

# Water Power Gazette

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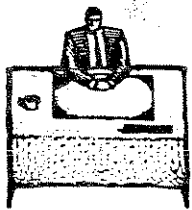
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## Chairman's Update By George McVey

**LONG COURSE MEET at BUFFALO UNIV.** will be Niagara's only LC competition this season. Mark your calendar for Sunday, June 8th and enjoy this 8-lane pool and coach Marrie Neumer's well run meet and hospitality. Meet sheet is enclosed.

**OPEN WATER SEASON** is right around the corner and Niagara has two competitions to offer you. Canandaigua and Silver Creek (south of Buffalo) will once again host one & two mile swims. Check out the details in the meet sheets that are part of this issue.

**1st NYS OPEN WATER CHAMPIONSHIP** has been given to Canandaigua Masters annual OW swim Saturday July 26th. The 3 NYS LMSC's have decided to add this competition to its SC Championship sponsorship. It will rotate through the Districts with details still to be worked out. Don't miss this for Vern Hecker & his swim friends put on exceptional hospitality. It will be once again at the newly renovated park at the head of Canandaigua Lake.

**EMPIRE GAMES** are in the Albany area this year, August 1 - 3. The Masters competition will be at Union College, Schenectady where they were held in 1992. Distance events are scheduled for Friday night. Meet sheet & qualifying times are included in this GAZETTE. Be sure to send a SASE with your entry to get updated info on directions, accommodations and

opening ceremonies. Masters swimming registration is at the pool.

**SKEHAN AWARD** was given to Alex Goodin at the STATES in Syracuse April 5th "in recognition of his tireless and unselfish support of Niagara Masters Swimming". He is an example of the people that Betsy Owens talks about in her Fitness column that is quoted in the inside pages.

**DISTRICT RECORDS** are being set at each meet: 15 records were set at UB in March and 43 at States. Check inside. A few go back 11 years. Also included are results of the 2nd Annual 1650 postal and February Fitness swims.

**RELAYS** aren't popular in our District for some unknown reason. Coach Lorie of RAMS has been trying to correct this by acting as relay coordinator for both local and national championships. She has had limited success and some frustrations that she shares with us in this issue. Niagara Masters should be able to field Top-10 relays because we are all part of one Club.

**MEET SCHEDULE** for '97-'98 needs to be sketched out by Empire Games time. If you are a meet director & want to explore a date for next season, get in touch with the NIAG chairman. It is first come, first served unless you had a date this season.

**FALL SWIM CLINIC** will be held in Rochester October 11 at RIT. Scott Rabalais, Coach of Crawfish Masters, Baton Rouge, LA and '95 USMS Coach of the Year will conduct a Freestyle clinic with dryland as well as pool and video instruction. This is one of five Clinics that National sponsors each year. Coach Lorie Gibson-Rick has worked hard to coordinate it. Mark your calendar and check inside for details. There will be a Saturday evening session for Masters coaches.

**The 1997 Postal 1650**

Lee Stivers-Young	35F	26:59.15	10 <sup>th</sup>
Kay Turner	50F	25:47.82	2 <sup>nd</sup>
Sandra Kingdon	58F	27:21.65	1 <sup>st</sup>
Dolly Hinckley	66F	30:04.77	1 <sup>st*</sup>
Sue Marvel	77F	32:25.41	1 <sup>st*</sup>

\*new meet record

**A NEGLECTED AREA - RELAYS**

by Coach Lorie Gibson-Rick

Relays have never had a high priority in Niagara swimming particularly among swimmers who do not practice with a team. That is too bad in my estimation for they are not only FUN but offer the person an opportunity to swim & compete against others.

Do we have one Top-10 placed relay? Why haven't we? We have some excellent swimmers and more than 400 Niagara swimmers (registered under one Club - NIAG) to choose from. This should offer us an opportunity that other LMSC's don't have - a big membership pool. It permits us to present a relay with the best swimmers no matter where they practice.

