

HOT SPLASHES!!

Welcome Back

By Lee-Anne Greer

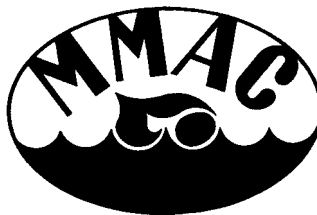
Welcome to the 98-99 swim season!! Looking back, we had an excellent year last year, in which we set a number of "firsts." Our New Year's Eve party was a blast! Our Spring Splash was amazing! We made it to Nationals in Edmonton -- and everyone won gold (yes, we found out in July that both the women's and men's relay teams won events)! A number of swimmers competed for the first time at Welland this summer with great success! And, there have been some remarkable Triathlon accomplishments throughout the summer! Congratulations to all!

I'm looking forward to our building on these achievements in the upcoming year. We're definitely planning a 2nd annual "Splash Fundraiser" New Year's Eve party, as well as another "Spring Splash" meet. Eli and Emil will continue to hold clinics throughout the year. And, considering Nationals is close to home (Nepean) this year... well, who knows! We will, of course, continue to hold our monthly Beer & Wings social nights on the first Tuesday of each month (immediately after practice).

I'm sure most of you share my craving to be back in the water this fall--especially after my first totally swim-free summer since I started Masters Swimming. Hopefully we'll see many new and familiar faces in the pool. For those who are new to MMAC, we've re-run some articles in this newsletter that should help you decode a lot of the jargon and customs that returning swimmers have come to take for granted. Also, on the shallow end wall we have a Master's Bulletin Board that lists important information, upcoming dates, swim meet info, etc. For those who have internet access, you might also want to check out our new website, courtesy of Peter Carson (www.pclimited.com/mmac). As well, if anyone has any questions or suggestions, please don't hesitate to bring them up to the executive.

Book Your Baby Sitter Now!!

**2nd Splash New Year's Party
Same Place and Time**



STROKING FOR PLEASURE

Executive Committee

Your 1998-99 executive is looking forward to another great year! We welcome your comments and suggestions, please direct your feedback to any of the following members:

Lee-Anne Greer	President
Larry Scott	Vice President
Tom Price	Treasurer
Vicky McGonigle	Secretary
Gloria Hewitt	Membership
Sue Morris	Publicity
Laura Goodman	Meet Convenor
Rishia Burke	Equipment Manager
John Fisher	Member-at-large
Christian Wassermann	Member-at-large

Lane Etiquette And Safety

By Karen Haist

We are again in our busy season at MMAC. In order for each of us to get the most out of our swim time and from the excellent coaching we have available, it is very important that we respect one another's "space" in the pool.

Here are some suggestions that seem to help.

- If the lane you normally swim in is crowded and the next lane has fewer

swimmers, the fastest swimmer in your lane should move up. If you normally swim on the recreational side of the pool, try the competitive side.

- Keep to your side of the lane when swimming. Check the chart to see which direction your lane should be swimming.
- If you don't feel like swimming as fast on a given workout, move to a slower lane.
- If you are swimming faster than the swimmer in front of you and you want to pass, touch the swimmer's foot prior to reaching the end of the pool.
- If you are touched on the foot by the swimmer behind you, offer to let her/him go ahead when you get to the wall.
- When you have completed your drill set or if you are taking a break, move out of the way so that swimmers coming in can reach the wall.
- Be aware of space. Leave room ahead when you start out. When it is possible, 5-10 seconds might be a good guide.
- Remember we are each stronger or weaker on different strokes. Try to adjust your starting order in your lane based on how you are with that specific stroke. On Thursday nights for the technical swim, you might find that you swim in a different lane each week.
- If you are varying your swim from the drill the rest of your lane members are doing, please try not to interrupt the pace of the majority of the swimmers in the lane.
- If the swimmer in front of you is doing flip turns, try to leave them enough room to come off the wall safely.

If you have any recommendations, please pass them on to one of our Board Members. We are always open to new ideas.

Lifeguarding

By Larry Scott

As we start a new season, I would once again like to express a big thank you to those of you who volunteer as guards for our club. If you would like to become a guard we will be offering a course on Thursday nights starting in October. We also will have room in the course for non members. If you are interested or know

someone who maybe, please see me (Larry Scott) or Laura Goodman for more information.

Secret Swim Codes

What do those funny symbols that the coaches use mean? No it is not some secret Bulgarian dialect. It is actually short forms for swimming strokes and toys.

