

# Maine Masters

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

## Many Thanks,

Many thanks to Claude Bonang and John Woods for the long hours they spent listing the times for the Maine swimmers at the New England Short Course Championships held at Harvard. The complete listing for Maine swimmers is in this issue.

## Calendar of Events

**July 12-14, Masters Swim Camp, University of New England, Biddeford.** Contact Bob Leonard, 283-0170 Ext. 2548, or [rleonard@une.edu](mailto:rleonard@une.edu). Organized by Brad Burnham, fee \$195, basic skills, video for all swimmers, lunches.

**July 31<sup>st</sup>, Regular Board Meeting,** 6:00 PM, China Rose Restaurant in Brunswick. Contact Joyce Brown or Sandy Potholm for reservations, numbers listed under MESC officers.

**August 3<sup>rd</sup>, Echo Lake Swim.** Entry in newsletter.

**August 11<sup>th</sup>, Hobbs Pond Swim.** Contact Bill Jones, 763-3576, or [william\\_l\\_jones@yahoo.com](mailto:william_l_jones@yahoo.com)

**August 11<sup>th</sup>, Green Lake Relay Swim.** Fundraising effort for raising awareness about breast cancer. Contact the Bangor-Brewer YWCA, 941-2808.

**September 12-13, Maine Senior Games, Greely Pool.**

**October 12<sup>th</sup>, George Erswell Meet, and Annual Board Meeting.**

**November 17<sup>th</sup>, Bath Y Meet,** tentative.

## Become a Senior Olympian!

*By Frank Giustra, Jr.*

Attention all swimmers 50 and over; have I got a deal for you. Become a senior Olympian and represent the state of Maine at the 2003 Summer National Senior Games – the Senior Olympics – in Hampton Roads, Virginia, from May 27-June 9, 2003. It is easy to qualify, just swim in the Maine Senior Games in September, and place either first or second in your event. Or, have your time meet the National Senior Games Association minimum performance standards. These qualifying times can be found at

[www.nationalseniorgames.org](http://www.nationalseniorgames.org), under Rules of Competition, 2003 Rules and Qualifying Times. If you do not qualify in swimming, there are seventeen other sports available for competition: badminton, basketball, bowling, cycling, golf, horseshoes, race walk, racquetball, road race, shuffleboard, softball, table tennis, track and field, triathlon, and volleyball. To obtain complete information, write to Anita Chandler c/o Maine Senior Games, PO Box 10380, Portland, ME 04101, or call 1-800-427-7411.

## The Power of Imagination

*by Barbara Murphy*

In recent years, swim coaches have been emphasizing the importance of proper body alignment for faster swimming. Most master swimmers want to improve their swimming, whether that means going faster in races, mastering new strokes, or increasing endurance. If you are struggling with any of the above, the solution might be improving body alignment in the water: not strengthening the muscles. This is good news for master swimmers! Many of us have been dutifully doing drills on land and in the pool, trying to lift the head and lengthen the neck, pull in the ribs and get rid of the arch in the back. Redesigning our postural shape from land based to aquatic alignment is no easy task. After all, we are land-based creatures and we have been walking for a long time! One way to begin to change our postural alignment is by the use of images.

*continued on page 2*

### MESC Officers

Hans Wendel, .....	Interim President .....	hdwendel@kynd.net .....	564-0060
Joyce Brown, .....	Registrar/Treasurer ..	joyline@gwi.net .....	725-5394
Frank Giustra, Jr, .....	Member-at-Large .....	giustrajr@panax.com .....	832-6860
Peter Fredericks, .....	Director of Meets .....	barbpete@tds.net .....	645-3092
Claude Bonang, .....	Recorder .....	cbonang@blazenetme.net .....	725-5181
Sandy Potholm, .....	Historian .....	spotholm@starband.net .....	729-0649
Betty Dupuis, .....	Editor .....	bdupuis@gwi.net .....	276-5027



Americans Mabel Todd and Lulu Sweigard were pioneers in the field of “ideokinesis”, which Sweigard defines as: “repeated ideation of a movement without volitional physical effort.” In other words, using the imagination. Sweigard believed, “concentration on the image of the movement will let the central nervous system choose the most efficient neuromuscular coordination for its performance.” When working with images, it is important to focus on the image and try not to “make anything happen”. Doing so would only get in the way of the desired results.

