

MAVERICK LANE LINES

USMS National Champions, 1997 - 1999 & 2002 - 2004

Volume 8 - Issue 5 Dec, 2004

Eight is Great!



LCM National Team--
Savannah, GA
8/12-15/04

Aaron Kurtzman, Weatherbee, Homans, MacDonald, Browne, Troy, Hutinger, Vaughn, Tullman, Bayers, Tillotson, Blake

This is the Nationals that will be known as the one that survived not only one, but two hurricanes. Bonnie was wreaking havoc on Thursday, bringing rain and spawning several tornados. In the midst of the 3rd from the last heat of the 1500 free, the meet was stopped and everybody was sent back to their motels. No further damage from Bonnie, but it made for a longer day on Friday, which started with the unfinished 1500 heats. Towards the end of Friday, the meet director made an announcement concerning the uncertainty of continuing the meet, due to the shifting path of Hurricane Charley. Lucky of us, after he did his damage to Florida, he continued over the Atlantic. In spite of the uncertainties of the storms in Savannah, the Florida residents were also worried about possible damages back home.

Back in the pool, the **MAVERICKS** swam superbly, both in their individual events and on their relay teams! They competed in the small team division with 120 other teams, where the competition is always close. **The seven men repeated as National Champions, the EIGHTH TITLE for the MAVERICKS.** They scored 333 points, winning by a mere eleven points. On the 3rd day of the meet, Margie was telling the men that they were leading by only one point. **Tillotson**, 90, looked her in the eyes and said, "I guess that means I have to swim my 100 breast." "Your darn right,"

she replied. **The combined men's and women's team placed third**, with 575 points, and outdistanced the 4th place team by only 9 points. The five women placed 9th, with 194 points. **Coach Hutinger** said, "Every swim was important to the success of the team in our championship efforts."

Robert MacDonald, 75-79 age group, established two new World Records. He swam his 100 m Breast in 1:35.55, breaking the record of 1:35.70, and the 200 m Breast in 3:32.60.

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MAVERICK LANE LINES

Volume 8 - Issue 5
December, 2004

USMS Honorable Mention
Newsletter
1998-1999 & 2001-2003

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



MAVERICK of the Month

Gertrud Zint, 87, was born in Wilhelmhaven, Germany.

Zint was forced to learn to swim at age five. Her father was a tug boat captain, but would not allow her on board until she was able to swim. She was a life guard, and at age 16, she taught the city policemen in her life guard class. In order to pass the class, they had to free themselves from her ferocious holds.

She attended college for one year, then spent three years in a nurse's program, with work duty in Hamburg, Germany. For two years, she was a community nurse in Germany and Poland. After World War II, she was a nurse in the Russian navy, until she escaped back to Germany while on vacation.

In 1952, Zint's uncle in Chicago sponsored her, a poor immigrant, to come to the United States, where she continued her nursing.

In the spring of 1981, she discovered Masters swimming. She began as a breast stroker, but has since learned all the strokes. At her first Nationals, 1981 in Canton, OH, she won the three breast events. Since her Masters debut, she has made the USMS Top Ten list every year, most of them as an All American. Zint has held many National and World Records, as an individual and relay member. She still holds three National Records in breast from 1993. Gertrud joined the **MAVERICKS** in 2000. Arthritis and a hip replacement several years ago have slowed her down in the pool, but her perseverance and exuberant spirit remain intact. Her swimming goal is "To keep on swimming!"



Gertrud Zint

Her most unusual swim was during her college years, when she swam a 13K in 4 hours and 20 minutes, across a bay in the Baltic Sea. Zint is also an avid rower. In 1995, she teamed up with another rower and they won a World Title in Germany. She considers this her greatest lifetime achievement.

Zint lives in Edgewater, FL and survived the nasty 2004 hurricane season with little damage.