	Meaning
FR	Freestyle
FL	Fly
BR	Breast Stroke
BK	Back Stroke
IM	Individual Medley
↑	Hard
→	Casual
Z	Zoomers
PADD	Paddles
K	Kick
P	Pull
F	Full
LS	Left Side
RS	Right Side
C-UP	Catch Up
C-DOWN	Catch Down
C-ABOVE	Catch Above
LA	Left Arm
RA	Right Arm

Mall Display

By Lee-Anne Greer

As many of you already know, Milton Mall hosts an annual community day which showcases local non-profit organizations. This year, it will be held on Saturday October 17.

HELP your club continue to get noticed!!! PLEASE consider giving an hour of your time on that day to help staff the MMAC information table in the mall. A sign-up sheet for volunteers is posted on the Master's Bulletin Board.

Vineyards and Wineries

Tour

By Kathie Key

CYCLING FOR FUN!!!! Join us for a combined social event for Milton Runners and Masters Swimmers! We even picked an unassociated sport - no running or swimming. We have booked a Niagara Cylce Tour, "Ontario's original and most popular guided and R.V. supported bicycle tours." The tour has been organized for Sunday, September 27th since most summer events will be over by this time. The fee is \$38.00 per person. The expert cyclists amongst us should know that this tour is 'just for fun'; it will not be a strenuous workout. Please contact Karen Haist at 878-9239 for more information.

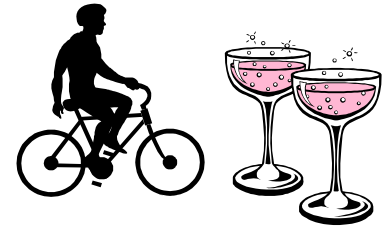
There's nothing quite so exhilarating as having breakfast (sometimes with pancakes) on the battleground of Queenston Heights; then 'sailing' down off the Niagara Escarpment through the quaint town of St. David's, with the cool country air blowing across your face: and then cycling along the historic Indian Trail (paved) to the castle-like structure of Château des Charmes Winery, for a one-hour tour of this modern winery, followed by wine tasting.

Four world class wineries are visited; two in the morning and two in the afternoon, with a prearranged midday lunch in Niagara-on-the-Lake. Along the way the tour visits seven historic sights with explanations; the harbour at Niagara-on-the-Lake, Fort George, the Battlegrounds of Queenston and Queeston Heights, Laura Secord's Homestead, the birthplace of Niagara Falls and Brock's Monument.

What's Included in the Tour Fee (\$38) ??

- The support of an eight seat motorhome, complete with a modern bathroom and a large sitting area. It is available to anyone who may want to ride part of the way or for non-cyclists who want to ride the whole way. The R. V. carries refreshments, bicycle parts & tools and spare bicycles. Cyclists may check their extra luggage in the vehicle at the start and any wine they may purchase along the way.
- Services of an experienced tour guide, knowledgeable on the fascinating history, geology and aesthetics of the area and who imparts his knowledge at all the relevant sites.
- A carefully designed quiet scenic route that takes in all the highlights of the area.
- In-house winery tour charges includes all wine sampling except Ice Wine.
- All meals: Stand-up breakfast for early arrivals, three course lunch and refreshments throughout the day.

- A set of photographs taken with professional equipment and mailed out the following day.



Directions

Starts at 9:30 am at Queenston Heights Park.

- Take Q.E.W to Niagara Falls
- After the Garden City Skyway in St. Catharines take Hwy. 405 to Queenston.
- Exit at Queenston ramp
- Turn left on the Niagara Parkway
- Half mile to Queenston Heights Park

4th Annual Women's Triathlon/ Duathlon

By Gloria Hewitt

It was definitely 'A Celebration of Women in Sport' on Sunday, September 6 for over two hundred participants at Kelso, who, under great summer weather conditions, generated enthusiasm for swimming, biking and running! Race founder, Tina Braam of Milton, participated in and encouraged many of the Milton Masters swim club members as well as local area athletes. The beautiful day combined with the excellent organization of the event by Anna Morris and Janice Snow makes us all look forward to next year's event too! It's always fun to share your sweating out good times with your pals from the pool! Finishers included: Marsh Zuest, Judith Rouse, Joan Whitman, Gloria Hewitt, Lynn Fisher, Dorothy Kosciuch-Whalley, Brenda Mayes, Sue Trerise, Connie Hearty and Anna Finlan. We did it gals; let's get ready for next year!

