

Maverick Lane Lines

USMS National Champions, 1997 - 1999 & 2002 - 2004

Volume 12 - Issue 4: Aug, 2008

Going Postal!

"Going postal" is an English slang term, used as a verb meaning to suddenly become extremely and uncontrollably angry, possibly to the point of violence. The term derives from a series of incidents from 1986, in which US Postal Service workers committed violent acts against fellow workers and members of the general public.

In Masters swimming, "going postal" has a kinder and gentler connotation. A postal event is a swimming competition that is conducted at your local pool, with the results sent to the event host for tabulating. At this level you would be competing with all swimmers of your



gender and age group from across the country. This is a great way of competing without leaving home. Most of these events require a "counter," to write down your running splits on the entry form (*Maverick counters, left*).

The **3000 yard Postal is a team event**, and we're trying to drum up more enthusiasm for swimming this event.

We had 39 members swim for an hour, in January. Coach is optimistic that we'll have at least 20 swim this event.

There are five annual National postal events that are organized by USMS: These include:

- **One Hour Swim**, team event, swum during the month of January. The granddaddy of all postals.
- **5K/10K National Championships**, swum in a 50 m pool, anytime from May 15-September 15. More challenging.
- **3000/6000 National Championships**, swum in a 25 yd pool, anytime from Sept 15 and Oct 15.

Gregory Rottle and **Doris Prokopi**, right, took these five postals to a higher level, by swimming all five!



Postal events sponsored by individual clubs include, subject to change, include:

- **1650 Yards** - January & February
- **February Fitness Challenge** - Swimmers record their mileage for the month of February.
- **Check-off Challenge** - Buy the shirt, and check-off the 18 events when you swim them. Any time; anywhere.
- **Brute Squad** - 1650, 400 IM and 200 Fly, in one day. November & December
- **Pentathlon** - Various distances of the four strokes and IMs - April - December

Setting goals for yourself is an important part of your individual fitness and/or competitive swimming program. We have listed a variety of options (also, *Go The Distance*, page 5), for all abilities and temperaments. What is most important is to have a goal that you are trying to achieve. For the longer swims, think of them as a "kinder, gentler" way to improve your aerobic capacity, not, as a "violent" experience.

For specific info, ask the Hutingers.

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MAVERICK LANE LINES

Volume 12 - Issue 4
August, 2008

USMS Honorable Mention
Newsletter
1998-1999, 2001-2003, 2006

Editors

Paul & Margie Hutinger
727-521-1172
e-mail: phut@usms.org

FMM Officers

Head Maverick
Charles Schlegel

Assistant Maverick
Doris Prokopi

Sec./Treas./Registrar
Margie Hutinger - 727-521-1172

Officials
Frank Tillotson - 727-898-5259

Liaison
Position available

Coach
Paul Hutinger - 727-521-1172

Web Architect
James Christie
JAMES@BUBBLEWORLD.COM



Owen Christie

MAVERICK of the Month

Owen Christie, 72, was born in E Bathurst, New Brunswick, Canada, a saltwater harbor 300 miles north of Maine. His Dad was a Sgt. Major in the Canadian Royal Air Force. They moved to Michigan, after WW II.

"I learned to swim (or sink) in the Boy Scouts. I enjoyed the water and going to the local lakes to show off my talents. My swimming was recreational, so I wasn't on a swim team. I graduated from HS in Lincoln Park, MI, and attended Wayne St Univ, Detroit. I was a lifeguard in the Army, at Ft. Hood, TX.

"I joined the *Mavericks* in 2004. My son, James, convinced me that competition would be good for my old bones. He was right! My general health, blood pressure and weight have never been better. My very first meet was in 2005, St. Pete, FL, as a 68 year-old. We swam family relays (son-in-law Tom, sons Eric and James) as a warm up for Edmonton. I had to learn to swim competitively, as my style was outdated. I really fell in love with swimming, after spending 20+ years in the stands, sweating and cheering on our children and grandchildren!

"My most interesting swimming experience was the World Masters Games in Edmonton, Canada, 2005. The high altitude, 6,000 ft, and swimming LCM was an experience that left me breathless! Our two family relays placed 9th and 13th. I finished 11th in 3 individual and was totally hooked on swimming! Besides us swimmers, my wife, daughter, son-in-law, daughter-in-law and three of my grandchildren joined us, and we had a wonderful time in Edmonton."

