

*Milton Masters Newsletter (\$6.50)*

# HOT SPLASHES!!

## TOP TEN PROVINCIAL RANKINGS: 1995-96

By Lee-Anne Greer

From the meets that we attended last year, several swimmers achieved top ten rankings in Ontario, in their age categories. Congratulations!!

AGE	NAME	RANK - EVENTS
25-	Christian	5 200 I.M.
29	Wassermann	6 100 Butterfly
		7 200 Free Style
		8 50 Back Stroke
		8 100 Back Stroke
		10 100 Free Style
		10 50 Butterfly
	Lee-Anne Greer	2 50 Back Stroke
		4 100 Back Stroke
		4 200 Back Stroke
		4 100 Butterfly
		6 50 Butterfly
		10 100 I.M.
		10 200 I.M.
		50 Breast Stroke
30-	Peter Carson	7 50 Back Stroke
34		9 100 Back Stroke
	Laura Goodman	9 200 I.M.
		10 50 Back Stroke
40-	John Mayes	10 100 Back Stroke
44		
	Anna Morris	6 50 Breast Stroke
		9 200 Free Style
		10 100 Breast Stroke
		10 200 I.M.
45-	John Fisher	2 1500 Free Style
49		9 200 Free Style
	Debbie Fennell	5 200 Back Stroke
		7 50 Back Stroke
		8 100 Back Stroke
50-	Martin Carney	8 100 Free Style
54		8 200 Free Style
		9 50 Free Style
		9 50 Back Stroke
		10 100 I.M.
	Bob Webb	9 100 Breast Stroke



### STROKING FOR PLEASURE

Join Us For  
**MMAC'S**  
"NutCracker Sweets"  
Christmas Open House  
Tuesday Dec 17<sup>th</sup>

Immediately Following Our Final Swim  
of 1996  
(in the boardroom at the pool)

## Coach's Conundrum

Why don't the Masters get in the water right away?? ☺

Eli suggests the following New Year's Resolutions:

- I will endeavour to arrive early for swimming, complete my stretches, gather my toys, and don my cap & goggles ready to swim as soon as the lanes are in.

**THANKS TO ALL THOSE WHO**  
**SIGNED UP FOR LIFEGUARDING!**  
For the missed equipment cost, I will pay each member of the Board of Director's \$20.  
**Training Starts Saturday Dec 7<sup>th</sup>**

### Swim For Heart:

- Feb 13<sup>th</sup> during our regular Thursday Swim.
- Watch For details in 1997

## Christmas Swimming Addiction:

The Fall session ends  
December 17<sup>th</sup>

How do I live without Swimming???

If you are that addicted try the Leisure Center's Lap Swimming:

- Monday's 6 to 7 am, 9 to 10 PM
- Friday's 6 to 7 am

If you can hold out, we start swimming on January 4<sup>th</sup>.

## Thank You Eli!!

- For the time you take to prepare the workouts and for suggesting copies at the end of the lanes.
- For changing the workout format - this has worked extremely well.
- For being there almost every day
- For your unique combination of motivation, understanding, and sense

of humour -- we're swimming further,  
faster, better every day.

**We appreciate your efforts, Coach**

# WELLAND Y MASTERS LONG DISTANCE SWIM 1996

By Martin Carney

In July of this year, as is the case every year, the Welland Masters Swim club hosted a long distance swim meet in the Welland recreational waterway. Milton Masters has been represented in the past and the word had gotten out that it was a fun event to participate in. Ten Milton swimmers made their way to Welland this year and had at least one swimmer in each of the events: 10 km, 5 km, 3 km & 1 km.

The atmosphere amongst the Milton swimmers prior to the event was one of restrained nervousness. The atmosphere amongst the Milton swimmers at the completion of the races was one of unrestrained joy. What could have happened in between, success & medals, that's what. With out mentioning names some of our competitors were quite light headed at the thought of taking on an open water swim and beating out the competition to claim medals. All ten of the Milton swimmers placed.