This issue of the
MAVERICK LANE LINES

has been sponsored by

Bonnie Pronk

(Masters swimmer from British Columbia)

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

Plan Ahead - Plan Ahead - Plan Ahead

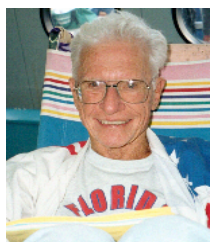
1/1-12/31----Virtual Swim Series-----your pool
1/1-31/05----One Hour Postal-----your pool
1/29-----Sprint Meet-----Countryside, FL--SCY
1/29-30-----Sunbelt Champs-----Charlotte, NC--SCY
2/12-13-----Valentine's Day Meet--Clearwater, FL--SCY
2/25-27-----Dixie Zone Champs--Ft Lauderdale, FL--SCY
3/4-5-----Polk Co Games (50+)-----Lakeland, FL--SCY
3/6-----Good Life Games (50+)-Clearwater, FL--LCM
3/19-20-----New Meet-----Clermont, FL--SCY
4/8-10-----Championships-----St Pete, FL--SCY
4/21-24-----YMCA Nationals-----Indianapolis, IN--SCY
5/19-22-----National Champs----Ft Lauderdale, FL--SCY

If you plan to attend a **TEAM MEET**, please let Paul know ahead of time, and what days. You will be entered in relays.

If you need an entry that's **NOT** included in the FL LMSC newsletter or SWIM Magazine or have any questions, call Paul--727-521-1172.

➡ **Team meet with relays - OR - Team event**

Tip of the Month--Challenges for the Hour Swim



Coach Hutinger

It's that time of year, again. Time to step up your training so you'll be ready for the annual One Hour Postal swim, in January. In past years, the **MAVERICKS** have always had excellent participation in this event, from our youngest swimmers in the 25-29 age group up to our oldest 90-95. After looking at our roster, that would include everyone on our team, whatever your age. Art Holden, 92, swam it to show that "just because you're old, doesn't mean you have to be a couch potato."

You all have a copy of my Hour Swim Pace Chart and training tips. (If you need one, I will send it to you.) Use this to determine what pace you can swim for the hour and follow my specific tips.

What? You say you can't swim for a whole hour? Not to worry. The ultimate goal is to swim the entire hour, however, not all of us are capable of that feat and here are some alternatives. Since Holden was 89, he swam 50 to 150 yards and rested until he was ready to push off, again. After Margie recovered from her broken neck, she lacked the endurance for continuous swimming. Her goal was to swim twenty 100's, with 15 seconds rest between each one. She exceeded her goal by over 100 yards. After my shoulder surgery, I also was unable to swim continuously. My goal was to swim thirty times 100 back strokes. I reached my goal.

Some of you have goals of placing in the top ten or setting a record. For most of you, the swim isn't just about the yards. It's about perseverance, an individual goal, a warm fuzzy just to do it, swimming it in a stroke other than free or your tenacity to stretch your limits. It's not about the destination, it's about the journey.

For those of you that are capable of swimming a continuous hour, I challenge you to set your goals to swim farther than last year. For those needing an extra nudge to even consider this challenge, I challenge you to find a way that will work for you. I also challenge the relay teams. We have several National Record relay possibilities. Never before has there been an 85+ women's relay. The **MAVERICKS** have Cichanski, Schimpf and Zint. They would make it a relay threepeat with the **MAVERICK** men's and mixed National Records. The 65+ women's relay, Bond, Homans and Tullman, were only 315 yards shy of the National record, last year, and still have a good chance, this year. The 75+ mixed medley also has a record possibility, with an average of 3000 yards, with Blake, MacDonald, Troy, Carr, or others. If your name hasn't been mentioned for any of these relays, I still challenge you to swim the hour so we can enter a relay. Call me if you need help, or encouragement, in this decision.

The entry is in the November/December issue of SWIM Magazine. **REMEMBER THIS.....send in your entry to the host team and let Margie know how many yards you swam (copy of entry, e-mail, or phone call).**

We will be entering as many relays as we can.

More on Savannah

Con't from page 1

OTHER INDIVIDUAL RESULTS:

Tillotson-90--(oldest swimmer in the meet) won all 5 events, 200 Free, 100 & 200 Back, 50 & 100 Breast

Paul Hutinger-80--1st-50, 100 & 200 Back, 50 Fly; 3rd-50 Breast

Blake-80--1st-50, 100, 200 & 800 Free; 2nd-400 Free

MacDonald-76--1st-50 Breast & 100 Fly; 3rd-100 Free

Aaron Kurtzman-75--2nd-50 & 100 Fly; 4th-50 Breast; 5th-100 Breast; 6th-200 Breast

