16.01	2:35.47	1:50.45	2:08.82	1:59.04	2:20.00
	CLUB	POWER POINTS AUST.	SOUTHERN CALIFORNIA U.S.A.	OLYMPIC CLUB U.S.A.	CONNECTICUT U.S.A.	D.C.MASTERS U.S.A.	OREGON U.S.A.
	YEAR	1986	1986	1986	1988	1987	1987
240+	TIME	2:28.24	2:51.82	1:58.63	2:21.34	2:09.67	2:29.30
	CLUB	HOLMES U.S.A.	HOLMES U.S.A.	HOLMES U.S.A.	HOLMES U.S.A.	HOLMES U.S.A.	NEW ENGLAND U.S.A.
	YEAR	1988	1988	1988	1988	1988	1988
280+	TIME	3:09.01	3:41.70	2:18.63	2:41.04	2:36.51	2:37.98
	CLUB	HOLMES U.S.A.	HOLMES U.S.A.	MIDDLE ATLANTIC U.S.A.	HOLMES U.S.A.	SAN MATEO U.S.A.	HOLMES U.S.A.
	YEAR	1988	1988	1986	1988	1988	1988

SWIM-MASTER

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SWIM CALENDAR

VOL XIX - No 5

JUNE-JULY 1990

JUN	22-24	LC - Brentwood, TN - Diane Allison (615) 373-3035
	29-30	LC - Nancy Miller, 3741 Reeds Landing Cr., Midlothian, VA 23112
	30	LC - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
JUL	1	1500 - David Diehl, 12511 Littleton St., Silver Spring, MD 20906
	1	MI - Greenwich Point - Peter Crumbine, 3 Copper Beech Rd., Greenwich, CT 06830
	7-8	LC - David Parler, 1639-F Juniper St., Charleston, SC 29407
	7-8	LC - Kathleen Buck, 31925 NE Center Ln, Sherwood, OR 97230
	8	LC - Henry STEingass, 1832 Kilbourne Pl NW, Washington, DC 20010
	14	USMS 2-MI NATIONAL CHAMP - Abbie McGee, 1160 Warner Hall Dr, VA BCH, VA 23454
	14	LC - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
	15	LC - SDI, 1135 Garnet-K, San Diego, CA 92109
	20-22	LC - Harold Ferris, 1146 44th Ave NE, St. Petersburg, FL 33703
	21	USMS 1 & 6 MI NAT CHAMP - Betty Weir, PO Box 853, Seal Beach, CA 90740
	21-22	LC - Mary Pohlmann, RR 6 Park Lane, Carbondale, IL 62901
	27-28	LC - Ed Kenehan, 13536 Straw Bale Lane, Darnestown, MD 20878
	28	2 MI Cable Bay Swim - Alicia Coleman, 24 The Point, Coronado, CA 92118
	28-29	LC - Lucky Meisenheimer, Orlando, FL (407) 351-8489
	28-29	LC - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
	22	LC - Dot Donnelly, 2 Peter Ave, Rutland, MA 01543
AUG	3-5	LC - Kathleen Buck, 31925 NE Center Lane, Sherwood, OR 97230
	4-5	LC - Charlotte, NC - Krista Phillips (919) 477-7891
	5	LC - Alicia Coleman, 24 The Point, Coronado, CA 92118
	7-12	LC - 3rd FINA/MSI WORLD CHAMPIONSHIPS - Rio de Janeiro, Brazil
	11-12	LC - KY State Champ, Joanne Tingley (502) 454-3029 Lakeside Club, Louisville, KY
	17-18	LC - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
	17-20	USMS LC NATIONALS - Del Hanson, 10 N Timbertop Dr., The Woodlands, TX 77380
	19	Manhattan Is. Marathon Swim, 438 West 37 St, Suite 5H, New York, NY 10018
	19	12 MI Around the Island Relay Swim, Alicia Coleman, 24 The Point, Coronado, CA 92118
	26	LC - SDI, 1135 Garnet-K, San Diego, CA 92109
SEP	2	Miss America Pageant Ocean Swim - Frank Funston, 4417 Primateer Rd, Brigantine, NJ
	2	2 Mi Open Water - Pete Crumbine, 3 Copper Beech Rd., Greenwich, CT 06830
	8	1 MI Lake Norwell - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
	8-9	LC - Hendersonville, NC - Susan Blatner (704) 692-5774
	15-16	SCM- Sheffield, AL - Doug Call (205) 386-0222
	16	10 K in San Francisco Bay - Diddo Clark, 6 Blackthorn Rd., Lafayette, CA 94549
	16	USMS 2 MI OPEN WATER CHAMP - Chuck Barrineau, 9859 Broken Bow, Dallas, TX 75238
	19-23	USMS NATIONAL CONVENTION, Pittsburgh, PA

NATIONAL AND INTERNATIONAL

MAY 16-19, 1991 - USMS SC NATIONALS, NASHVILLE, TN

AUG 22-25, 1991 USMS LC NATIONALS, ELIZABETHTOWN, KY

SEPT 18-22, 1991 - USMS NATIONAL CONVENTION, LOUISVILLE, KY

JUN 27-JUL 5, 1992 - 4th FINA/MSI WORLD CHAMPIONSHIPS, INDIANAPOLIS, IN