When Anna Morris finished the 3 km in 52:15, so disbelieving of her own very fast time was she that she thought her watch had stopped. Anna Finlan seemed to be amazed that she'd knocked off a km in just 21.07 and was not only still alive but could also still breath and talk. I saw four of our 3 km racers coming in together, Kathie Key just edging Courtney as Marg and Connie were getting set to take him in a sprint finish. Lee-Anne was in a dog fight with a long time rival and managed a very impressive 47:07 for the 3 km. Perhaps not satisfied with mortal distances the Dimitrovs went for the longongongongong stuff. Practicing what they preach Eli did the 10 km and Emil did the 5 km. Eli did the 10 km in 3:35:35, which, while fast, meant she was in the water long enough to get a nice tan line around the swim cap. Emil looked fresh as he emerged from the water in 1:39:46 (I secretly believe he could have tried much harder - he wasn't even breathing heavy!).

So imagine it now!. We have a bunch of very pleased-with-them-selves swimmers attempting to show no interest in how they placed in their respective age groups. Comments were flying like 'I was just happy I

came', 'I'm just happy with my time', 'I'm so happy you did well', 'I don't mind where I finished in my age group', 'isn't it a lovely day'. But they fooled no one!. As we made our way to the barbecue it was worse than the O..... No one seemed to want to say 'I hope I've won my bloody age group'. As a splendid barbecue was served tension mounted and by awards time our group was not only stuffed with food but also anticipation. And then, one by one, names and times were called and one by one each and every swimmer in our group heard their names called and stood to receive well earned salutations and a gong.

Did it end there?, no it did not. We had to go home. I traveled in the van with six swimmers. It was like ridding in a school bus, such youthful enthusiasm and joy is not common in a group who can remember life before the Beatles. There was a pride in what had been achieved by the Milton Masters that day. It was clear to this bunch of largely non competitive but recreational swimmers that these competitions can be fun. What about next year...I hear plans are being made already...count yourself in....it was fun. As for me, for some reason my 3 km race result was left out of the official results page issued by the Welland Masters but I'm pretty sure I finished.

NAME	AGE	Time	K m
Eli Dimitrov	30-34	3:35:35	10
Emil Dimitrov	35-40	1:30:46	5
Lee-Anne Greer	25-29	0:47:07	3
Martin Carney		0:52:??	
Anna Morris	40-44	0:52:15	
Courtney Warner	55-59	1:05:16	
Kathie Key	50-54	1:06:16	
Marg Teskey	35-39	1:06:34	
Connie Harty	35-39	1:09:09	
Anna Finlan	35-39	0:21:07	1

**For Sale**  
**Road Bike: MIYATA 721**  
 21 Speed: BIOPACE  
 SHIMANO EXAGE 500  
 Components  
 Medium Frame  
**Good Condition 4 Years Old**  
 - \$500  
 Bob Webb: 905-875-0595

# IRONMAN CANADA 1996

By Martin Carney

Lets start at the end. Connie, Anita, Courtney and I sat around the banqueting table at the 1996 Ironman awards dinner enjoying the easy going atmosphere with a collective sense of accomplishment. We had finished IMC '96 in good shape and in good spirits. One or two minor aches and pains and a glow only a day in the blistering sun can give would not be allowed to spoil the moment. The killer 1,800 person mass swim start, the searing 105 °F temperatures on the bike and the sight of fellow competitors dropping out on the run just added to the sense of achievement in finishing.

There wasn't a lot to say really, the memories were still too new to be memories. I suppose each of us thought privately of those key moments when milestones were passed, crises were averted and confidence ebbed and flowed. What was common to all those who had managed to endure and complete IMC '96 was that it would be a unique experience. Even if one was to do a life time of IMC races, no another could ever come close to duplicating IMC '96, it was that brutal.

The road to the end of IMC '96, was a long one. Many things had happened between that October 1994, (a joke to do an Ironman) and the IMC '96 awards banquet. There had been the crushing blow at IMC '95 when Courtney crashed. Connie joined 'the joke' in September 1995. Collectively we had done over 2500 hours of training. How does one prepare for a 3.8 km glacial lake swim followed by a 180 km bike through the mountains and then, a 42 km run. Both body and spirit must be ready for this extraordinary challenge for once the cannon fires, ready or not, the race is on and one must be home by midnight.