I have acted as your district relay rep for the past few years with limited success. This position can be fun and rewarding (e.g. when Marvel, Eibl, & Purvis set a National record in last year's Hour Postal swim) but it can also be a big pain when I am expected to run around the pool deck chasing down swimmers for a certain age group or sex.

I see the role of relay rep as one who assists a group of swimmers with their relay entries. I will fill out all cards at meets and make sure all the info is correct. I do not plan on putting all the relays together for everyone. Many club teams like to have relays made up of their own team mates. This is a nice idea and as long as the relays are entered through me it works out fine.

The district has started keeping relay records. Joe Wolf of BUMS will be in charge of this task. If we all work together we can see how much FUN swimming relays can be. Maybe we can even put a few relays in the Top-10 nationally.

To encourage you to swim on a relay, the District will see that meet directors do not charge for relay entries. I will be on deck at most District meets to coordinate relay entries. Keep in mind that the District will pay for Niagara relays at National & International competitions.

Any suggestions how to do this better?

**1997 FEBRUARY FITNESS CHALLENGE**

Thirty-two NYS swimmers (20 women & 12 men) participated in this year's challenge to see how many miles can be logged in this 28 day month. 11 Niagara Masters were in the hunt. Gowanda, NY, was a Top Ten City with 6 entries thanks to Stefanena Kysor. Results for NIAG swimmers are as follows:

Overall Place	Age Grp Place	Age	City	Miles
91	10	42F	Webster	60.60
174	8	66F	Pittsford	41.79
209	10	68F	Gowanda	36.35
237	3	72F	Brockport	33.07
296	21	34M	Gowanda	26.99
413	21	34F	Ithaca	16.31
414	13	71F	Buffalo	16.20
424	14	55F	Gowanda	15.11
439	17	55F	Buffalo	14.25
464	19	67F	Gowanda	12.16
510	50	39F	Gowanda	7.10
517	31	46F	Gowanda	6.14

**What would we do without our volunteers?!?**

Betty Pitts &amp; Louise Hardcastle

Without people like Betty and Louise, timers at this year's States, we'd be unable to hold competitions. Thanks for all your hard work.

**SWIM CLINIC AT RIT**

1995 USMS Masters Coach of the Year to run a swim clinic at RIT. Emphasis will be on Freestyle and turns. Video taping, classroom and water instruction.

Saturday, October 10 for coaches  
Sunday, October 11 for swimmers

For more details, contact Coach Lorie

**SC Meters Top 10**

Nineteen Niagara Masters swimmers are listed in the 1996 national SC Meters top ten listing in a total of 37 events. Congratulations to all for your accomplishments