Weatherbee-72-3rd-50 Free; 4th-200 Breast; 5th-200 & 400 IM; 7th-50 Breast

Browne-66--5th-1500 Free; 6th-200 Fly; 7th-200 Back; 8th-400 IM

Troy-77-1st-100, 200, 400 & 800 Free; 2nd-50 Free

Margaret Homans-72--50 Free-2nd; 50 Back-3rd; 4th-200 & 400 Free, 100 Back

Tullman-67-1st-50 Fly; 2nd-100 Free; 3rd-50 & 200 Free, 100 Fly

Pat Bayers-50-5th-200 Fly; 6th-100 Fly; 9th-200 Back; 10th-400 IM

Vaughn-43--3rd-50 Breast; 8th-200 Breast; 9th-100 Breast

RELAY RESULTS:

1st-280+ Mixed 200 Free-Browne, Homans, Blake, Troy (The victory came down to a dramatic finish, as the other anchor was closing in on Troy. She hung on and outtouched him at the wall.)

2nd-320+ Men's 200 Free-Tillotson, MacDonald, Blake, Kurtzman

2nd-280+ Men's 200 Medley-Hutinger, Kurtzman, Weatherbee, Blake

3rd-240+ Women's 200 Free-Tullman, Homans, Troy, Vaughn

3rd-240+ Women's 200 Medley-Homans, Vaughn, Bayers, Troy

6th-280+ Mixed 200 Medley-Browne, Kurtzman, Troy, Homans

6th-280+ Mixed 200 Free-Tillotson, Bayers, MacDonald, Tullman

8th-280+ Mixed 200 Medley-Tillotson, Vaughn, Tullman, Blake



Satish Lathi & MacDonald

Margie noticed a familiar name in the heat sheet, **Lathi**. Sunday, she happened to glance up at the scoreboard at the very moment Lathi had just swum his event. She tracked him down. **Satish is the nephew of Amar**, who many of you knew. He died of a brain tumor this spring, and **Satish dedicated his first Masters meet in memory of his uncle.**

Amar got him interested in swimming, coached him and supported him during his younger competitive years. Satish's dad wrote the memorial to Amar which appeared in the August issue under **MAVERICK** of the Month.

After the Meet.....

After the Hutingers received the **MAVERICK** meet banners, (pictured below), they celebrated the team's successes down on the historic waterfront. The MacDonalds, Brownes, Homans and Tullman joined them for dinner at a charming Southern restaurant.

The Hutingers had never visited the historic city of Savannah, founded by James Oglethorpe in 1733, so they stayed an extra two days after the meet. The guided trolley tour gave them fascinating insights on the settle-

ment of the last English colony, and the plantation growth based on tobacco and cotton. Many of the old buildings have been restored to their original state. The river front, complete with cobblestones, was an interesting blend of the old and the new. Tybee Island boasts of the oldest and tallest lighthouse in Georgia. Wormsloe Plantation was built in 1739-1745, and only the vestiges remain of the original settlers.

Savannah Masters hosts a LCM meet during the summer.

It's a well run meet and you could think about including an interesting tour of the area, afterward.



*MacDonald, Hutinger, Tullman, Homans
1st & 3rd place banners*

More Results

SPM Development Meet

It's been over a year since SPM hosted a development meet, and it was a treat to be back at Fuller Park in September. Taking advantage of this opportunity were **Bond, DeTore, Rick Gee** (first meet as a **MAVERICK**), **P Hutinger, Prokopi, Reynolds, Schimpf, Vann, Watkins** and **Williams**.

ThrePEAT at Orlando

Fourteen **MAVERICKS** won the visiting team championship at the annual Orlando SCM Invitational meet on October 8-10, and were within 50 points of beating the home team. Nineteen other teams competed from all over Florida, and as far away as Texas, Georgia and Canada, many of which were larger. We entered eleven relays, all of which should make the Top Ten.



The team dinner on Saturday was at the ever popular Olive Garden, with eleven **MAVERICKS** and spouses. Our special guest was June Krauser, from Ft Lauderdale.

Age group high point winners included **Reynolds, 80-84; Zint, 85-89; Browne, 65-69; Weatherbee, 70-74; Williams, 75-79** and **Hutinger, 80-84**. Other swimmers included **Allen, Richard Criche, DeTore, M Hutinger, Regan Kenner, Pitts, Vann** and **Watkins**.