Shortening the neck while swimming is a major roadblock to good alignment. One image that increases awareness for lengthening the neck works both on land and in the water. Try this exercise on land first. Begin by standing or sitting in a comfortable position. Visualize a scull cap on the back of the head. Make sure the picture of the cap is clear in your mind. Now watch the cap moving over the top of the head to reach the level of the eyebrows. Take your time. The slower you go, the better it works. Notice the feeling of length in the back of your neck when you’ve finished. You can try this while swimming. Visualize your swim cap making the journey from sitting on the back of the head to being pulled down over the forehead. Notice if your body position changes as a result. This works especially well when swimming in open water. If you try it in the pool, be careful not to crash into the wall!

Another image, fun to work with on land, can help to get the hips in proper alignment. Stand comfortably and pretend that you are a scarecrow with a board crosswise in your hip area, and a stick going up from the board to your head. The board is tipping forward (down), therefore the stick is also tipping forward. Watch the board begin to travel up in front to become level, which causes the stick to move to a vertical position. Again, do the visualization very slowly. You may not notice anything at first, but after practicing this for a while, you may notice that it is easier to keep your hips “tucked”.

These two exercises are taken from Sweigard’s book, *Ideokinesis*. You can make up your own images to help break your old habits and learn better aquatic alignment. Eric Franklin’s book, *Dynamic Alignment through Imagery*, 1966, published by Human Kinetics, Champaign, IL, is full of great information and is fun to read. There are endless possibilities for incorporating imagery into our swim training. Have fun exploring the power of your imagination.

## Want Open Water Swimming Experience?

At 10:00 AM on August 11<sup>th</sup>, rain or shine, the half mile Hobbs Pond swim will begin at Hope Town Beach in Hope Corner. At Hope Corner, take the Barnestown Rd., and signs will direct you to the beach. Not all swimmers do this as a competition, but a record of

times will be made. Elaborate safety precautions will be in place, but there is no registration, no prizes, no changing area. The water is usually warm. Swimmers start from the beach and swim around three floats and back. Come early to warm up. Claire Van der Ven has the course record; Hans Wendel has the fastest breaststroke time. After the swim, snacks are available at Bill Jones’ camp, also on Hobbs Pond.

## New Maine Master Honored

Keene State has established the **Melanie Tripp** award to recognize swimmers who have team interests at heart, have strength of character, exhibit kindness and a tough work ethic. The award was established by Coach Gene Leonard to honor Melanie who led the women’s swim team to its first and only undefeated season in 1998. Melanie still holds distance freestyle records at Keene State in the 500 free (5:22), 1000 free (11:24), and the 1650 free (18:09).

Melanie grew up in Somesville and Trenton, and swam for MDI High School. She currently is a special education teacher at Conners-Emerson School in Bar Harbor.

## FINA World Masters Top Ten

In the last newsletter, the National Top Ten SCM times were reported. Now, we have the World SCM times! Number one at the 100 free (51.44), 50 back (25.44), 100 back (58.20), 50 fly (25.44), 100 fly (55.85), 100 IM (58.36) and 200 IM (2:07.21) is our own, amazing **Jim Harvey**. Our equally stellar **John White** follows with the 200 back, 2<sup>nd</sup> (4:27.60), 100 back, 4<sup>th</sup> (1:59.75), and 50 back, 5<sup>th</sup> (52.18). The awesome relay team of **John White, Norman Seagrave, Arnie Green, and John Woods** placed second in the 200 free relay and third in the 200 medley relay for the 320+ age group where the four swimmers average more than 80 years.

This relay team is a fine example of how special Maine Masters members are. Before retirement, John Woods was a commercial pilot, Norm Seagrave a lawyer, John White a farmer, and Arnie Green an advertising executive. They have lived and traveled throughout the world, but today all reside and thrive in Maine, sharing a love of swimming and joy in competition. These four spirited seniors have spent their lives in the can-do lane with a robust embrace of life. And they’re still at it. As John Woods said when asked about his philosophy: “My goodness, there’s excitement everywhere you look. Go for it!”