Net proceeds and donations of \$4500 for the event went to Big Sisters of North Halton. Such an event proved to be memorable and fun and could not have been carried through without the support of the many volunteers who cheered, gave out water, pumped tires, distributed prizes, directed traffic, pointed us in the right

direction... Members and friends of the Masters Club volunteered: Sue Leeder (registrar) Anna Morris, Ed Braam, Richard Burgess, Harry Barnes, John Sliemers, Janice and Calvin Snow, Marg Teskey, Sue and Martin Stanley, John Mayes, Vicky McGonigle, Kathy Richardson, John Fisher, Jack Hewitt, Laura Goodman, Anita and Courtney Warner, Martin Carney, Kathie Key, Chris McGonigle, Gwen and Phil Jarrett.

The event will be held again next year on the Sunday of the Labour Day Weekend. So, ladies, let's get churning those laps!

Upcoming Events

Sept. 27 th	Cycling Wine Tour
Oct 6 th	Wings & Beer
Oct 17 th	Brantford Fall "Sprint Splash"
Oct 17 th	Mall Display
Nov 3 rd	Wings & Beer
Dec 1 st	Wings & Beer
Dec 17 th	Fall Session Ends
Dec 31 st	New Year's Splash 2!!
Jan 2 nd	Winter Session Starts
March 21 st	Winter Session Ends
March 23 rd	Spring Session Starts
May 14—17	Nationals—Nepean
June 12 th	Spring Session Ends

Summer Daze

By Aunt Flipper

Phil Jarrett successfully earned the privilege to shop in the "Finishers Tent" at the Penticton Ironman. On a very hot day Phil was able to burn up the course (3.8 km swim, 180 km bike, 26 mile run) in 14 hours, 12 minutes, while there were a record number of drop outs. Congratulations Phil! Rumour has it that a large Milton contingent will be heading to Penticton next year. Is it true that Janice Snow and Gwen Jarrett are heading the Iron-way??

Marcel Fournel is the 3rd Toughest Cop Alive! An outstanding performance, especially considering Marcel only trained for 9 months (including learning to swim!). Way to go Marcel!

Steve Morris became a cycling/mountain biking maniac. He competed in numerous events, most notably 12 hours of endurance (mountain biking at Kelso) which was just a warm up for 24 hours of Adrenaline at Hardwood Hills. Wisely, for the 24 hour event Steve was part of a relay

team, but still! Through both events Sue was the faithful (if sleepy!) pit crew.

Lisa Boehmer has a baby daughter! Margaret Emma weighed 7 lbs 13 oz and arrived on August 25th. Congratulations Lisa! We hope you will find time for the occasional swim!

Wedding bells were ringing twice this summer. Christian and Cathy were married on a perfect summer day at their cottage, followed by a honeymoon on the Canadian east coast. Dorothy Kosciuch and Ron Whalley enjoyed an intimate ceremony at Hugh Foster Hall. Dorothy is now looking forward to a delayed honeymoon in Costa Rica. Congratulations and best wishes to both of you!

Some Master's were taking advantage of the summer months to take fabulous vacations. John and Brenda Mayes and family enjoyed snorkeling in Hawaiian waters. Karen Haist cycled the Oregon coast while fighting off pneumonia. Rishia and Steve Burke drove across Canada to B.C. Larry Scott finally made his motorcycle tour to California and found out where all of our rain went this summer.

Richard Burgess met Kelso's Killer Fish one early morning while swimming in the dark, when Chris McGonagle quietly let Richard swim by only to grab firmly onto his ankle. We would like to see the reading from your heart rate monitor for that swim! That will teach you for swimming in the dark (and for having friends like Chris!)

Sue Morris, Rishia Burke, Kendell Bradford and team ruled their soccer league this season, placing first overall for regular season play. A few key players were absent for the final tournament (right Sue?) yet these women were still able to hold second place.

1998 Canadian National Triathlon Championship

By John Fisher

"Birds Hill Park" is a provincial recreation area with gently rolling prairie terrain and a man made lake, located 45 minutes north of Winnipeg. This was the site of the 1998

Canadian National Triathlon Championship and also the site of the 1999 Pan-American Games Triathlon event. The government has spent over \$3 million to develop the Birds Hill site for the race. The 'Nationals' served as a 'Dry Run' for the organizers, to ensure the technical and administrative details were all satisfactorily worked out.