Coral Springs

The **Hutingers, Olsen, Troy, Tullman** traveled to the east coast for their annual December SCM

meet, held in November. We all appreciated the much warmer weather than in previous years. **Paul Hutinger broke his own National record, 80-84, in the 50 m back, with a time of 41.58.** The team dinner on Saturday was at Carrabas, with Sue Moucha, BLUE, as our guest. We enjoy this meet and prime motel location with many choices of restaurants and shops within an easy walk.

Coral Springs will be the site of SCY Nationals in 2006.



FUN AND FITNESS

The **MAVERICKS** are sponsoring the Virtual Swim Series in 2004 and it is a **TEAM EVENT**. We encourage **your participation** to support the team, if only for one event. Distances range from 12 to 200 miles, and you can count any laps swum throughout the year, even meets. The registration fee is only \$5, for any number of Virtual Swims.

The three swimmers writing for this issue have diverse abilities that they bring to Masters swimming. **Brud Cleaveland** is an active competitor, **Richard Criche** swims to stay alive and **Mary Ann Hunt** is a new Masters swimmer, who swims for rehab and fitness.

Long Beach to Avalon, Catalina, CA 30 miles--Brud Cleaveland

I passed the Queen Mary, The Spruce Goose, and am out to sea. There were several oil tankers at anchor. Those aboard waved with high fives as I swam by. The sea was cool and calm. Sunday there were lots of sailors returning from their regular weekend cruises to channel islands. In heavy fog, 5 miles out my pace boat experienced great turbulence as a curious whale bumped and cruised along. Today, Dec 14, I'm 10 1/2 mile out, resting on my back absorbing clear sunshine and dreaming of sugar-plumb fairies, for Saint Nick will come on Sunday.

Alcatraz, CA - Cedar Creek Lake, TX - Lake Ponchatrain, LA Richard Criche

My pool time helps me maintain a good level of fitness, from my six bypasses, ventricular tac and diabetes. During the Virtual Swims, I pretend there is somewhere to go, which helps defeat the boredom and black line fever of lap swimming.

30 Minute Swim - Mary Ann Hunt

I changed from free to back to breast throughout the swim in order to pace myself. I felt this gave me a better chance to stretch my muscles. It helped my endurance, as I didn't tired out midway. The variety was less monotonous, made the swim pleasant, and didn't seem like a "chore" doing the same stroke over and over. I would like to include fly more, but with my arm problem, I didn't want to damage it any more. I usually like to do at least 40 or 50 laps when I do get to swim....just to keep up my endurance.

Upcoming Events

Clearwater SCY Meet, February

It's that time of year, again. Our big SCY team meet is only two months away. We're making our list and checking it twice for swimmers supporting this meet. Let us know which days you can make this meet. This will enable us to set up relays. The **MAVERICKS** won it, last year, and we're going for a Repeat!

We won't be having a team dinner, but we encourage you to stay for the FL LMSC Dinner & Awards, Sat evening. To cut down on late night driving time, plan on staying at a local motel.

A good event for the triathletes is the 1000 free on Saturday morning. Entry will be in the November LMSC newsletter, and is already posted at the FL LMSC web site.

A television crew will be there to film swimmers who have overcome adversities, including Paul Hutinger, Schimpf, Westling and Zint, for the new tv show, "Fit For Life."

New Meet

Countryside Masters will be hosting a Sprint Masters Meet on January 29 at Countryside Country Club Fitness & Aquatic Center, in Clearwater. The individual events will be the four 50's and the 100 IM and the relays will be the 200's. A sprinter's dream.

For more information, check the FL LMSC web page or contact the Hutingers.

Other Meet Results

Tampa Bay Senior Games

Doris Prokopi entered 26 events in the this Senior Games in October and won every one.

5K/10K Postal

Our lone participant in this long event was Patricia Bond, 65-69. She swam the 5K in 1:37:27.09 for a 2nd place finish, only 2 min out of first place.

3000 Yards/6000 Yards Postal

Three men joined Bond in this not-so grueling event. Bond finished in 3rd place. Blake, 75-79, placed 1st; Criche, 65-69, 7th and Stephen Westling, 55-59, 13th. The men's relay was 3rd. Criche was the only **MAVERICK** to swim 6000 yards. He was thrilled with his 2nd place medal.