A little before 7.00 am, August 25, 1996, Connie, Courtney & I made our way from the transition area to the Okanagan Lake swim start.. The swim start would be the largest mass swim start in Ironman history. Approximately 1,800 swimmers would start along a 50m in-the-water start line. Each of us picked their own place to start. Connie would wait on the beach for the pack to move off; Courtney went for wide left of the pack start, and I went for the center of the pack. And then, the national anthem, the sound of the cannon and the sound of bodies plunging into the lake. I moved off, trying to find room to swim. Thousands of

arms and legs thrashing away, bodies crashing together, heads raised from the foaming water to grab a breath of air. Finally the crush eased and swimming was possible. As it happened, once the crush eased, I settled into a very enjoyable swim. The conditions were perfect, the water smooth and sight lines were good. It was almost with regret that the swim ended. Connie & Courtney, I learned later, had also enjoyed fast comfortable swims with little more than the normal knocking about.

Having completed IMC '95, I felt much more confident emerging from the water to retrieve my gear and change for the bike. During the first hour of the bike one fully realizes the task ahead. The 180 km bike course starts flat and fast in the cool of the morning but as the sun climbs so does the temperature and the terrain. Bikers pay dearly for any errors in bike setup, clothing, feeding or race plans.

As with IMC '95, I found the first 60 kms to the Richter Pass to be fast and comfortable at an average of about 35 km/hr. At Osoyoos the Richter Pass comes into view. Last year I was very respectful of the Richter but climbed it almost without noticing it was there. This year I felt it from the first km or so of the 17 km climb. Although there was a slight head wind and the temperature was climbing to 105 °F I could not explain the difficulty I was experiencing. It was almost as though I was missing my low gear. However, the kms slipped by and at 90 km I was delighted to see Anita hanging out of a car window taking what would be one of many terrific photographs. The news Anita brought was as welcome as any I could receive at that time - Connie & Courtney were out of the water in good time and were chasing me on the bike. After Richter the next milestone was the special needs station at Kermeos, 120 km into the bike. By now, the sun was well up and it was very hot. However, I was flying again and made it to the last major climb of the day, Yellow Lake, in anticipation of a fast bike split. As soon as the climb started I felt the strain, as with Richter I had barely noticed Yellow Lake the previous year, this time I was having to work really hard. I eventually made it to the top and took an unscheduled stop at a water station where I drank and cooled off. I was very conscious of the heat and the need to stay hydrated and cool. I started the steep decent back into OK Falls and managed to maintain a healthy speed as I biked along the Skaha Lake road back into the transition area for the run. It would be three weeks before I knew why I had found Richter and Yellow Lake so tough this year.

As I was almost within sight of the transition area a rider went down in front of me for no apparent reason. I stopped to summon help and as I left the biker to the care of the medical staff the speculation was that he had succumbed to heat exhaustion and

simply passed out. With new respect for the need to hydrate I continued on my way relieved that the bike was almost over.

As I entered the transition area I noticed that I had completed the bike in a little under 6 hours - about 30 minutes faster than IMC '95. It was very hot as I changed and emerged for the run. My first sensation as I hit the road was the heat, the next one was the almost unreal sight of people walking at the start of the marathon. It was going to be tough. At the first water station I was elbowed out of the way by just a little fella going the other way. He turned out to be that 'rider from hell' Thomas Hellreigal the eventual winner in a new record time. Not bad for a little guy. I had to make a decision, should I challenge the run not. Should I take the risk of failing to finish by attempting to push it (to catch Thomas!). I started very steadily, stopping at each water station and eating and drinking. The bike/run course are adjacent and I saw Courtney and Connie coming in on their bikes and thought of the possibility that we could finish the run together