The Canadian National Triathlon Championship was the peak race of the 1998 season for Tina Braam, Harry Barnes and John Fisher. Under Emil Dimitrov's direction our training and racing through the year was designed to prepare us for this race.

We arrived at the "Lombard" in Winnipeg on Thursday night Aug. 6, after the requisite plane delays. Harry rented a van on Friday morning and after a fast registration and bike check we piled our bikes and equipment into the van and headed for the race site. Our plan? Do a reverse triathlon at a gentle pace to get acquainted with the technical features of the course (coaches orders). The race schedule requires 2 swim loops, 3 bike loops around the park and 2 run loops. We decided to do one loop of each event. Roads and paths were all newly surfaced and fast. Transition area was spacious and clearly marked. Our work out went well and we left comfortable and confident. Friday night we attended the prerace carbo meal and various race instructions delivered in 'Stand Up' format. One announcement, "NO WETSUITS" cast something of a pall over the proceedings, but that was the rule.

August 8th **RACE DAY**. Up early 4:30 a.m. (I got up before Harry!). We leave in the van, again with our bikes and equipment and other hitch hiking triathletes who did not want to wait for the scheduled bus. Arrive in lots of time. Race start for Harry and me is 8:05 am, Tina 8:35 am. We were off - swim was great for me and for Harry and **TERRIBLE** for Tina, Bike was good. Lost a little ground but still arrived at the run transition as the leader in the 50 - 54 age group. Four KM into the run I was passed first by David Patterson and then about 100 yds later by Harry. Harry and Barry Patterson had been within shouting distance of each other since, the beginning of the race, but Harry was unable to close the gap and ended up second. I ended up third and was delighted. Tina's swim time took the spunk out of her so she was disappointed on her performance for the day.

I Swim Therefore I.M.

t-shirts available
(\$12 each / \$10 lifeguards)

See Rishia

Celebration meal on Saturday night was excellent. The whole event went very smoothly and was a credit to the organizing committee. We spent a couple of days sightseeing, reflecting on the 1998 season, planning adjustments to make for 1999 and dreaming of our future successes!

Windy Welland

By Sue Stanley

The daunting task I accepted on this beautiful day was on-shore support for our 5 km swimmers. Colin Key, myself & my parents enjoyed a brisk walk on the shore admiring Martin's strength throughout the 5 km (but why wasn't Gwen with him?) To our surprise, when he finished it wasn't Martin! We had followed someone we didn't even know for 5 km.

A few minutes later someone else pointed Martin out, so we again followed him the few yards back to the finish line. This fellow was bald! It's amazing how similar everyone looks wearing dark suits and the same cap. Soon the right Martin arrived and just as expected, Gwen was with him! (With my great spotting ability aren't you glad I'm a guard?!)

Richard Burgess was the other 5 km swimmer. This swim was a walk in the park for Richard after all his Kelso swims.

Gwen Jarrett thought 5 km wasn't too bad, adding: "Phil only has to swim a mere 3.8 km for his Ironman!"

Kathie Key was Milton's only 3 km representative. She was somewhat relieved that the organizers weren't accepting race day event changes. During the swim into a moderately strong head wind, Kathie was very happy that she had not been convinced to upgrade to 5 km.

Milton was well represented in the 1 km event by Ed Doherty, Vicky McGonigle, Linda Savelli and Marsha Zuest. This was Linda's first ever swimming event and she chose to do 1 km of breast stroke! Linda's time was impressive too! We want to see you swim on the fast side of the pool for breast stroke workouts, Linda! Well done!

Each of our swimmers received a medal for placing in the top 3 of their respective age categories. Way to swim Milton! Next year let's try to fill that bus... (Note: race results were not available at time of publication.)

Track Suits

Large and XX Large

(\$68 each)

See Rishia

Results

By Martin Stanley

While many in Masters look forward to the summer as a time to relax and recuperate for the start of the fall session (Pres.??) many others are just in the middle of their competitive season. This group of very dedicated athletes (addicted or just plain crazy) have combined their talents in multiple sports to compete in triathlons.

Masters swimming clubs are a popular way for these triathletes to train for the swimming portion of the competition. The swim is the shortest distance and time event but is of the greatest challenge to most triathletes. If you were to ask them why they insist on wearing a wet suit in 20°C water, they will say for speed. This is true but the other major factor is a feeling of comfort for wearing a "life jacket". The majority of triathletes are not swimmers and hence swimming is a challenge to them.