Norm Seagrave, always a backstroker and always a consummate team player, volunteered to learn the breaststroke to round out the medley relay team. “I love to swim; it’s in my blood. I

**continued on page 4**



**DOWNEAST FAMILY YMCA EIGHTH ANNUAL  
ECHO LAKE SWIM**

Saturday, August 3, 2002  
Swims start at 10:00 am

Registration and check-in: 9:00 - 10:00 am  
**SIGN UP EARLY!**

There will be two swims this year, 500 yards and 1.5 miles. The water is expected to be about 76 degrees F.. The course will be triangular, marked by buoys, and laid out with the aid of a GPS. The 500 course will be out around a buoy and return and will be swum first.. There will be a trophy for the fastest overall man and woman, a medal for fastest in each age group, and ribbons for all finishers. Age groups are as follows: 10 and under, 11-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 & over.

Following the swim there will be a picnic and barbecue, with the awarding of the T-shirts, ribbons, medals and trophies and plenty to eat and drink.

Meet Director and Referee, Peter Farragher of the Down East Family YMCA

To enter: Send a check for full amount to: Down East Family YMCA, Attn: Echo Lake Swim, P. O. Box 25, Ellsworth, ME 04605. You will receive a map to the parking area for the meet. The entry fee includes the fee for the swim, the T-Shirt and the feast.

Fee: If Received by July 19: \$20 for adults, \$10 for 18 & under. After July 19: \$25 for adults, \$15 for 18 & under. There will be a \$3 charge per non-swimmer who wish to attend picnic.

**ECHO LAKE OPEN WATER SWIM, August 3, 2002**

Event: 500( ) 1 ½ mile( ) (Check one)

T-shirt size:     S       M       L       XL (Circle size)

Name \_\_\_\_\_ Fee Enclosed \_\_\_\_\_

Address \_\_\_\_\_

Home phone \_\_\_\_\_ Club or YMCA \_\_\_\_\_ Age \_\_\_\_\_

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 of the risks inherent in Masters Swimming (training and competition) including possible permanent disability and death and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THIS PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ALL AND ANY RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: HOST FACILITIES, MEET SPONSERS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES."

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

Signature of parent, if under 18 \_\_\_\_\_ Date \_\_\_\_\_



don't care about records. Although it will be nice to wear that patch for being the best team."

John White spoke with pride about his doctor's assessment after a recent physical: "He said I was the healthiest 85 year-old guy he ever saw." John explains his philosophy: "I've just tried to set a good example. No smoking. No drinking. No junk food. And no medication. How you live makes all the difference.

Arnie Green, "The Kid", says "I crave the physical activity; my system needs it." His philosophy is "Be honest, be fair, like yourself."

Brad Burnham, varsity swim coach at Bowdoin College, described them as "unique, dedicated, fantastic examples for anybody. They never stop trying to improve, yet they have great spirit. They know it's all just for fun." *This piece was adapted from an article by David Treadwell, freelance writer, published in the Times Record*

## Updates

Joyce Brown happily reports that she is in remission, and trying to get back in shape on one cylinder! She has her 2003 sights set on qualifying for the National Senior Games, dancing in her dance class's concert, and doing the American Lung Association bike trek from Sunday River to Belfast.

Our sympathies go to the family of **Harold Fralich** of Portland, a founding member of Maine Masters, who passed away shortly after Mother's day. Harold was a fixture at the meets, particularly enjoying the National and Maine Senior Games, where he competed last September. Harold battled colon cancer for two and a half years.

## Bowdoin Pool Schedule

June 17 – July 26,	Mon.-Fri.	7am – 8 am
June 17 – August 23,	Mon.-Fri.	12pm – 1pm
June 17 – August 2,	Mon.-Fri.	5pm – 7:30pm
August 5-16,	Mon.-Fri.	5pm – 7pm
August 19 –23,	Mon.-Fri.	4:30pm-6:30pm
July 7 and 21,	Sunday	3pm – 5pm

## Welcome New Members

Paul Lazarus, Alna

Diane Tyler, New Harbor

## July and August Merchandise Special

Take 10% off all short sleeve T-shirts  
Pay only **\$8.00**

Q: Who was the first American male swimmer who did synchronized swimming movements and loved to swim?

