

# Maine Masters

S W I M C L U B  
N E W S L E T T E R

## NOVEMBER 7<sup>th</sup>, 2004

On November 7<sup>th</sup>, Maine Masters Swim club will hold their annual meeting. The annual meeting is more than just a run of the mill meeting - it's an extraordinary event!

Whatever you do - **SAVE THIS DATE** - November 7, 2004. In the next newsletter there will be more information letting you know how you can participate, have fun, and meet some fellow swimmers from around the state.

If I told you more about the event, you would just wish the summer season away just to plan to be in attendance at this event. So - enjoy summer & stay tuned for more information. (And save the date!) ❖

---

## INSIDE THIS ISSUE

- 1 MESC Annual Social / Meeting
- 1 Maine Summer Fun - Non-Competitive Open Water Swims
- 2 Congratulations!
- 2 Welcome New Members!
- 2 Editor's Note - Treasure Hunt
- 3, 5 The Bottom Line - *Sandy Potholm*
- 4 Maine Senior Games
- 6 Pen-Pay YMCA Meet Results
- 7 5th Annual George Erswell Memorial Swim Meet
- 8 Maine Masters Merchandise

## MAINE SUMMER FUN

Summer is a great time of year to get outside and swim! One of the best things about swimming in the open water in Maine is that you don't have any of those "critters" that so often become nuisances like you do in other parts of the globe. Alligators, box jellies, barracuda, "Nessie" all don't inhabit our waters. Nope, here you just have pristine lakes, the Atlantic Ocean, and a heavy dose of "refreshment" called snow melt or "ice cream head ache".

The events selected on the following pages are **NON-COMPETITIVE**. These events are part of some larger event or purpose. So there's no pressure. Just fun. In fact according to US Masters Swimming, 70% of registered Masters Swimmers don't compete. So for us in the majority - check out the events beginning on Page 2. (Oh - and for those who like to compete - there's a couple of listings for you too.)

*Maine Summer Fun continued on page 2*

---

### MESC - Organizational Information

*Hans Wendel, President, [hdwendel@kynd.net](mailto:hdwendel@kynd.net)*

*Pamela Torrey, Vice President, [pphillip@bowdoin.edu](mailto:pphillip@bowdoin.edu)*

*Gerry Brookes, Secretary, [brookes@gwi.net](mailto:brookes@gwi.net)*

*Joyce Brown, Registrar / Treasurer, [jopyline@gwi.net](mailto:jopyline@gwi.net)*

*Frank Giustra, Jr., Member-at-Large,  
[giustrajr@peoplepc.com](mailto:giustrajr@peoplepc.com)*

*Peter Fredericks, Director of Meets, [barbpete@fds.net](mailto:barbpete@fds.net)*

*Kris Morse, Recorder, [bkmorse@suscom-maine.net](mailto:bkmorse@suscom-maine.net)*

*Sandy Potholm, Historian, [spotholm@starband.net](mailto:spotholm@starband.net)*

*Sean Carter, Newsletter Editor, [scarter@banknorth.com](mailto:scarter@banknorth.com)*

---

## CONGRATULATIONS!

**Anne Uecker** - For winning the Iron Bear Triathlon

**Arnie Greene** - On his induction into the Maine Sports Hall of Fame

---

*Maine Summer Fun - continued from page 1*

### July 25 - 13<sup>th</sup> Hobbs Pond Swim

**HOPE, ME:** The annual Hobbs Pond swim will start Sunday July 25th. Start gathering at 10 am. Starting whistle at 10:45. Follow the signs from Routes 105 or 235 to the Hope town beach on Pond Road (off Barnestown Road, near Hope Corner).

The swim, now in its 13th year, is strictly **informal**. Swimmers of all ages are welcome, and volunteer spotters and timer are needed.

No entry fees. No prizes. No T-shirts. Distance is about a half mile. Participants may race or relax. Among the fastest have been a 67 year-old and a 10 year-old.