Name	Age	Age Grp	Event	Time	Place
INGRID TUNG	23	W19-24	50M FREE	28.73	2
INGRID TUNG	23	W19-24	100M FREE	1:05.03	3
AMY TOMPKINS	25	W25-29	50M FREE	28.50	5
AMY TOMPKINS	25	W25-29	100M FREE	1:03.89	7
F. CRANNELL	28	W25-29	1500M FREE	20:28.54	9
J. WRIGHT	28	W25-29	200M FLY	3:01.15	10
LIBBY LEEDS	30	W30-34	50M BRST	39.55	8
LIBBY LEEDS	30	W30-34	100M BRST	1:28.22	9
LIBBY LEEDS	30	W30-34	200M BRST	3:11.51	9
AMY JOHNSON	54	W50-54	100M BRST	1:48.01	10
S. KINGDON	57	W55-59	400M FREE	6:33.56	4
S. KINGDON	57	W55-59	100M BRST	1:46.97	9
M. MULCAHY	61	W60-64	1500M FREE	30:02.69	2
M. MULCAHY	61	W60-64	100M IM	2:05.85	10
D. HINCKLEY	65	W65-69	400M FREE	7:53.42	10
BETTY DUNN	71	W70-74	100M FLY	2:13.97	4
BETTY DUNN	71	W70-74	100M IM	2:14.73	8
BETTY DUNN	71	W70-74	200M IM	4:48.46	9
SUE MARVEL	76	W75-79	50M FREE	45.86	1
SUE MARVEL	76	W75-79	100M FREE	1:44.78	3
SUE MARVEL	76	W75-79	400M FREE	8:00.23	3
REGINA PURVIS	76	W75-79	400M FREE	11:25.11	9
SUE MARVEL	76	W75-79	50M BACK	59.13	3
KEVIN HOOK	35	M35-39	100M FREE	56.32	6
KEVIN HOOK	35	M35-39	200M FREE	2:06.20	7
KEVIN HOOK	35	M35-39	400M FREE	4:37.24	10
DAN WALTERS	50	M50-54	50M BRST	36.84	9
PHILIP IORIO	55	M55-59	200M FLY	3:09.96	4
JAMES PITTS	65	M65-69	50M FREE	31.91	10
JAMES PITTS	65	M65-69	100M FREE	1:13.96	8
JAMES PITTS	65	M65-69	200M FREE	2:51.69	7
JAMES PITTS	65	M65-69	400M FREE	6:10.43	6
JAMES PITTS	65	M65-69	800M FREE	12:59.20	4
JAMES PITTS	65	M65-69	1500M FREE	26:18.90	7
D. AGATE	74	M70-74	50M FREE	34.48	6
D. AGATE	74	M70-74	50M BACK	43.46	6
JOHN CRANCH	73	M70-74	200M BACK	3:54.11	9

**FITNESS THOUGHTS****Betsy Owens, Adirondack Fitness Chair**

Remember, "Stress dissolves in water."

What is fitness without access to facilities, meets, and organizational stability? This access is possible through a volunteer saying, "yes, I'd be happy to contribute my time." Many of us don't realize that their time is a gift to us. Those that contribute their time are not paid; they could be using that time swimming; they could be with their kids; they could be making money.

The chair of the LMSC holds us together. The meet director donates organizational skill to allow us competitive access. The coach is sometimes unpaid, many times underpaid, yet still gives us the largess of their teachings.

The timer lets us enjoy our meet and gives us their excitement at our great times. No one has to do this.

They have given this to us. Yet these workers are many times taken for granted and not truly appreciated.

As I insist with my children, we should appreciate presents that come our way. Thank the meet director for a well organized meet. Complement your coach for a monster workout that you didn't think you were capable of completing. Be kind if improvements are suggested.

Thank your LMSC Board members, particularly your chair, as they are the binder that makes all this happen. Make their job easier and volunteer when you can. Without their gift of time and effort to us, and your contribution, our fitness goals would not be met.

## One Hour Postal Swim, National Championship January, 1997

**1140 swimmers competed in 188 relays**

swimmer	age	yards	place
Tanya Kne	30F	446	27th (74) * Kay Turner
	50F	3775	7th (42)
Arlene Weyman	52F	3075	26th (42)
Joyce Lindley	60F	2455	17th (20)
Dolly Hinckley	66F	3175	8th (31)
Nancy Schoepperte	71F	2585	12th (22)
Sue Marvel	77F	2925	3rd (14)
Anneliese Eibl	76F	2485	6th (14)
Regina Purvis	77F	1890	14th (14)
Mark Matheson	26M	5150	7th (35)
Scott Rudnicki	26M	4630	19th (35)
Robert Stocks	30M	5120	11th (74)
Jim Matysek	37M	4970	10th (84)
Ed Harkey	49M	3215	69th (82) *
Pete Lansbury	62M	2935	27th (33)
Tom Weber	66M	2460	30th (36) *
John Cranch	74M	2875	17th (25)