The previous year I ran the first 15 km quite comfortably. This year it was a struggle. By the time I had cleared Penticton about (8 km into the marathon) I had lost count of the number of people dropping out of the race. The brutal conditions were taking their toll and the decision as to whether I should push the run or not was taken from me. I simply did not have the energy to push the run and it became a case of hanging in for the finish. As I realized this I settled down and relaxed, all anxiety dissipated and for the first time in probably 4 or 5 hours I was back in full control of events.. I saw Paula Newby-Fraser kneeling on the ground and thought that she was out. As it happened she recovered and went on to win the Woman's race. The miles passed and people continued to drop out. The heat continued and those who had fallen behind in their hydration would first slow down, then stop and then with little or no protest be taken to an ambulance for the trip back to town. Approximately 200 were taken off the course. Shortly after turning at the marathon half way point I ran into Courtney, who was in fine spirits and was content to be jogging along. I ran into Connie a little time later, who was actually very happy and confident. Connie & I had the good fortune to be joined by Anita, who was following on her bike and she took another fine photograph. As I re-entered Penticton the heat of the day was passing and I was able to pick up the pace a little. The last 8 km was probably my best of the day and I kept up a steady pace back to the finish line. As Courtney and Connie finished we breathed a long sigh of relief that the Milton Runners had three finishers out of three. Connie and I remained at the finish line for some time as the finishers

continued to round that last turn and sprint to the finish.

Yes, we sat at the Awards Banquet very content with ourselves. Each of us contemplating our own moments of truth. As I looked around the gathering of Ironman finishers I thought that it was nice to have done this but one would have to be completely nuts to do it again. No way would I ever think of doing another Ironman, until that is, some weeks had slipped by and one thinks, just one more, Con, just one more. Why not, the garden can wait another year, as can the basement, as can the kitchen, as can the thousand and one other things that absolutely must be done. Because to finish an Ironman is the stuff of life - to know what I mean YOU must do one.

## Masters Swimming - snippets

More Snippets from the net ...

### Do Fast Pools exist ?

Unlike the tooth fairy, they do exist. Your body displaces water when you swim which creates horizontal and vertical waves which typically impedes progress.

Horizontal waves travel along the top of the water and without lane lines and gutter systems (lane lines are more effective), the wash will always impede your progress. Vertical waves travel to the bottom and reflect back. The shallower the water, the more likely the wash created by the vertical wave will affect your progress. The deeper the water, the longer it will take and the wave will tend to dissipate. Since the optimum depth is 6-8', you will experience a difference if the pool is only 3-4' deep and you may find yourself in the wash of leading swimmers. Also be aware that the water flow from filtration systems can influence progress in certain parts of the pool. It is therefore no accident that the best pools are around 7' deep, equipped with effective waver absorbing lane lines and have a well designed filtration systems.

### The Miracle workout

These workouts are a rare blessing but it is not generally known what causes them. The miracle occurs just as you start your workout. When pulling your hands through the water, you feel you might be an original descendant from Atlantis or maybe even the great Neptune himself. You have total control over how you shape the water with your hands

and are 'one with the water' as you glide effortlessly through the water. This miracle should not be confused however with the feeling you get when performing the first lap during training.

## Getting the most from your Pull Buoy

Many swimmers find they can't get the straps of their pull buoy to fit correctly around their head since it usually causes a headache. Although the straps should run front/back like the goggles, the cylinders need to be placed in a horizontal position to reduce drag. This can be achieved by tying one of the straps under the chin and looping the other over the top of the head. The cylinders can then lie horizontally in the water. If they were made in Australia however, the design is reversed so that it is necessary to place the body vertically in the water to keep the cylinders horizontal. The best method for going up and down the pool in this position would be to use a bicycle, provided that the pool is not more than 5' deep. For deeper pools, consider using SCUBA gear.

## Can circumcision improve swimming performance ?

This question was raised when a coach recommended that a 16 year old swimmer shave himself and also be circumcised to further improve his performance. When the effectiveness of this measure was questioned on the net, there was an overwhelming outcry over this 'surgical alteration' since it might make the swimmer 'cockeyed' or even make him lose his foresight. Whilst most agreed that the coach should have his head examined, one swimmer recounted that he wished that his swim coach had been just as concerned about his member since he had such a crush for her. Other innovations such as removing the ears to reduce the drag were also suggested and perhaps circumcising the competition just before the gun went off. In any event, maybe the coach was merely extolling the principle that shaving reduces drag and circumcision will, um, increase body awareness in the water.