Also, for breaststrokes, our MESC President, Hans Wendel of Dover-Foxcroft and Harry Schmitke of St. George, 65-70 year-old men and co-holders of the breaststroke record for the Hobbs Pond Swim, are issuing a breaststroke challenge.

The swim date has been moved so we can be part of Hope's Bicentennial Celebration, a bewildering array of open houses, demonstrations, sales, mammoth parade, etc. on Friday, Saturday and Sunday. After the swim, we will join three groups of Sunday AM hikers for a joint picnic at Bill and Barbara Bentley's. There will be snacks and soft drinks; serious lunch, et al is BYO. **For more information, call Bill Jones (763-3576) [wijones@tidewater.net](mailto:wijones@tidewater.net) or Carol Shaw (763-4047) [wtrlily@midcoast.com](mailto:wtrlily@midcoast.com).**

**August 7<sup>th</sup> - Echo Lake Swim - 1.5 Miles - please see [www.mainemasters.org](http://www.mainemasters.org) for more information.**

*Maine Summer Fun continued on page 3*

---

## WELCOME NEW MEMBERS!

Nathan Curll, Hope  
Kathy Leahy, Biddeford  
Marianne Jordan, Brunswick

---

## EDITOR'S NOTE - TREASURE HUNT

Where's Waldo is a great treasure hunt.

Somewhere within the pages, the reader has to find Waldo. The AAA of Northern New England has a little leaf that readers have to find for a prize. As astute readers of last edition's newsletter found out, the MESC Newsletter also offers a treasure hunt for its readers.

Here's the game - carefully hidden in each newsletter will be "errors" & "typos" that the editor did not catch. For each "error", "typo" or factual mistake that you find and report to Sean Carter at [scarter@banknorth.com](mailto:scarter@banknorth.com), Sean will report the error in the next edition of the newsletter. Your prize is a warm fuzzy feeling of making sure that this publication is accountable to the facts.

Seriously, other products notwithstanding, "Feedback is the Breakfast of Champions". This newsletter is about the Maine Masters Swim Club. MESC members are the audience. I want to make this an interesting and accurate read for each member of MESC, *so please send in your feedback*.

Send me your pictures, thoughts, and editorials about swimming in and for Maine. Please send any ideas, pictures, comments, suggestions, or places to get good beer to [scarter@banknorth.com](mailto:scarter@banknorth.com) or 700 Washington Ave #3, Portland, ME 04103. I look forward to hearing from you soon.

**Cheers - Sean ❖**

---

Corrections from the May / June Newsletter

MESC Swimmers in the 1 Hour Swim:

Barbara Murphy - 37<sup>th</sup> / 123 - 50-54 - 3555 yds

Adelaide Trafton - 25<sup>th</sup> / 72 - 55-59 - 3560 yds



The gentleman to the left was mistakenly identified as David Vail. In fact, it's Bill Rupert. To David and Bill, please accept my sincerest apologies. - SC❖

---

**BOTTOM LINE**

Sandy Potholm

Do you think “**Swimming and Weight Training Are A Good Match**”? Here’s what our swimmers had to say;

“I think they are a good match and if I had more time I would be in the weight room. Unfortunately I barely have time to swim these days. My experience is that the stronger you are the faster you are going to be able to swim. Also, as we get more mature (older) the more muscle you have the faster your metabolism will be...burn more calories. Now that I think about it I should make some time to lift something other than my 29 lbs. 3 year old!”

**Connie Hallett**

“I am convinced that as we get older and lose muscle mass, weight training is an important supplement to our yards in the pool. I just wish I could make myself do it more! My strengthening exercises are pretty much limited to a stretch cord and light dumbbell work to strengthen a chronically messed-up shoulder.”

**David Vail**

“I think they are a good match. I do exercises on the balance ball, with help from a trainer, using weights. I have noticed a real difference in my stroke – at least it feels stronger.”

**Martha Samuelson**

“I do think that weight training is a good compliment to swimming for a number of reasons. One is if it is done properly it can prevent injury, which may be the most important reason for masters swimmers. It also helps increase strength which can transfer to a stronger pull, which benefits the sprint races more than the distance events. In addition to weight training, stretch cords can also increase strength for swimmers. The cords benefit distance swimmers over sprinters, so the two are very good compliments together.”