**\* NDMS Record****RELAY teams:**

F25+	Kne, Turner, Hinckley	11,415 y	18/(19)
F45+	Lindley, Schoepperte, Weyman	8,115 y	10/(11)
F75+	Purvis, Eibl, Marvel	7,300 y	1/(2)
M25+	Matheson, Matysek, Rudnicki	14,750 y	7/(14)
Mixed 25+	Kne, Turner, Matheson, Matysek	18,360 y	9/(16)

**Vitamin B-12 Alert**

Individuals over 50 years of age need to supplement their diets with at least 25 micrograms a day of vitamin B-12, either by itself or combined with folic acid. Don't take it in tablets that include other vitamins or minerals. Reason: when the pills dissolve in your stomach, the B-12 is destroyed.

**Important:** Don't take other vitamins within 1 hour of taking vitamin B-12.



# MASTERS SWIMMING TIME STANDARDS--1997 EMPIRE STATE GAMES

70+ No Qualifying Standards - But Must Be Able To Complete the 1500 in 45 Minutes and  
have successfully completed the events entered between Oct. 1, 1996 & July 1, 1997

	50 Y 50 M Free	100 Y 100 M Free	200 Y 200 M Free	500 Y 400 M Free	1000 Y 800 M Free	1650 Y 1500 M Free	50 Y 50 M Back	100 Y 100 M Back	200 Y 200 M Back	50 Y 50 M Breast	100 Y 100 M Breast	200 Y 200 M Breast	50 Y 50 M Fly	100 Y 100 M Fly	200 Y 200 M Fly	100 Y 100 M F.N.I.	200 Y 200 M F.N.I.	400 Y 400 M F.N.I.	800 Y 800 M F.N.I.	
19-24 & 25-29	39:00 44:00	1:24:00 1:38:30	3:12:00 3:38:00	9:00:00 8:01:00	16:00:00	30:00:00	47:40 54:00	1:44:40 1:59:00	3:48:00 4:19:00	49:00 56:00	1:50:40 2:05:00	3:48:00 4:16:30	42:60 48:60	1:42:00 1:56:30	3:45:00 4:17:20	1:42:00 1:56:30	3:45:00 4:17:20	1:42:00 1:56:30	3:45:00 4:17:20	7:57:00 9:10:30
30-34	39:00 45:40	1:28:00 1:40:30	3:16:30 3:43:00	9:13:00 8:12:20	18:00:00	30:44:00	48:20 54:50	1:46:10 2:06:00	3:52:00 4:25:20	50:60 57:20	1:52:10 2:07:00	3:52:00 4:40:20	43:40 49:50	1:43:20 1:58:20	3:49:00 4:21:10	1:43:20 1:58:20	3:49:00 4:21:10	1:43:20 1:58:20	3:49:00 4:21:10	8:09:00 9:13:00
35-39	41:00 46:20	1:31:20 1:44:00	3:24:00 3:52:00	9:24:00 8:22:00	19:00:00	31:15:00	49:10 56:00	1:49:00 2:04:30	3:59:00 4:33:10	51:50 58:20	1:55:00 2:11:10	3:50:00 4:49:40	44:30 50:50	1:46:00 2:01:00	3:57:00 4:30:20	1:46:00 2:01:00	3:57:00 4:30:20	1:46:00 2:01:00	3:57:00 4:30:20	8:47:00 9:19:00
40-44	42:00 48:50	1:36:00 1:49:40	3:36:00 4:06:00	9:38:00 8:32:20	19:30:00	32:50:00	51:10 58:30	1:54:20 2:10:20	4:12:00 4:48:00	53:50 1:01:00	2:00:20 2:17:00	4:12:00 5:04:30	46:30 57:00	1:51:00 2:07:40	4:10:00 4:45:00	1:51:00 2:07:40	4:10:00 4:45:00	1:51:00 2:07:40	4:10:00 4:45:00	9:07:30 10:21:6