## Did you sign up ?

This had to happen - there was a plea for sperm donors. This request probably had all the males in the swimming fraternity thinking they had been singled out as being prodigal donors. It turned out however that the same message had been cross posted to just about every other sports group. The recreational tennis men figured out it wouldn't get rid of tennis elbow but it might influence ball control. Some perceptive swimmers suggested that although

Madonna might have some to spare, perhaps their resources should be taped after all. Most swimmers simply wanted to know where to sign up and whether incentives would be supplied or whether they had to take their own (pull buoys).

# Swimming Heart Rates

By Martin Stanley

Recently (this fall) it came up in a discussion what are the target swimming heart levels to use with a monitor. I did some looking (reading and net surfing) for a standardized heart rate table for swimming. Results were slim for swimming.

The standard training heart rates are shown in the following graph. In practice training of your cardiovascular system occurs with a heart rate between 70 and 90 percent of your maximum rate.

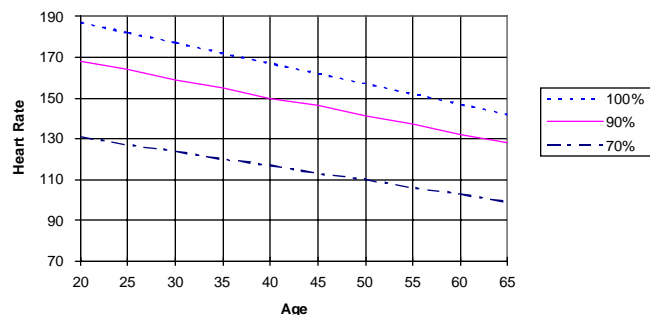
What is my maximum heart rate??? In swimming the maximum heart rate is actually 13 beats less than running, cycling, or skiing. The equation is:

$$Hr_{max} = 220 - AGE - 13$$

Lower maximum heart rate during swimming is attributed to being horizontal (no gravity) and the cooling effect of water.

**In our workouts all you need to watch is**

Swimming Heart Rates



that your heart rate is in the 70 to 90 percent range.

- **Above 90% you are working too hard, back off a bit**
- **Less than 70% try harder or take shorter breaks.**
- **All else fails you are in the wrong lane!**

**Eli is planning our workouts to keep us in the correct range and make it interesting.**

Back to the original question, what about heart rates for the heart rate monitor? Unlike running and cycling where there are standard tables for predicting a heart rate at these levels, you must build your own table. That is more complicated than anybody wants to get into in a short space.

**JUNE AGM BBQ**  
**Are you missing ?**  
**BBQ utensils, Dishes, etc.**  
**Sue Stanley 905-878-1537**

- Slowly increase the speed of every 100 m
- Keep doing this till you can do no more
- Plot your heart rate against your times
- Find someone who has done this before to workout the levels

**For Sale**  
 Fischer 190 X-C Skis  
 Ladies size 8 Salomon boots,  
 pools - **\$110**  
 Rollerblade Lightning Unisex  
 size 6.5 - **\$50**  
**Karen Haist 905-878-9239**

# Stretch You Say

By Martin Stanley  
Stretch's from The Whartons' stretch book.  
Active-Isolation Stretching method

Stretching is something only a few of us ever really do. We all know that it is good to do. I recently came across a very good book on stretching. I know every fitness store carries a small selection of pamphlets on stretching, so why is this book any better.

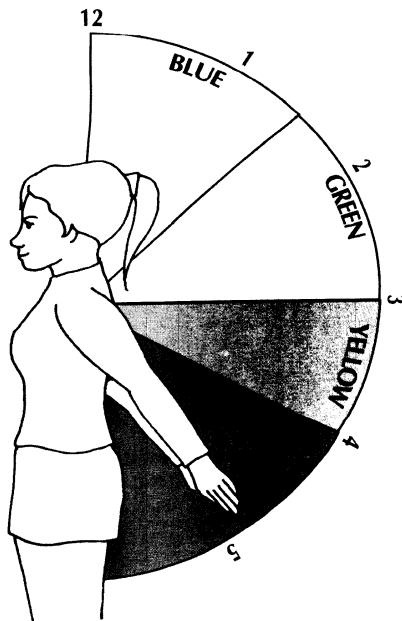
- The instructions are easy to follow.
- Has simple diagrams.
- It covers all parts of the body
- This method can be found in the sports medicine/physiology literature.