**Jim Harvey**

“I guess that I am one of those lucky people that can gain weight without weight training”

**“Billy” Bill Rupert**

“Yes, I think that weight training and swimming are a good combination. Weight training can strengthen the muscles and help prevent repetitive use and injuries especially to the shoulders. However, a person also needs to stretch muscle groups along with the weight training in order to maintain a degree of flexibility.”

**Sharon Forney**  
**(Licienced Massage Therapist)**  
*Bottom Line - Continued on Page 5*

**August 8<sup>th</sup> - Beach to Beach Swim for Breast Cancer- Jenkins Beach, Green Lake**

The BEACH to BEACH *Swim for Breast Cancer* benefits Caring Connections, a cooperative program between the YWCA Bangor-Brewer and Eastern Maine Medical Center. Caring Connections is funded through philanthropic dollars raised by Eastern Maine Charities.

Caring Connections provides breast health education, screening / diagnostic / treatment services to uninsured and undeserved women in Eastern Maine, and ENCORE*plus* support groups for women with breast cancer. Many more women require these services and we want your help in order to provide them with the information, financial assistance for medical care, and support they so desperately need.

You can participate in the swim, either as an individual or as a member of a team. Individuals and teams of up to six swimmers will cover up to two miles beginning and ending at Jenkins Beach. Boats and safety volunteers are available at all times should swimmers have difficulty or wish to swim a short distance. Swimmers will further our cause by securing pledges and gathering the funds donated to Caring Connections. Please contact us and we will send you a packet of information to help you register individually or register your team(s), secure pledges, and enjoy an energetic and fun-filled day at the BEACH to BEACH *Swim for Breast Cancer*.

Please join us to fight breast cancer and support this deserving cause. If you choose not to swim, but would prefer to volunteer in some way, contact us as soon as possible. There is much to do.

You can also make a donation to Caring Connections in honor of, or in memory of, a woman you know who has lived with breast cancer.

Donating to this cause automatically enters your name to win a \$4600 HotSprings “Jet Setter” Spa. Sandollar Spa and Pool and Watkins Manufacturing have donated this beautiful spa, demonstrating their support to our BEACH to BEACH *Swim for Breast Cancer*. A donation of any amount would be much appreciated. You can your donation (or if you can’t make a donation but wish to enter your name in the drawing) to **Caring Connections, YWCA Bangor-Brewer, 17 Second Street, Bangor, ME 04401.**

*To learn more about BEACH to BEACH, or Caring Connections call Caring Connections at 941-2808 or send us an email: [whi@ywcabb.org](mailto:whi@ywcabb.org) or [riegasse@ywcabb.org](mailto:riegasse@ywcabb.org). ❖*

# MAINE SENIOR GAMES

Frank X Guistra JR.

It is that time of the year again when all swimmers over 50 should consider qualifying for the 2005 Summer National Senior Games - The Senior Olympics which will take place in Pittsburgh, Pennsylvania from June 3 to June 18, 2005. In 2003, the following MESC swimmers competed in the National Games held in Hampton Roads, VA.: Frank Guistra, Peter Guistra, Cornelia Johnson, Harry Schmitke, and Hans Wendel.

To qualify for the 2005 Senior Olympics, one must place first or second in their event at the Maine Senior Games to be held in Portland, on Sept 9 and Sept 10, 2004. If you do not finish first or second, you can still qualify and represent the state of Maine by achieving a qualifying time. Qualifying times and information on all 18 sports which are part of the Games can be found at [www.Nationalseniorgames.org](http://www.Nationalseniorgames.org) or by writing to NSGA at PO Box 82059; Baton Rouge, LA 70884.