45-49	44:00 50:00	1:42:00 1:56:30	3:50:00 4:22:00	10:14:00 9:10:00	21:00:00	34:40:00	53:00 1:00:40	1:59:00 2:16:30	4:25:40 5:02:00	55:00 1:03:40	2:05:00 2:23:20	4:25:40 5:19:00	48:40 55:20	1:58:00 2:15:10	4:30:00 5:07:00	1:58:00 2:15:10	4:30:00 5:07:00	1:58:00 2:15:10	4:30:00 5:07:00	9:16:00 10:56:6
50-54	47:20 53:00	1:49:20 2:04:50	4:07:20 4:41:00	11:21:00 10:06:10	22:00:00	38:10:00	55:00 1:03:00	2:07:20 2:25:00	4:43:20 5:22:00	58:20 1:06:30	2:13:20 2:31:00	4:43:20 5:42:00	51:00 58:10	2:07:20 2:25:00	4:50:00 5:30:00	2:07:20 2:25:00	4:50:00 5:30:00	2:07:20 2:25:00	4:50:00 5:30:00	10:17:00 11:41:00
55-59	50:40 57:40	1:57:00 2:14:00	4:26:00 5:03:20	12:10:00 10:49:20	22:30:00	39:50:00	58:00 1:06:00	2:15:00 2:34:00	5:02:00 5:44:30	1:01:20 1:09:00	2:21:00 2:41:40	5:02:00 6:06:00	54:00 1:01:00	2:18:00 2:37:30	5:19:00 6:03:20	2:18:00 2:37:30	5:19:00 6:03:20	2:18:00 2:37:30	5:19:00 6:03:20	11:00:00 12:32:00
60-64	54:00 1:01:50	2:07:20 2:25:00	4:48:00 5:28:30	13:06:00 11:39:50	23:00:00	42:50:00	1:02:40 1:11:10	2:25:20 2:45:50	5:24:00 6:09:40	1:04:00 1:13:00	2:31:20 2:52:40	5:24:00 6:34:00	1:04:00 1:13:00	2:28:00 2:49:00	5:38:00 6:16:20	2:28:00 2:49:00	5:38:00 6:16:20	2:28:00 2:49:00	5:38:00 6:16:20	11:38:00 13:27:00
65-69	58:20 1:06:30	2:18:00 2:37:00	5:12:00 5:55:20	14:00:00 12:24:00	24:00:00	45:00:00	1:06:30 1:15:00	2:36:00 2:57:00	5:48:00 6:36:20	1:09:00 1:18:20	2:42:00 3:04:20	5:48:00 7:04:10	1:10:00 1:16:50	2:40:00 3:02:00	6:20:00 7:10:50	2:40:00 3:02:00	6:20:00 7:10:50	2:40:00 3:02:00	6:20:00 7:10:50	12:43:00 14:42:00
MEN	50 Y 50 M Free	100 Y 100 M Free	200 Y 200 M Free	500 Y 400 M Free	1000 Y 800 M Free	1650 Y 1500 M Free	50 Y 50 M Back	100 Y 100 M Back	200 Y 200 M Back	50 Y 50 M Breast	100 Y 100 M Breast	200 Y 200 M Breast	50 Y 50 M Fly	100 Y 100 M Fly	200 Y 200 M Fly	100 Y 100 M F.N.I.	200 Y 200 M F.N.I.	400 Y 400 M F.N.I.	800 Y 800 M F.N.I.	
19-24 25-29	32:00 37:10	1:12:00 1:22:10	2:40:00 3:02:40	7:30:00 6:40:50	14:00:00	28:00:00	39:50 45:00	1:27:00 1:39:20	3:10:00 3:36:00	41:50 47:30	1:32:00 1:44:50	3:22:00 3:50:30	35:50 40:50	1:25:00 1:37:00	3:08:00 3:34:30	1:25:00 1:37:00	3:08:00 3:34:30	1:25:00 1:37:00	3:08:00 3:34:30	6:48:00 7:45:10