In 2006, he swam at the MI Masters State Championships, and placed second in his age group. After eye surgery and nine months out of the water, his goal is to compete at the World Masters Games in Sydney, in Oct, 2009.

His greatest accomplishment is his wonderful family. "I've been married 48 years and had three children and five grandchildren who are all great swimmers. Our daughter died in 2007, and our 19 year-old granddaughter and five bunny rabbits came to live with us. Life is always a challenge, but every day we try to enjoy it as much as we can."

Got a bright idea?
Any news?
We'd like to hear it.
This is **your club**
and
your newsletter.



This issue of the
Maverick Lane Lines

has been sponsored by

Doris Prokopi

If you would like to sponsor a future issue,
please send us \$20.

↪ **TEAM MEET - (we do relays) - OR - TEAM EVENT**

Plan Ahead - Plan Ahead - Plan Ahead

5/15-9/15.....5K/10K Postal Champs.....Any LCM pool
 8/10.....Last Chance LCM.....Coral Springs, FL..LCM
 ↪ 8/14-17.....USMS Nationals.....Mt Hood, OR..LCM
 ↪ 9/15-11/15.....3000/6000 Yd Postal Champs.....Any SCY pool
 9/20.....Marlins Meet.....Ocala, FL..SCY
 9/24-28.....USMS Convention.....Atlanta, GA
 10/26.....3000 Yd postal swim.....St Pete, FL
 ↪ 11/16.....Bridge the Bay.....Sarasota, FL..SCM
 ↪ 11/23.....Bridge the Bay.....St Pete, FL..SCM
 12/6-7.....FL State Sr Games.....Esteros, FL..SCY
 12 TBA.....Holiday Classic.....Coral Springs..SCM

↪ **TEAM MEETS - Please let Paul know AHEAD of time, what days you will be at a team meet, indicated by arrows.**

You will be on a relay, unless we hear otherwise. We put relays together **BEFORE** the meet. As always, if your plans change, let us know, as it affects three other swimmers. If you need an entry that's NOT included in the FL LMSC newsletter or SWIMMER Magazine or have any questions, call Paul - 727-521-1172.



Coach Hutinger

Tip of the Month-- Legal Blood Doping

Blood doping is not legal, but the average swimmer can enhance his/her blood parameters, legally, by working with your doctor. I've learned that the kidneys diminish in function, as part of the aging process, so I'm doing what I can, to maximize my kidneys.

The production of EPO (Erythropoietin) regulates the production and release of RBC (red blood cells) from the bone marrow. Creatinine is a renal function test used to estimate GFR (glomerular filtration rate). The BUN (blood urea nitrogen) is a test on the health and function of kidneys which in turn will increase the RBC, % of RBC, HCT (hematocrit), and HGB (hemoglobin). These values need to be in the norm range for health and the high norm range to deliver oxygen to the body as you exercise. Putting your body in high intensity training will elicit a greater response.

When I was on the faculty of Western Illinois University, I had my blood parameters checked at the medical lab, every week for six weeks to coordinate swim training with them. Healthy kidneys will respond positively.

Below is a chart showing when my kidneys were not working very well, (my GFR was a low of 48). They needed to be >60, to be normal. In 1998, when I had my best kidney functions, it highly correlated to my best swimming performances.

<u>GFB <48 (Below norm)</u>	<u>GFB >60 (Norm)</u>	<u>Best, 1998</u>	<u>Men's Normal Ranges</u>
RBC - 4.01	4.25	4.83	4.20-5.80 - RBC
HCT - 40.1	45.2	49.0	38.5-50.0 - HCT
HEMO - 12.8	15.2	16.6	13.2-17.1 - HEMO

Supplements may enhance absorption, especially for the over 70 age group: Vitamin C, 500-1000; iron (for women) men can be at risk; vitamin B-12 injections or sub-lingual; folic acid and B-6, 50 mg. Be sure to check with your own physician, before implementing any changes.

Another test the doctor gave me was for total testosterone (men), to see if I needed a testosterone patch, to bring me up to normal. Mine was 869 (top of the scale is 827). This may indicate that my thirty years of high intensity swim training (10 x 50 @ 2 minutes) may enhance hormones. I didn't need the patch!