Additional information about the Maine Senior Games can be obtained from Anita Chanler, c/o Southern Maine Agency on Aging, 136 US Route 1; Scarborough, ME 04077 ❖

2005 Senior National Games Qualifying Times									
Women									
	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90 +
<b>50 Fr</b>	38.20	40.20	41.00	43.20	44.90	48.10	1:01.20	1:37.50	2:30.20
<b>100 Fr</b>	1:30.70	1:31.20	1:33.10	1:33.30	1:44.20	1:54.80	2:23.10	3:42.00	4:39.10
<b>200 Fr</b>	2:46.10	3:03.70	3:21.40	3:30.00	3:58.00	4:16.10	6:02.10	8:08.70	11:02.40
<b>500 Fr</b>	8:53.40	9:10.00	9:46.60	10:11.40	11:05.20	13:16.40	16:27.20	26:55.30	26:55.30
<b>50 Bk</b>	45.90	47.50	49.50	52.10	55.40	1:00.10	1:14.30	2:09.00	2:41.30
<b>100 Bk</b>	1:43.30	1:43.40	1:50.40	1:57.50	2:07.50	2:25.70	2:36.40	4:17.20	5:45.90
<b>200 Bk</b>	3:40.00	3:44.20	4:22.30	4:34.30	4:46.20	5:18.00	5:31.20	10:44.80	10:44.80
<b>50 Br</b>	49.50	51.20	53.00	55.80	1:01.08	1:09.80	1:32.70	2:28.70	3:29.90
<b>100 Br</b>	1:54.60	1:55.00	2:02.80	2:07.50	2:18.00	2:30.00	3:19.60	5:45.90	5:45.90
<b>200 Br</b>	4:03.50	4:03.50	4:32.60	5:03.90	5:10.80	5:53.00	8:21.90	12:47.90	12:47.90
<b>50 Fly</b>	48.60	48.80	50.30	1:02.80	1:04.90	1:13.60	1:30.00	3:18.20	3:18.20
<b>100 Fly</b>	2:22.20	2:30.00	2:55.90	3:04.60	3:40.80	4:33.80	5:18.00	6:11.00	6:11.00
<b>100 IM</b>	1:39.40	1:42.40	1:54.60	1:55.50	2:15.30	2:35.20	3:59.90	5:25.60	5:25.60
<b>200 IM</b>	3:52.20	4:07.30	4:14.40	4:33.80	5:00.30	5:44.50	8:52.60	12:02.80	12:02.80
Men									
	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90 +
<b>50 Fr</b>	28.50	30.40	31.30	33.60	34.40	37.50	47.00	1:40.20	1:45.50
<b>100 Fr</b>	1:07.50	1:08.00	1:12.40	1:15.10	1:21.30	1:33.60	1:54.60	3:41.50	3:43.50
<b>200 Fr</b>	2:40.10	2:42.00	3:00.20	3:02.00	3:20.50	3:39.30	5:18.00	7:25.00	7:25.00
<b>500 Fr</b>	7:15.30	7:25.20	8:12.40	8:15.00	9:19.20	9:57.10	15:14.50	16:46.00	16:46.00
<b>50 Bk</b>	36:20	37.10	38.00	42.40	47.70	55.10	56.40	1:41.60	1:50.80
<b>100 Bk</b>	1:27.20	1:29.00	1:30.00	1:40.20	1:46.00	2:03.70	2:13.30	3:57.10	4:25.20
<b>200 Bk</b>	3:09.90	3:12.00	3:23.20	3:40.80	3:58.50	4:42.60	5:24.00	10:35.90	10:35.90
<b>50 Br</b>	36.50	39.50	41.70	44.20	46.80	55.40	1:03.80	1:36.20	1:36.20
<b>100 Br</b>	1:26.10	1:35.10	1:38.40	1:41.50	1:48.60	2:04.40	2:48.00	5:29.50	5:29.50
<b>200 Br</b>	3:08.40	3:34.20	3:39.60	3:53.30	4:01.10	4:59.90	6:13.00	12:03.60	12:03.60
<b>50 Fly</b>	30.90	32.40	34.00	40.60	45.90	1:03.60	1:46.00	2:03.70	2:18.90
<b>100 Fly</b>	1:38.00	1:40.90	1:53.90	2:03.70	2:52.20	4:25.00	5:18.00	6:11.00	6:11.00
<b>100 IM</b>	1:17.20	1:21.20	1:35.50	1:36.40	1:47.40	2:15.30	3:58.70	4:16.60	4:16.60
<b>200 IM</b>	2:54.40	3:05.00	3:09.10	3:40.10	3:58.50	5:00.30	8:50.00	9:29.70	9:29.70