30-34	33:20 37:00	1:13:30 1:23:00	2:43:00 3:06:50	7:41:00 6:50:50	16:00:00	28:44:00	40:20 45:00	1:28:40 1:40:00	3:19:00 3:40:00	42:20 48:10	1:33:40 1:46:50	3:24:00 3:53:50	36:20 41:30	1:26:40 1:38:50	3:10:00 3:37:00	1:26:40 1:38:50	3:10:00 3:37:00	1:26:40 1:38:50	3:10:00 3:37:00	6:57:00 7:56:10
35-39	34:20 39:00	1:16:00 1:26:00	2:50:00 3:13:00	7:56:00 7:03:00	17:00:00	29:15:00	41:20 47:00	1:31:40 1:44:00	3:20:00 3:48:00	43:20 49:20	1:36:40 1:49:00	3:32:00 4:02:00	36:00 42:10	1:29:00 1:41:20	3:17:00 3:45:00	1:29:00 1:41:20	3:17:00 3:45:00	1:29:00 1:41:20	3:17:00 3:45:00	7:12:20 8:12:20
40-44	35:50 40:50	1:20:00 1:31:20	3:00:00 3:25:20	8:18:00 7:23:20	17:30:00	30:50:00	42:60 48:00	1:35:20 1:48:50	3:30:40 3:59:00	44:60 50:00	1:40:20 1:54:20	3:53:20 4:25:00	38:60 44:00	1:33:20 1:46:20	3:28:40 3:57:00	1:33:20 1:46:20	3:28:40 3:57:00	1:33:20 1:46:20	3:28:40 3:57:00	7:33:00 8:33:00
45-49	37:20 42:00	1:25:00 1:36:00	3:12:00 3:38:00	8:47:00 7:49:00	18:00:00	32:40:00	44:30 50:50	1:39:00 1:53:50	3:41:20 4:12:20	46:30 52:50	1:44:00 1:59:20	4:00:00 4:35:00	40:30 45:00	1:38:00 1:52:40	3:45:00 4:16:00	1:38:00 1:52:40	3:45:00 4:16:00	1:38:00 1:52:40	3:45:00 4:16:00	8:05:00 9:05:00
50-54	39:40 44:00	1:31:00 1:43:20	3:26:00 3:54:00	9:26:00 8:23:20	18:30:00	36:10:00	46:50 53:00	1:46:00 2:00:00	3:56:00 4:29:00	48:50 55:30	1:51:00 2:06:50	4:10:00 4:45:00	42:50 48:50	1:46:00 2:02:00	4:02:00 4:35:00	1:46:00 2:02:00	4:02:00 4:35:00	1:46:00 2:02:00	4:02:00 4:35:00	8:33:20 9:36:20
55-59	42:00 47:00	1:38:00 1:51:20	3:42:00 4:13:10	10:26:00 9:10:00	19:00:00	37:50:00	49:00 55:00	1:53:00 2:08:00	4:17:00 4:47:30	51:00 58:10	1:58:00 2:14:50	4:28:00 5:05:50	45:00 51:00	1:54:00 2:10:00	4:26:00 5:03:20	1:54:00 2:10:00	4:26:00 5:03:20	1:54:00 2:10:00	4:26:00 5:03:20	9:12:00 10:20:00
60-64	45:00 51:00	1:46:00 2:00:00	4:00:00 4:33:00	10:51:00 9:39:40	19:30:00	40:50:00	52:00 59:30	2:01:00 2:17:00	4:30:00 5:07:00	54:00 1:01:00	2:06:00 2:23:00	4:48:00 5:28:30	48:00 54:00	2:04:00 2:21:00	4:50:00 5:30:00	2:04:00 2:21:00	4:50:00 5:30:00	2:04:00 2:21:00	4:50:00 5:30:00	9:51:00 11:13:00
65-69	48:00 56:00	1:55:00 2:11:10	4:20:00 4:56:40	11:42:00 10:24:00	20:00:00	44:10:00	55:00 1:03:30	2:10:00 2:28:20	4:50:00 5:30:00	57:00 1:05:00	2:15:00 2:33:00	5:10:00 5:53:40	51:00 58:00	2:16:00 2:34:20	5:14:00 5:58:00	2:16:00 2:34:20	5:14:00 5:58:00	2:16:00 2:34:20	5:14:00 5:58:00	10:00:00 11:05:00