Kayak

Pat and Lewis Bayers spend time not only in the water, but on it, in their kayaks. They were winners in a local meet.

Triathlons



Gus' sister, Gus Rodriguez, Hank Campbell

Rodriquez's main race this year was Ironman Florida, in Panama City Beach, November 6. He did several smaller races to prepare for it, including a Half Ironman in Macon, GA. Rodriquez felt he had a successful season. "I shaved 2 and a half hours off my Ironman time from last year with a 13:20:06. I woke up that morning with a bad cold, so just finishing was a victory for me. I feel I owe a great deal of my success to my increased time in the pool." His first Masters meet was an 800 free swim in Brandon in August.



Campbell pumping up Rodriquez's tire so he's ready to roll

New **MAVERICKS**, Land Heintzberger and Campbell were also active on the triathlon circuit.

The Hutingers met them at the North Shore Pool, St Pete, this summer. The long course lanes were crowded, and they asked us to share their lane. It became a morning ritual. Keeping up with these young guys wasn't easy, but fins and an acceptance of the age gap (over 40 years), made for stimulating and pleasant summer workouts.



State of the Club-----President, Robert MacDonald

Here we are, ready to start another campaign in the Wonderful World of Masters swimming. We lost Amar Lathi to a brain tumor earlier this year (see August issue, **MAVERICK** of the Month), but his spirit lives on (see page 4). We hope that those who are experiencing health problems with their heart, surgeries, injuries, etc., will be able to overcome their adversaries and be back swimming with us in the new year. We hope that those who are busy with their jobs and families will find time to swim and relieve some of their daily stresses. We are thankful for all the **MAVERICKS** who have made this one of the premier team in Masters swimming. As we all realize, we benefit according to the effort we expend with our team, whether it's helping with the calendar, passing out tattoos at a meet, etc.

The Espirit de Core we possess as a team is due to all of our combined efforts to maintain the camaraderie and level of team spirit and pride in our organization. We don't want this spirit to wane and falter, so the president is suggesting a New Year's resolution for each of us, by asking ourselves, "How can I contribute to help Paul and Margie keep us all together as real role models for Masters swimming?"

2005 Registrations

RENEWALS

Jean Allen	Margaret Homans	Patricia Paintner	Ruth Thompson
Robert Blake	Gaylord Hopkins	James Pitts	Frank Tillotson
Patricia Bond	Ruth Hoskinson	Doris Prokopi	William Tillotson
James Browne	Margie Hutinger	William Ragan	Patricia Tullman
Florence Carr	Paul Hutinger	June Reynolds	Jean Troy
Ann Champ	Martha Jacobs	Gus Rodriguez	Marianne Vann
Frances Cichanski	Regan Kenner	John Sampedro	Charles Weatherbee
Brud Cleaveland	Aaron Kurtzman	Mary Jane Schafer	Stephen Westling
Carole Dirksmeyer-Nichols	Andrew Kurtzman	Kay Schimpf	Robert Williams
Charles Edward	Elmer Luke	Charles Schlegel	Gertrud Zint
Niela Eliason	Harold Miller	William Stevens	
Harrison Homans	Gladys Olsen	Art Tebbens	

Generous Gifts

We are continually amazed at the generosity of the **MAVERICKS**, and **HONORARY MAVERICKS**. With the latest registrations, the donations we received totaled \$523, ranging in value from \$2 to \$100. All contributions, whatever the amount, further the club programs we have established and feel are important. Your contributions pay for all awards presented at our Spring Awards, all relays, the newsletter and web site. Our heartfelt thanks to **Bond, Browne, Cichanski, Cleaveland, Dirksmeyer-Nichols, Edwards, Eliason, Homans, M & P Hutinger, Kenner, Aaron Kurtzman, Luke, Olsen, Paintner, Ragan, Schimpf, Schlegel, Thompson, W Tillotson, Tullman, Troy, Vann, Weatherbee** and **Williams** for continuing to make these dreams a reality.



Remembering.....

Frances Cichanski's husband--died following a long illness.