### **The Bottom Line - Continued from Page 3**

“Resistance training of some kind should be a very important component of any masters swimmers’ training regiment but there is no evidence to support the theory that weight training will directly improve swimming performance. The role of strength training varies. Some people use it to keep joints strong so they can swim. It can also be a way to build muscle which will burn more fat and become an important part of a healthy weight control program. The role of strength training in swimming is debated a lot but there just hasn’t been research to show that it directly impacts speed. Muscle gains must be rewired for the pool – that can only be done in the pool and it takes time.

Resistance training can improve both muscular and bone strength; it has been shown to help slow the effects of aging on bone and connective tissue. I use the term resistance training because it is the resistance that matters to the muscle not the type you do. Many people feel that they can’t get to the gym for weight training or are intimidated by weights. Body weight can be more than enough to increase strength so a few push ups or pull ups can show real gains. Water weighs 63 pounds per cubic foot so adding paddles to your hands can actually become a form of resistance training. Whatever the method strength training should be included in any fitness program.

I would also love to mention that strengthening the core of the body is always important and can directly improve swimming performance. Every movement from pulling to kicking to recovering should rely on a connection in the core body. Your abdominals, obliques and lower back should all be well conditioned to support all of the full body movements required in swimming fast and efficiently.”

**Brad Burnham, Swim Coach**

### **The Bottom Line**

“Every single human being loses muscle as part of aging. The process is called sarcopenia, a Greek term meaning muscle wasting.

The gradual muscle loss leads to the creeping frailty often associated with old age. With less muscle, the body is less fit and less able to perform strenuous as well as everyday tasks such as walking or getting out of a chair. But, as researchers have shown over and over again in rigorous trials, strength training can slow and, in many cases, even reverse a lot of the muscle atrophy that occurs over time. Even people in their 90’s who could no longer walk were able to start getting around again when they engaged twice weekly in strength training, or resistance, exercises.

Aerobics is crucial for strengthening the heart, lungs, and the rest of the cardiovascular system. But strength training directly targets the body’s muscles that allow people to live independently as they reach their 70’s, 80’s, and beyond.” - Tufts University Health & Nutrition Newsletter June 2004

**Weight training, resistance training, and strengthening your abs have many benefits. If it doesn’t improve your swimming it certainly will give you strong muscles and bones to give you a better quality of life. Just do it! ❖**



*In the spirit of the election season, there are two polling options where we'd like your opinion for the next newsletter.*

**Polling Question #1** - Lapses in training and motivation happen for everyone. What tips or tricks do you use to get you back in the pool?

**Polling Question #2** - What is your favorite harvest time recipe (that you are willing to share)?

*Heck - there's even a third option ...*

**Polling Question #3** - Send in a picture of yourself swimming from a while ago - We'll gather pictures and do a "Who was Who?"

*Please email your comments and pictures to Sandy Potholm at , [spotholm@starband.net](mailto:spotholm@starband.net) ❖*

MAINE MID COAST YMCA SWIM MEET -

MAY 30, 2004 - PENBAY YMCA

On Sunday May 30, the last official meet of the 2003 - 2004 short course swim season was held at the PenBay YMCA in Rockport, Maine. The swimming was intense with many swimmers attempting events that they had not done in a few years. ❖