Talking to an ex Milton Master this summer he said that he misses swimming with the Milton Masters. He misses the comradery and the challenging workouts. This Georgetown boy says that his swimming has suffered.

This year John Fisher competed at the Nationals in Winnipeg, he was the fastest in his age group in the water.

Remember the fellow Phil in lane six, who always wore the baggy swimming suits? It was actually part of a secret training plan to build up his endurance to complete the Penticton Iron Man (I think he gave those suits up).

John Mayes has not done any triathlons for several years, obviously he did serious training in Hawaii. Brenda Mayes and their daughters did the women's triathlon at Kelso. When does Stephen do his fist Kids of Steel?

Ed Doherty did his first try a tri this year. He was heard to say that the swim and bike were good and the walk was so so. Since when has walking been one of the three sports Ed?

The following results do not include the Women's Triathlon, those participants are listed in a separate article.

	Race	Date	Time	Place/Total
Dorothy Kosciuch-Whalley	Barrie Sprint Triathlon	8/9/98	1:44:54	8/15
	Northern Triathlon Try A Tri	8/22/98	43:16	3/12
	Milton Triathlon	7/18/98	2:19:24	8/9
Edward Doherty	Guelph 2 Try A Tri	9/5/98	51:41	4/7
Gwen Jarrett	Greater Toronto Duathlon	6/7/98	1:35:00	17/32
	Muskoka Long Course	6/21/98	4:10:51	19/30
	Peterborough 1/2 Iron Man Triathlon	7/26/98	6:26:08	7/8
Janice Snow	Muskoka Sprint Triathlon	6/21/98	1:28:50	6/8
	Milton Triathlon	7/18/98	2:10:59	7/9
	Peterborough Sprint Triathlon	7/26/98	1:25:52	6/10
Joan Whitman	Milton Try A Tri	7/18/98	43:39	2/14
John Fisher	Brick Duathlon	5/24/98	1:06:39	4/26
	Greater Toronto Duathlon	6/7/98	1:13:23	2/25
	Muskoka Long Course	6/21/98	3:35:20	4/15
	Guelph Lake Olympic Triathlon	6/28/98	2:15:51	2/14
	Milton Triathlon	7/18/98	1:40:16	2/17
John Mayes	Guelph 2 Triathlon	9/5/98	1:35:51	2/20
John Mayes	Guelph 2 Triathlon	9/5/98	2:17:22	34/39
Judith Rouse	Milton Try A Tri	7/18/98	45:57	1/4
Kathie Key	Milton Triathlon	7/18/98	2:13:07	3/7
	Barrie Sprint Triathlon	8/9/98	1:48:38	3/5
	Guelph 2 Triathlon	9/5/98	2:07:31	2/4
Margaret Teskey	Northern Triathlon	8/22/98	1:57:13	6/8
	Guelph 2 Triathlon	9/5/98	1:59:51	10/20
Martin Stanley	Milton Triathlon	7/18/98	2:02:35	24/36
	Guelph 2 Triathlon	9/5/98	1:58:24	32/52
Philip Jarrett	Muskoka Long Course	6/21/98	4:37:43	78/82
	Peterborough 1/2 Iron Man	7/26/98	6:10:58	47/50
	Penticton Iron Man	8/30/98	14:12:09	
Susanne Trerise	Barrie Sprint Triathlon	8/9/98	1:36:18	4/15

Guelph 2 Triathlon

9/5/98 1:57:33

7/20

SPOKES N' SLOPES

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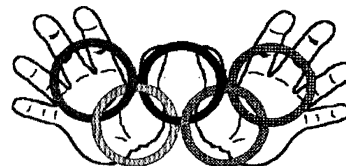
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Nothing To Do!!

If you find yourself one night with nothing to do and looking for something different. **Try the Milton Masters Web Site.** Peter Carson has setup a site from his company's site. It has all the back issues of the newsletter, pictures of the pool. If the coaches can ever be cornered into giving personal details there is a coaches corner.

Try WWW.PCCLIMITED.COM/MMAC

Submitting Articles

By Martin Stanley

Newsletters are only as good as the articles.

If you have an article please give it to me or any member of the executive. It can be a disc, typed or emailed. The format does not matter.

My Email address is **MSTANLEY@INTERHOP.NET**

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