So here are a few stretches for your shoulders and rotator cuffs to do in Eli's 10 minute warm up period (or before you come). Did you know that several people are showing signs of rotator cuff problems (you know who you are)?

All stretches should be done slowly till you feel a pulling sensation. Never force your joints into a position or bounce. A gentle pull will do far more (bouncing and forcing will tear the muscles).

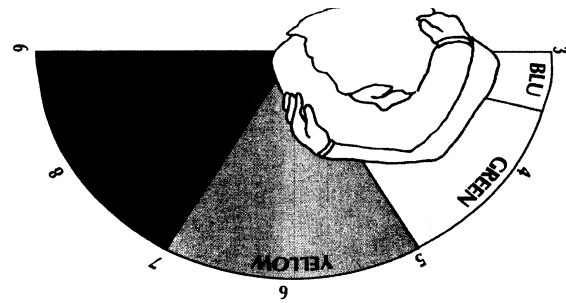
The diagram around the person is a clock with the arms in a position that is a normal stretch. If you can stretch well into the white area you are hypermobile. This can be as much of a problem as being too tight.

I will try to put different muscle groups in future news letters.



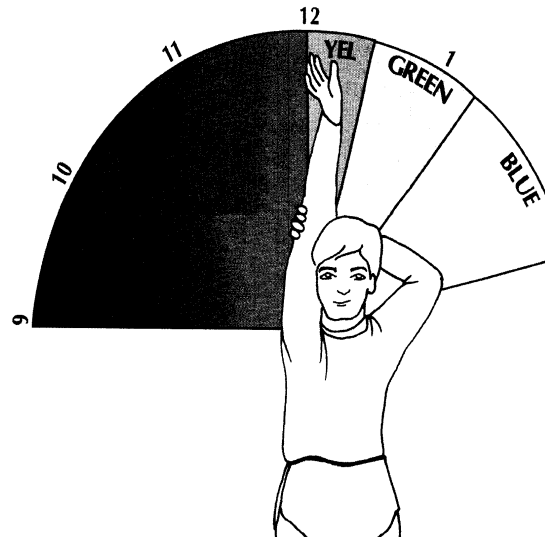
**20 - Stretch Anterior Deltoid**

Stand with your feet slightly apart and your arms loosely by your side. Begin to reach backward with your arms, keeping your elbows locked and your palms facing backward. For a deeper stretch, touch your fingers together



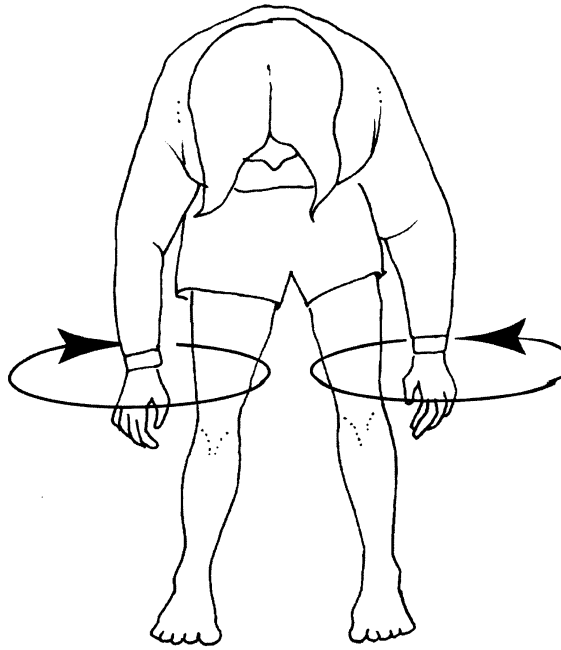
**Stretch 24 Trapezius/Rotator Cuff**

Stand with your feet slightly apart and your arms at your sides. Lift one arm, with the elbow bent, and raise it across your chest over the opposite until your hand reaches down your back. Use the other hand to give a gentle assist at the elbow, at the end of the movement. Keep your torso still, and resist the temptation to "hike" up your shoulder.