NAME	S	AGE	50 FLY	100FLY	200FLY	50BK	100BK	200BK	50BR	100BR	200BR
Kamphausen, Ronnie	F	70					01:39.20		00:48.54		
Livingstone, Hilda	F	49	00:41.24								
Mudd, Carol	F	65									
Slater, Dolly	F	70	01:30.52	03:36.52							
Tyler, Diane	F	41					01:21.17			01:27.23	
Bright, David	M						01:06.71				
Curll, Nathan	M	21	00:26.58				01:03.92				
Giustra, Peter	M	65		01:44.43			01:34.37	03:32.63			
Goodman, James	M	50							00:31.66	01:10.78	
Green, Arnie	M	72			04:12.19						03:59.13
Lynch, Peter	M	45				00:29.42	01:06.37				
Mudd, Don	M	67	00:41.22								
Pierce, Fred	M	60								01:22.91	
Pride, Doug	M	40							00:35.32		
Roth, Doug	M	42				00:40.36				01:36.33	
Rupert, Bill	M	60				00:33.21					
Schmidt, Michael	M	41							00:32.24		02:39.67
Underhill, Craig	M	56	00:31.44						00:38.33		
Wisch, Andy	M	38								01:21.84	

NAME	S	AGE	50FR	100FR	200FR	500FR	100IM	200IM	400IM
Kamphausen, Ronnie	F	70	00:33.42	01:18.00					07:12.90
Livingstone, Hilda	F	49		01:29.19			01:31.10	03:26.33	
Mudd, Carol	F	65	00:42.17						
Slater, Dolly	F	70			04:32.27			06:03.59	13:25.96
Tyler, Diane	F	41	00:30.32				01:12.63	03:08.79	
Bright, David	M				02:11.08			02:26.60	
Curll, Nathan	M	21		00:53.59				02:19.42	
Giustra, Peter	M	65	00:30.74		02:45.88				
Goodman, James	M	50	00:25.58						
Green, Arnie	M	72							
Lynch, Peter	M	45	00:25.10					02:26.04	
Mudd, Don	M	67	00:32.11						
Pierce, Fred	M	60		01:01.85	02:19.42			02:51.82	
Pride, Doug	M	40		00:53.25	01:59.16				
Roth, Doug	M	42			02:41.43	07:28.05		03:19.57	
Rupert, Bill	M	60						03:05.83	
Schmidt, Michael	M	41	00:23.26			05:20.28			
Underhill, Craig	M	56			02:20.01				
Wisch, Andy	M	38			02:13.92	06:34.02			

**FIFTH ANNUAL GEORGE ERSWELL  
MEMORIAL SWIM MEET**

Bowdoin College Pool  
Brunswick, Maine

**DATE and TIME:** Saturday October 30, 2004

**Warm Up:** 11:00 AM

**Meet Start:** 12:00 Noon

**FACILITY:** Bowdoin College Greason Pool at the Farley Field House (Route 123 S) Harpswell Road, Brunswick. This is a 16 lane pool. Eight lanes will be used. With adjacent lanes for warm-up and cool down. Electronic timing will be used.

**ENTRIES:** For administrative reasons there will be **no deck** entries. Entry cut off will be mail delivery Wednesday 10/27/2004. Relays will be deck seeded.

**ORDER of EVENTS:** (Yards)

<u>Women</u>	<u>Event</u>	<u>Men</u>
1.	500 free	2.
3.	100 breast	4.
5.	200 fly	6.
7.	50 free	8.
9.	200 IM	10.
11.	50 back	12.
13.	100 free	14.
15.	200 breast	16.
17.	100 back	18.
19.	50 fly	20.
21.	100 IM	22.
23.	50 breast	24.
25.	200 back	26.
27.	200 free	28.
29.	100 fly	30.
31.	200 free relay	32.
33.	200 medley relay	34.
35.	200 mixed free relay	
36.	200 mixed medley relay	

**SEEDING:**

Slow to fast, regardless of age. "No times" will be seeded in the slowest heats.

**AWARDS:**

Ribbons will awarded to the first three places in five year age groups for both men and women. White "Personal Best" ribbons will be available on request to meet directors.