POSITIVE SIGN IN REQUIREMENT FOR THE 400, 800 AND 1500 FREE: YOU MAY SWIM THE 800 OR THE 1500 --NOT BOTH

no more than 5,000 of us nationally (vs 32,000 today) and a scant 100 locally. For most of us who participated, it was our first exposure to a coached workout and a clinic setting.

Nominees for the award do not have to be swimmers or registered as Masters but they should have made significant contributions to the success of Masters swimming in the Niagara District.

"Alex fits the this criteria to a tee", McVey said in his presentation. " Although not a Masters swimmer, he has made himself available time & again to our meet directors and officials chairman".

Alex is currently chair of USS's Niagara District officials committee. Masters took this occasion to note the support numerous other USS officials have given Masters swimming



Alex Goodin Receives the Skehan Award

### New District Records Districts at UB - 3/9/97

Swimmer	Age	Event	Time
Kelly Rellinger	30F	50 Breast	:33.43
Kelly Rellinger	30F	50 Fly	:28.25
Holly MacMurray	46F	100 Breast	1:21.64
Jill McCarthy	47F	100 Fly	1:31.16
Amy Johnson	55F	200 IM	3:28.98
N. Schoepperle	71F	100 Back	1:47.85
Betty Dunn	72F	200 IM	4:27.49
Thomas Potter	34M	100 IM	:59.30
William Adams	50M	100 Breast	1:18.01
James Pitts	66M	100 Free	1:05.69
James Pitts	66M	200 Free	2:32.58
Robert Johnston	80M	100 Free	1:27.28
Robert Johnston	80M	500 Free	7:58.65
Robert Johnston	80M	100 Back	1:53.60
Robert Johnston	80M	200 IM	3:50.51

### April 4-6, 1997

Swimmer	Age	Event	Time
Kelly Rellinger	30F	50 Free	:25.78
Judy Bablok	34F	200 Back	2:33.35
Kelly Rellinger	30F	50 Breast	:32.86
Deena Crossmore	32F	200 Breast	2:45.48
Kelly Rellinger	30F	50 Fly	:27.95
Judith Tanenbaum	30F	200 Fly	2:50.60
Anne Ross	35F	50 Back	32.16
Anne Ross	35F	100 Back	1:10.78
Wendy Ryan	39F	200 IM	2:31.84
Holly MacMurray	46F	200 Back	2:48.06
Jill McCarthy	48F	100 Fly	1:29.
Kay Turner	50F	200 Back	3:19.01
Sandra Kingdon	58F	100 Free	1:19.59
Valerie Bauhofer	56F	50 Breast	:48.09
Amy Johnson	55F	50 Fly	:42.31
Sue Marvel	77F	1000 Free	19:15.
Eric Capalupo	23M	50 Free	:22.81
Eric Capalupo	23M	100 Free	:50.37
Eric Winkky	28M	200 Back	2:05.59
George Saleeby	26M	100 Breast	1:05.16
George Saleeby	26M	200 Breast	2:24.14
Robert Stocks	31M	500 Free	5:10.64
Robert Stocks	31M	1000Free	10:41.76
Paul Engineri	46M	1650 Free	19:30.85
Tom Meade	49M	100 Back	1:05.50
Tom Meade	49M	400 IM	5:06.14
Kim Dunnick	50M	100 Breast	1:16.44
George McNamara	55M	50 Back	:32.73
George McNamara	55M	100 Back	1:10.81
George McNamara	55M	200 Back	2:38.94
Charles Carpenter	59M	200 Fly	3:09.49
James Pitts	66M	100 Free	1:04.88
James Pitts	66M	500 Free	7:13.90
James Pitts	66M	1650 Free	26:06.49
James Pitts	66M	100 IM	1:21.09
Robert Johnston	80M	1650 Free	28:01.54
William Eibl	80M	50 Back	:46.70
William Eibl	80M	100 Back	1:42.21
William Eibl	80M	200 Back	3:42.60
William Eibl	80M	50 Breast	:51.97
Robert Johnston	80M	100 Breast	1:52.71
William Eibl	80M	200 Breast	4:19.93