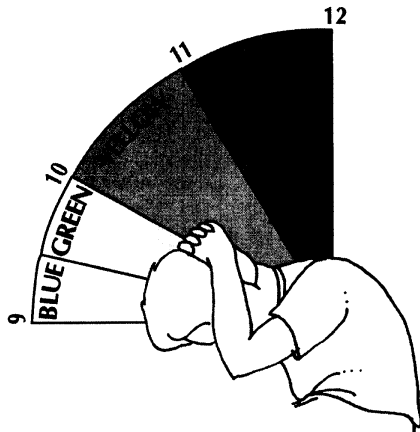
**Stretch 26 - Sideways Elevation of the Shoulder**

Stand with your feet slightly apart and your arms by your sides. Bend your knees and tighten your abdominals. With your elbow locked and the palm facing forward, raise one arm above and behind your head. Using the nonexercising hand, reach over and grasp the exercising arm between the elbow and shoulder. Gently assist the stretch until you feel a pull at the base of your shoulder blade.



**Stretch 18 - Shoulder Circumduction**

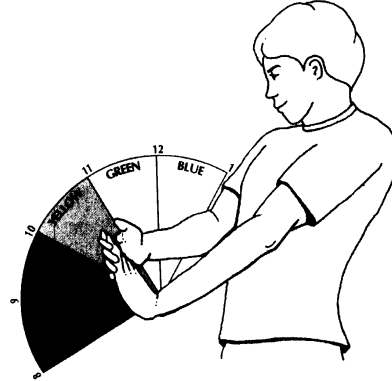
This stretch increase circulation in the shoulder joints (gleno-humeral joints). Stand, bending forward at the waist. Allow your arms to hang loosely. Bend your knees slight to keep pressure off your back. Move your arms in small circles, allowing each arm to rotate from shoulder to hand. Move your arms clockwise and then counterclockwise. Start with small circles, then move to larger circles. Stay relaxed and keep your abdominal muscles tight.



**Stretch 29 - Neck Extensors**

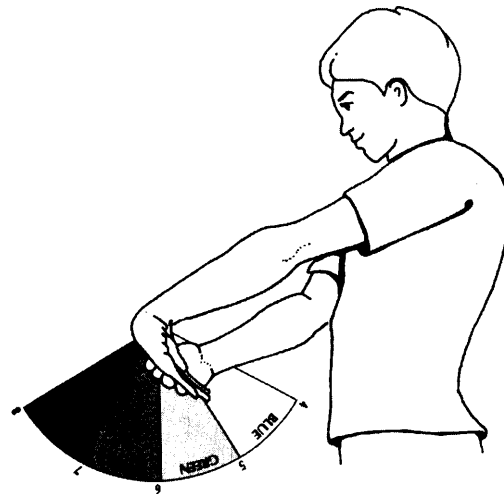
Sit in a chair with your back straight and your feet flat on the floor. with your hands placed on the back of your head, tuch your chin and roll your head forward until your chin meets your chest. You can gently assist the end of the movement with your hands at the back of your head. Be certain to keep your shoulders down.

In this age of computers every where, there are new chronic health conditions. It is nolonger the fumes and dust from the factories and mines damaging our lungs. Keyboards are damaging our wrist. The majority of computers are not set up properly, to minimize strain on our bodies. Here are a few stretches to help reduce the strain that can lead to carpal tunnel syndrome.



**Stretch 40 - Wrist Flexors Palms Down**

Stand with your feet a few inches appart and slightly bend your knees. Hold the exercsing arm straight in front of you and lock your elbow. "Cock" your hand up as if you were gesturing "Stop!" When the hand is in as upright a position as you can mangse, the stretch happens. With the nonexercising hand, reach around the front of the fingers of the exercising hand and gently assist with a little pull back toward the body.



**Stretch 42 -Wrist Extensors**

Stand with your feet a few inches apart and your knees slightly bent. Hold the exercising arm straight in front of you and lock your elbow. Flip your hand over until your palm faces down. Extend your fingers. Bring your palm back toward your body as far as possible. with the nonexercising hand, reach around the top of the fingers of the exercising hand, and gently assist with a little pull back toward the body.