**MEET DIRECTORS:** Brad Burnham

**FOR MORE INFO:** [bburnham@bowdoin.edu](mailto:bburnham@bowdoin.edu)

Arnie Green (729--8179) & Sandy Potholm (729--0649)

**MEET REFEREE:** Robert Mehlhorn, MSOA Official

For other information visit our Web Site at:

[www.mainemasters.org](http://www.mainemasters.org)

**REGISTRATION and MEET APPROVAL DATA:**

This is a Sanctioned meet. Only USMS Registered Masters swimmers 19 years and older may enter a sanctioned meet. The Authorization # for this meet is: 035-012-SSCY .

USMS liability release waiver (below) must be executed by **all** entrants. Please provide your USMS Number in the allotted space below.

All Maine Masters sponsored meets will be governed by the current USMS rules. All properly timed personal performances by Registered Masters swimmers, at an official meet are eligible for record consideration in Maine, New England and nationally.

To register as a Maine Master contact Joyce Brown, 166 Hildreth Rd., Harpswell, ME 04079. 207-725-5394.

**5th Annual George Erswell Memorial Swim Meet  
Saturday, October 30, 2004**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Home Phone \_\_\_\_\_ USMS MBR# \_\_\_\_\_  
 Age \_\_\_\_\_ Male / Female (*circle*)  
 Event # \_\_\_\_\_ Seed Time \_\_\_\_\_  
 Event # \_\_\_\_\_ Seed Time \_\_\_\_\_  
 Event # \_\_\_\_\_ Seed Time \_\_\_\_\_  
 Event # \_\_\_\_\_ Seed Time \_\_\_\_\_

REGISTERED MASTERS SWIMMERS MUST ENCLOSE A COPY OF THEIR CURRENT USMS MEMBERSHIP CARD.

FEES: Meet fee is \$12.00 per entry covering 5 individual events, plus a \$6.00 surcharge for electronic timing. Make checks payable to: Maine Masters, and mail to:

Sandy Potholm, 182 Hildreth Rd., Harpswell, ME 04079

Total Fees Enclosed: \$ \_\_\_\_\_

Waiver: "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM AND ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING THOSE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

# Merchandise

Don't wait for a meet to purchase Maine Masters Swim Club goodies. You can order them by mail from FRANK X GIUSTRA.  
Fill out the form below and send with your check or money order.

**Frank X. Giustra**  
**110 Robinson Rd**  
**Waldoboro, ME 04572**  
MAIL TO (Type or print clearly):

NAME: \_\_\_\_\_  
MAILING ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

## SWEATS:

### SWEATSHIRTS

Ash gray with MESC logo (L & XL, only) \$21  
Ash gray with PUFFIN logo (M,L,XL) \$21

### SWEATPANTS

Ash gray with MAINE MASTERS SWIM CLUB imprinted down one leg (S,M,L,XL) \$19

### T-SHIRTS:

Ash gray, long sleeve, with puffin logo (S,M,L,XL) \$12  
White, short sleeve, with MESC logo (L & XL) \$10  
White, short sleeve, with PUFFIN logo (M,L,XL) \$10

### BASEBALL CAPS:

With MESC logo (*WHILE SUPPLIES LAST*) \$5  
With logo and curved lid, custom embroidered \$9

### SWIM CAPS:

With MESC logo \$5

### WATER BOTTLES:

With MESC logo \$2

### IMPRINTED MAINE MASTERS SWIMSUITS: Black with red trim

Men's Masters Style (6" side seam) sizes 36 - 40 \$21  
Men's Race Style (3" side seam) Sizes 30-34 \$21  
Women's with conservative leg cut Sizes 30, 34-38 \$32

### POSTAGE AND HANDLING FEE

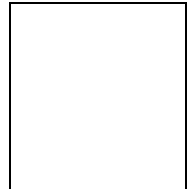
\$4

### TOTAL ENCLOSED

(ALL PRICES INCLUDE MAINE SALES TAX) \_\_\_\_\_

**DON'T FORGET TO INDICATE SIZE & QUANTITY**

Sean Carter  
700 Washington Ave, APT #3  
Portland, ME 04103



ADDRESS CORRECTION REQUESTED