Even if your swimming doesn't improve, you will be healthier and have more energy.

Splish, Splashes

What's in a Name?

In the last issue, we presented the nickname of Peanuts. Noone correctly guessed that the young baby who looked like a peanut was none other than Coach Paul.

Here's your new challenge. "I was once called '**Rat Stink**,' after my teacher questioned the class about a paper turned in with just the initials R.S. written on it. This was during the height of the "Rat Fink" era, so one of my classmates says, "It must be Rat Stink!"

If you think you know, let the Hutingers know. **If you have/had an unusual nickname, tell us about it, so we can include it in a future newsletter.**



Peanuts



Maverick Web Site

For you computer users, if you haven't been to www.maverickswim.org, lately, check it out. James has been making some changes, which we feel will make it more user friendly.

He created a [new link called, "training."](#) This makes Paul's Tip of the Month and Ask the Swimming Doctor columns easier to find.

Keep checking, to see what else is new. More will be coming

2008
Registration - 70

NEW MEMBER
Richard Redenbo

Thank You!



We received a lovely thank you letter and a picture of the [Bardmore Aquatic Team](#), in appreciation of the \$200 donation from the *Mavericks*. They bought twelve new stopwatches, to replace their unreliable ones.

Generous Gifts

The generosity of the *Mavericks*, and *Honorary Mavericks* continues. With the latest registrations, we received a donation from **Richard Redenbo**.

As we told you in the last issue, we changed the name of our fitness award to the Mary Jane Schafer Award, in memory of Mary Jane, who passed away, last year. We recently received a check for \$1000, from her daughter, Jill, with this message: "Please accept this donation to the Florida Maverick Masters in memory of my mother, **Mary Jane Schaffer**. She loved to swim, train and be better each time, and the Mavericks helped her reach her goals."

Results, Results.....

Bumpy Jones Meet - Sarasota



The Long Course season got off to a great start, at the Sarasota Y pool. Seventeen *Mavericks* competed on this sunny weekend, and were successful in claiming their shady territory. The party in the park, after Saturday's events was a delectable change of menu. This year, it was grilled burgers and chicken as the main course, supplemented by a variety of salads.

This was the first Maverick meet for **James Enyart** (left). Other *Mavericks* supporting this team meet included **Jean Allen**,

Patricia Bond, **James Browne**, **Cliff Eastwood**, **Margie Hutinger**, **Ralph Johnson**, **Gladys Olsen**, **Doris Prokopi**, **June Reynolds**, **Gregory Rotole** (swam his first 200 LCM fly, **Jean Troy**, **Patricia Tullman**, **Rosie Vijil**, **Charles Weatherbee** and **Robert Williams**.

St Pete Meet

Thirteen *Mavericks* were very optimistic about eluding the rain and thunder gods. It's a good thing we took our chairs home on Saturday, as it poured during the night. Other than some light showers, we survived the meet in bright sun. We had no sooner picked up our high point awards, when the flood gates opened. Literally! Sometime during lunch, downtown, appropriately at The Moon Under Water, the sun decided to shine, once more.

First place winners for high point included **Browne**, **Gaylord Hopkins**, **Reynolds**, **Tullman** and **Williams**. Second place went to **Allen**, and third, to a surprised **Vann**.

Other *Mavericks* who competed included **Bond**, **Eastwood**, **Ruth Hoskinson**, **Charles Kilbourne**, **Paul Hutinger** and **Troy**.

Fun and Fitness

Swimmers miles are adding up for the 2008 USMS Go the Distance. The ultimate goal for all of us in Masters swimming is "fun and fitness." To get started, simply total the number of yards you swim, whenever you swim, and jot it down in your log or calendar.

For more info on how to submit your monthly miles, go to the Fitness section at www.usms.org. If you don't have a computer, contact the Hutingers.

We'd like to add at least five new names, this year.