A: Benjamin Franklin *Submitted by Corrie Johnson*

New England SCY Championships Harvard Univ. - April 5-7, 2002					
Place	Women	50 Free	Place	Men	200 Free
	<b>35-39</b>			<b>40-44</b>	
9	Cook, Christine	30.6	4	Regan, Michael	2:00.80
	<b>40-44</b>			<b>45-49</b>	
3	Hallett, Constance	28.16	6	Johnston, Alan	2:11.34
	<b>Men</b>			<b>55-59</b>	
	<b>35-39</b>		3	Pierce, Fred	2:21.96
1	Harvey, Jim	21.58		<b>60-64</b>	
	<b>40-44</b>		1	Fredericks, Peter	2:39.54
1	Regan, Michael	23.38		<b>70-74</b>	
	<b>45-49</b>		1	Green, Arnie	2:34.75
2	Hall, John	24.64	2	Reeve, William	3:11.50
9	LePage, Mike	25.17		<b>Women</b>	<b>500 Free</b>
11	Goodman, Jim	25.51		<b>40-44</b>	
	<b>50-54</b>		1	Hallett, Constance	5:44.43
7	Redmon, Scott	27.48	6	Uecker, Anne	6:24.94
	<b>55-59</b>			<b>50-54</b>	
2	Pierce, Fred	27.17	2	Murphy, Barbara	7:20.69
4	Rupert, Bill	28.69		<b>Men</b>	
	<b>60-64</b>			<b>30-34</b>	
3	Fredericks, Peter	29.75	2	Morse, Ben	5:09.60
	<b>70-74</b>		4	Tenney, Steven	5:19.37
1	Green, Arnie	30.53		<b>45-49</b>	
	<b>Women</b>	<b>100 Free</b>	6	Johnston, Alan	5:58.38
	<b>40-44</b>			<b>55-59</b>	
1	Hallett, Constance	59.25	2	Pierce, Fred	6:29.52
8	Uecker, Anne	1:06.77	4	Connors, James	6:44.55
	<b>50-54</b>			<b>65-69</b>	
5	Murphy, Barbara	1:14.72	4	Schaefer, Gerhard	8:49.22
	<b>Men</b>			<b>70-74</b>	
	<b>25-29</b>		1	Green, Arnie	7:12.62
12	Jones, Andrew	58.66	2	Reeve, William	8:20.16
	<b>30-34</b>			<b>Women</b>	<b>1000 Free</b>
10	Tenney, Steven	51.74		<b>40-44</b>	
12	Morse, Ben	53.48	1	Hallett, Constance	11:45.81
	<b>35-39</b>			<b>Men</b>	
1	Harvey, Jim	46.81		<b>30-34</b>	
6	Pride, Douglas	49.23	1	Morse, Ben	10:40.18
	<b>40-44</b>			<b>55-59</b>	
4	Regan, Michael	52.25	1	Vail, David	13:13.62
14	Philsbrick, Leigh	57.72	3	Rupert, Bill	14:49.30
	<b>45-49</b>			<b>65-69</b>	
4	Hall, John	55.36	2	Schaefer, Gerhard	17:18.47
	<b>50-54</b>			<b>70-74</b>	
15	Redmon, Scptt	1:03.29	1	Green, Arnie	15:05.16
	<b>55-59</b>			<b>Women</b>	<b>50 Back</b>
3	Pierce, Fred	1:01.05		<b>35-39</b>	
6	Connors, James	1:06.43	3	Cook, Christine	35.52
	<b>70-74</b>			<b>40-44</b>	
1	Green Arnie	1:08.22	5	Hallett, Constance	1:24.59
4	Reeve, William	1:21.88		<b>50-54</b>	
6	Sharrigan, Mudd	1:40.58	3	Murphy, Barbara	37.58
	<b>Women</b>	<b>200 Free</b>		<b>Men</b>	
	<b>40-44</b>			<b>35-39</b>	
1	Hallett, Constance	2:08.05	1	Harvey, Jim	24.59
	<b>Men</b>			<b>55-59</b>	
	<b>25-29</b>		1	Rupert, Bill	32.89
9	Jones, Andrew	2:11.82		<b>60-64</b>	
	<b>30-34</b>		5	Fredericks, Peter	41.43
3	Morse, Ben	1:55.38			



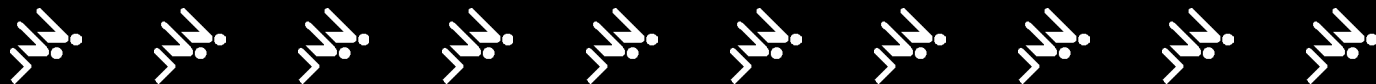
New England SCY Championships  
Harvard Univ. - April 5-7, 2002