### By the Way, Doctor. . .

**Q** Is it harmful to exercise when you have a cold?

**A** "Conventional wisdom has it that when symptoms are above the neck, it's fine to exercise; when they're below the neck, it's not," says i-Min Lee, assistant professor of medicine at Harvard Medical School.

If you don't have a fever and the infection is confined to the nose, throat or nasal passages—and you feel well otherwise—go ahead and exercise. But if you have a fever, muscle aches, chest congestion or feel fatigued, it's best to avoid exertion. Pushing yourself under these conditions, can make you more susceptible to developing other problems.



# 3rd Annual Miles-for Smiles Open Water Masters Swim



To benefit the Department of Pediatric Dentistry and The Craniofacial Center of WNY at The Children's Hospital of Buffalo

## "Going the distance for Kids"

**Swim Course and Awards:** One or two km distance in a triangular course, starting and finishing in the same area. Course marked by buoys. Lifeguards both on shore and in the water. EMS crew on standby. Awards for both categories in male and female groups: 19-24, 25-29, etc., top three finishers.

Return bottom portion with entry fee

We encourage matching donations business or group

**Sunday, August 10, 1997**  
**George Borrello Town Park**  
**Silver Creek, NY**

**11 AM**

Co-sponsored by  
 Niagara District Master's Swimming Association  
 and  
 Town of Silver Creek, NY

Entry fee: \$20  
 Deck Entries: \$25

Deck Entry Deadlines:  
 10am, 8/10/97

Entries must be post-marked by 8/3/97 or will be considered a deck entry

### Directions to George Borrello Town Park

NYS Thruway (90) West to Exit 58-Irving & Silver Creek, NY. Take Rt.5/20 through the first traffic signal to the second. At second signal there is a "fork" in the road (landmarks- Beer Distributor on the right and closed Save Right Drugs on left). At fork in the road turn right. Stay on Rt. 5 until the end (Central Ave). Turn right on Central Ave. Go two blocks to Jackson Street. Go two blocks to George Borrello Town Park.

Please submit the following entry form. Entries restricted to Masters Swimmers over 19 years of age.

No entries accepted without signature.

Mail to: Miles-for -smiles, c/o Demaree Brady, Children's Hospital, 239 Bryant Street, Buffalo, NY 14222. (716) 878-7520.

Sanctioned by Niagara District Masters for USMS, Inc.  
 200 Laburnam Crescent, Rochester, NY 14620. Sanction Number: **96/97 OW02**

**WAIVER:** I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in Masters swimming (training and competition, including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: 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. In addition, I agree to abide by and be governed by the rules of th USMS. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

NAME: \_\_\_\_\_ Signature: \_\_\_\_\_ Ph. #: \_\_\_\_\_

USMS #/cms: \_\_\_\_\_ (please enclose copy of card) Address: \_\_\_\_\_

Age: \_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Total amount enclosed(deductable): \_\_\_\_\_

Sponsor's Name	Address/Phone	Signature	Maximum Pledge	Flat Pledge	Rec'd

**\*\*All swimmers and non-swimmers are invited to attend a non-denominational Sunrise Service at 9:30am at the George Borrello Town Park.**