MILES SWUM IN 2008:

Jean Allen, 67 - 104.00

Patricia Bond, 70 - 131.08

James Browne, 69 - 128.76

Brud Cleaveland, 90 - 43.64

Richard Criche, 68 - 48.67

Cliff Eastwood, 86 - 93.00

Margie Hutinger, 68 - 57.10

Martha Jacobs, 56 - 59.50

Charles Schlegel, 78 - 172.57

Karen Swanigan, 53 - 52.59

Marianne Vann, 76 - 78.49

TOTAL MILES - 969.40

LCM Nationals - Gresham, Oregon

Long Course Meters Nationals will be held August 14-17, and four *Mavericks* will be making the journey across country, to the scenic Pacific Northwest. The meet will be held at the newly renovated Mt Hood Community College Aquatic Center. The meet will be one of the largest LCM championships, with 1130 swimmers.

Jack Guze and his wife will be joined by their daughter, for a family gathering. After the meet, **Paul** and **Margie Hutinger** will ride with friends to the northern part of Vancouver Island, followed by a week's cruise to Alaska. **Patricia Tullman's** daughter will be joining her during the meet, and they will be touring through the wine country, afterwards.

In the next issue, we'll tell you more about their adventures.



2009

Mavericks Picture Calendar



The calendar committee has been working diligently on this creative, unique *Maverick* project. On page 7, you will find the order blank, to reserve your special, one of a kind calendar. They will arrive in November in plenty of time to give to your friends and/or relatives for the holidays. Please indicate your pickup option.

2008 was the first year we gave free memberships to any swimmer over 90 years young. To show our appreciation for their efforts to maintain a healthy lifestyle, that includes swimming, **the cover will feature our six nonagenarians. They will each receive ONE free calendar, gratis of the Mavericks.** You cool role models will only have to send in an order, if you want any additional copies.

In order to complete each calendar page, we still need the two lines, about 20 words, or less, you are entitled to. **We still need your words of wisdom, or whatever you'd like to say, from:**

Alan Maloney
Stephen Everhart
Gaylord Hopkins
Patricia Bond

WHY SHOULD YOU ORDER?

1. Twelve of your teammates are featured.
2. Everybody's birthday is marked.
3. Swim meets are included.
4. Support the *Maverick* efforts.
5. Stocking stuffers for friends and family.
6. Price is the same as last year. One item not hit by the high fuel prices.

Stars for 2009 Calendar

Alan Maloney - January
Margie Hutinger - February
Stephen Everhart - March
Patricia Tullman - April
Jean Allen - May
Luis Rey - June
Owen Christie - July
Richard Criche - August
Gaylord Hopkins - September
Marjorie Newman - October
Patricia Bond - November
James Browne - December

Cover

Brud Cleaveland
Frances Cichanski
Don McCullough
Kay Schimpf
Frank Tillotson
Gertrud Zint

COMMITTEE

Jean Allen
Margaret Homans
Margie Hutinger
Martha Jacobs
Rosie Vijil

*We do NOT stop swimming because we grow old;
We grow OLD because we stop swimming!*

Maverick 2009 Calendar Order

DEADLINE - September 30, 2008

_____ Number of calendars @ \$14 each = _____

Check ONE pickup option:

_____ I will pick mine up in person at Bridge to Bay meet, Sarasota, 11/16

_____ I will pick mine up in person at Bridge to Bay meet, St Pete, 11/23

_____ Other _____

_____ Please mail mine: 1-3 = \$2

_____ 3 or more 5 = _____

TOTAL = _____

Check payable to: Jean Allen
Questions?? 813-633-9268
e-mail - jimjeanluvsun@peoplepc.com

Mail your check and form to:
Jean Allen
2314 Lyndhurst Dr
Sun City Center, FL 33573

Please send my calendar/s to:

Patricia Tullman has volunteered to take over the *Maverick* position of Registrar. Please indicate your approval to the Hutingers:

telephone: 727-521-1172

or e-mail phut@usms.org

Deadline: September 30, 2008

November, 1996

Charter Members

Margie Hutinger

Paul Hutinger

*Joseph Kurtzman

**Robert MacDonald

Alan Maloney

Doris Prokopi

Frank Tillotson

*deceased

**non-member



We offer swimmers the opportunity to participate in a lifelong fitness and/or competitive swimming program. We provide a positive environment for individual levels of achievement and the freedom to express ideas.

Florida Maverick Masters, Inc

Paul & Margie Hutinger

1755 Georgia Ave NE

St Petersburg, FL 33703

Calendar Order
Blank