Place	Men	50 Back	Place	Men	200 Breast
6	65-69 Giustra, Frank 70-74	47.55	4	25-29 Jones, Andrew	2:48.25
1	Green, Arnie Women	38.12 100 Back	2	45-49 Goodman, Jim	2:33.22
2	35-39 Cook, Christine 50-54	1:18.75	8	Johnston, Alan	2:57.41
3	Murphy, Barbara Men	1:21.40	1	60-64 Fredericks, Peter	2:56.13
1	35-39 Pride, Douglas 45-49	56.90	1	65-69 Jones, William	3:10.54
5	LePage, Mike 55-59	1:06.36	2	Women Hallett, Constance	30.43
2	Rupert, Bill 70-74	1:10.97	6	Uecker, Anne	32.41
1	Green, Arnie Women	1:29.12 200 Back	1	Men Harvey, Jim	23.12
2	35-39 Cook, Christine	2:47.50	4	45-49 Pride, Douglas	24.61
1	40-44 Torrey, Pamela	2:27.93	5	Hall, John	27.83
2	Murphy, Barbara Men	2:55.72	10	LePage, Mike	28.86
8	Johnston, Alan 55-59	2:35.78	1	65-69 Jones, William	32.24
2	Rupert, Bill 70-74	2:40.56	5	Giustra, Frank	41.03
1	Green, Arnie Men	3:12.52 50 Breast	1	Women Torrey, Pamela	1:04.98
7	30-34 Tenney, Steven	31.82	4	Uecker, Anne	1:13.33
1	35-39 Harvey, Jim	29.03	3	Men Morse, Ben	57.49
3	40-44 Philsbrick, Leigh	32.08	1	35-39 Harvey, Jim	50.93
2	45-49 Goodman, Jim	30.81	5	Pride, Douglas	55.16
6	Hall, John 55-59	32.34	5	45-49 LePage, Mike	1:04.83
3	Pierce, Fred 60-64	37.11	1	55-59 Connors, James	1:11.34
1	Fredericks, Peter 65-69	36.72	1	65-69 Jones, William	1:16.94
2	Jones, William Men	38.66 100 Breast	1	Women Torrey, Pamela	2:26.58
8	Jones, Andrew 35-39	1:14.81	3	Uecker, Anne	2:47.15
6	Pride, Douglas 40-44	1:08.92	1	Men Morse, Ben	2:10.17
5	Philsbrick, Leigh 45-49	1:09.32	4	55-59 Connors, James	2:45.84
2	Goodman, Jim 60-64	1:07.92	1	65-69 Jones, William	3:08.38
2	Fredericks, Peter 65-69	1:18.99	1	Women Torrey, Pamela	1:08.59
1	Jones, William	1:26.46	4	50-54 Murphy, Barbara	1:29.62
			1	Men Harvey, Jim	52.88
			2	40-44 Regan, Michael	1:01.95

Place	Men	100 Im	Place	Men	40-44
2	45-49 Goodman, Jim	1:04.15	5	Philsbrick, Leigh	2:23.47
4	Hall, John 55-59	1:05.59	3	45-49 Hall, John	2:23.30
3	Pierce, Fred	1:13.31	1	65-69 Jones, William	2:54.03
7	Rupert, Bill 65-69	1:19.37	Women	400 IM	
1	Jones, William 70-74	1:15.87	1	40-44 Torrey, Pamela	5:11.96
1	Green, Arnie Women	1:33.06 200 IM	1	Men Morse, Ben	4:41.01
1	40-44 Torrey, Pamela	2:27.90	4	45-49 Johnston, Alan	5:25.54
5	Hallett, Constance Men	2:41.27	1	65-69 Jones, William	6:22.46
3	30-34 Tenney, Steven	2:11.93	1	70-74 Green, Arnie	7:07.58
1	35-39 Harvey, Jim	1:53.98			
5	Pride, Douglas	2:05.24			