REFLECTIONS by Margie Hutinger

(This article was written by Margie in May, 1998, following our car crash in Texas. It appeared in the Winter 2004 issue of Ms. Fitness Magazine. I suggested including it in our newsletter as our message of inspiration for the new year.....Paul)



For three relentless months, a cage held the upper half of my body prisoner. A metal ring, with four bolts embedded into the skull, surrounded my head. Four titanium rods secured the ring to two hard, unforgiving vinyl rib plates, made more tolerable by sheepskin vests. This completed the seven pound halo, designed to immobilize a broken neck. In spite of my imprisonment and Darth Vader appearance I considered myself lucky. Lucky? Yes, I survived a horrendous car crash.

Being a Masters swimmer and having access to a pool signified the beginning of my freedom. After the doctor removed my halo, I had an escape from the stifling heat my body adapted to from the sheepskin vests. Day one in the pool, I shrieked when I walked down the steps and the 82 degree water crept up my legs. Goose bumps popped out like mushrooms after a spring rain. What an exhilarating feeling! I bounced up and down in the four foot water. Unleashed and free to explore my boundaries, I floated on my back, arms overhead and attempted to stretch my dormant and rigid muscles. I slipped into my fins and kicked across the pool on my back. Even with my sluggish speed, I stopped at the flags to avoid the inevitable crash into the wall. Kicking on my side felt effortless. I could roll my whole body to breathe, and not be concerned about my stiff and unyielding neck. By the end of thirty minutes, I discovered the key to my independence floating in the tranquil, forgiving medium of the pool. I bounced and finned my way to 300 yards, 25 yards and rest. My body remembered the three months of imprisonment and I resolved to restore and stimulate the muscles.

On land, my damaged muscles and vertebrae wreaked havoc against fundamental, daily tasks. Laundry and preparing meals sent up sirens and red flags when I stretched my limits. Brushing my hair irritated the nerves in my skull. Since I couldn't turn my neck sufficiently to check out road conditions, I didn't drive our new car.

My supportive husband, Master swimmer and ever so patient coach, suggested I go back to square one, forget the pace clock and work on technique. I concentrated on balance; I rolled; I stretched every movement to the full extent of my 5'1" frame. I added all strokes to my repertoire. My legs hadn't suffered, so I worked on power kicking. The muscles resisted, but with more toleration than similar dry land exercises. I didn't hurt! I gradually increased my workouts to 1700 yards. Although an average Masters swimmer, my workouts had consisted of 2000-2500 yards. Even with my slow swimming, I needed rest at each wall, to get beyond the feeling of exhaustion.

Sleeping posed a challenge to distinguish the fine line between comfort and pain. With judicious planning, I could lie on either my right or left side. Every muscle involved in rolling over, rebelled.

From the beginning, coach, suggested new **Personal Records, After Accident**. With my limited efforts, I felt important. My physical fitness improved, I had purpose; a reason to come to the pool. Every day, I had a new PR, AA. I strived to keep that record intact, each segment of a stroke; one length at a time. I added more yards, flip turns, and starts from the deck. I counted strokes, and the numbers diminished with my new efficiency.

Five months after the accident, I swam in my first meet--50 meter free and back and 100 meter free and back. I achieved my goal of swimming from one end of the pool to the other and maintaining stroke technique and efficiency. I had four PR's, AA, and the 20 seconds slower on a 50, didn't matter.

I completed the Hour Swim in January. I practiced my 100 pace with a goal to swim 20 x 100 @ 3:00. Not my usual 3000 yard achievement, but I had an overwhelming feeling of pride to finish with 2120 yards. I've swum in six meets, and bettered my times each event. I start in the water or on the deck; someday, back to the blocks. My teammates encourage me to be in their relays. I'm narrowing the gap from where I started.

Life is short; I swim. I don't have to deal with the cobwebs in my life. The water feels refreshing and therapeutic. When I jump in the water, I scream; my way of saying, "Good morning, water. I'm lucky to have a second chance." Swimming isn't what we want; it's what we have. Masters swimming provides swimmers with all abilities the opportunity to pursue their potential. I'm thankful I have a supportive and positive coach who realizes the importance of my efforts and goals, and doesn't consider me a geriatric plodder. I finish my workout, my friend glances at me, smiles, and says, "You got moxie, kid!"