New England SCY Relay Championships  
Harvard University - April 5-7, 2002

Place	Men	200 Yard Free	Time	Place	Men	200 Yard Medley	Time
2	25+ Hall, John (48) Morse, Ben (30) LePage, Mike (46) Regan, Michael (41) 55+		1:35.96	1	65+ Green, Arnie (70) Jones, William (65) Reeve, William (70) Giustra, Frank (65)		2:32.20
1	Fredericks, Peter (61) Rupert, Bill (58) Connors, James (57) Pierce, Fred (58) 65+		1:53.67	2	Mixed 200 Yard Medley 35+ Cook, Christine (35) Harvey, Jim (35) Philsbrick, Leigh (42) Hallett, Constance (42)		1:57.39
1	Giustra, Frank (65) Reeve, William (70) Green, Arnie (70) Jones, William (65) Mixed 200 Yard Free 35+		2:09.57	1	Men 400 Yard Medley 55+ Rupert, Bill (58) Connors, James (57) Fredericks, Peter (61) Pierce, Fred (65)		4:45.01
1	Pride, Douglas (38) Harvey, Jim (35) Torrey, Pamela (40) Hallett, Constance (42) Women 400 Yard Free 35+		1:37.83	1	65+ Green, Arnie (70) Jones, William (65) Reeve, William (70) Giustra, Frank (65)		5:59.61
1	Torrey, Pamela (40) Uecker, Anne (41) Murphy, Barbara (50) Cook, Christine (35) Men 400 Yard Free 25+		4:31.15	1	Mixed 800 Yard Freestyle 35+ Harvey, Jim (35) Hallett, Constance (42) Torrey, Pamela (40) Pride, Douglas (38)		7:51.16
1	Tenney, Steven (33) Pride, Douglas (38) Harvey, Jim (35) Regan, Michael (41) 55+		3:17.80	1	Men 800 Yard Freestyle 55+ Connors, James (57) Rupert, Bill (58) Vail, David (58) Pierce, Fred (58)		9:39.34
1	Fredericks, Peter (61) Rupert, Bill (58) Connors, James (57) Pierce, Fred (58) 65+		4:22.96	1	65+ Giustra, Frank (65) Reeve, William (70) Jones, William (65) Green, Arnie (70)		11:09.47
1	Jones, William (65) Giustra, Frank (65) Reeve, William (70) Green, Arnie (70) Men 200 Yard Medley 25+		4:58.55				
2	Pride, Douglas (38) Morse, Ben (30) Jones, Andrew (29) Tenney, Steven (33) 55+		1:49.86				
1	Rupert, Bill (58) Connors, James (57) Fredericks, Peter (61) Pierce, Fred (58)		2:06.39				



**Don't wait for a meet to purchase Maine Masters Swim Club goodies.**

**You can order them now by mail from Frank Giustra, Jr. Fill out the form below and send with your check or money order to:**

Frank X. Giustra, Jr. • 110 Robinson Rd. • Waldoboro, ME 04572

MAIL TO: (Print or type clearly)

NAME: \_\_\_\_\_

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

**PLEASE INDICATE SIZE AND QUANTITY**

**SWEATS:**

Sweatpants: Ash gray with MAINE MASTERS SWIM CLUB imprinted down one leg (S,M,L,XL) ..... \$17 \_\_\_\_\_  
Sweatshirts: Ash gray with MESC logo (M,L & XL) ..... \$20 \_\_\_\_\_  
Ash gray with Puffin logo (M,L, XL) ..... \$20 \_\_\_\_\_

**T-SHIRTS:**

Ash gray, long sleeve, with puffin logo (S, M, L, XL) ..... \$12 \_\_\_\_\_  
White, short sleeve with MESC logo (S, M, L, XL) ..... \$9 \_\_\_\_\_  
White, short sleeve, with puffin logo (S, M, L, XL) ..... \$9 \_\_\_\_\_

BASEBALL CAPS: With MESC logo ..... \$6 \_\_\_\_\_  
With logo and curved lid, custom embroidered ..... \$9 \_\_\_\_\_

SWIM CAPS: With MESC logo ..... \$5 \_\_\_\_\_

WATER BOTTLES: With MESC logo ..... \$3 \_\_\_\_\_

**IMPRINTED MAINE MASTERS SWIM SUITS: Black with red trim**

Men's Masters Style (6" side seam) Sizes 34-40 ..... \$20 \_\_\_\_\_  
Men's Race Style (3" side seam) Sizes 32-36 ..... \$20 \_\_\_\_\_  
Women's with conservative leg cut. Sizes 30-40 ..... \$32 \_\_\_\_\_

POSTAGE/HANDLING FEE ..... \$4.00

TOTAL ENCLOSED: ..... \$ \_\_\_\_\_



**More Info:** <http://www.mainemasters.org> *or* <http://www.usms.org>

Elizabeth V. Dupuis  
P.O. Box 139  
Seal Harbor, ME 04675  
bdupuis@zwi.net