

1994 USMS NATIONAL CHAMPIONSHIP

MINNETONKA CHALLENGE

5 MILE OPEN WATER SWIM

August 6, 1994

LAKE MINNETONKA

MINNEAPOLIS, MINNESOTA

Sponsored by Minnesota Masters

Sanctioned by Minnesota LMSC

RESULTS

Comments – Lake Minnetonka Swim 8/6/94

Course description:

See attached map and "safety and emergency evacuation plan". The start was in three waves from a beach, swimming out 200 yards through a pair of bouys where the swimmers rendezvoused with their paddlers (each swimmer had his/her own canoe with 2 paddlers). The swimmers swam towards a water tower visible 5-miles across the lake. There were no in-course route markers, nor were they needed due to the visibility of the water tower.

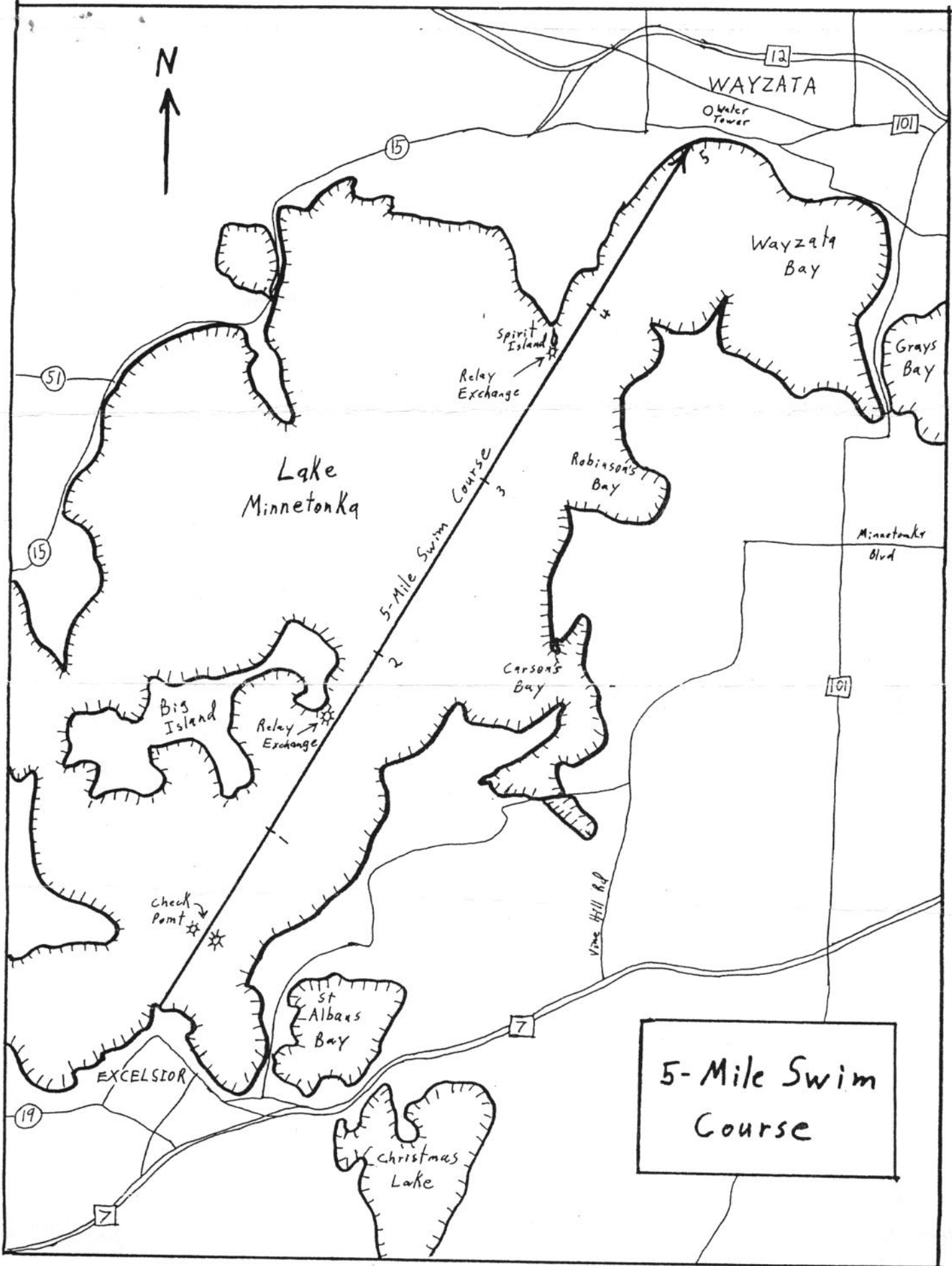
1.5-miles from the finish, the water tower disappeared from view (below the horizon). 1-mile from the finish, the finish beach with markers became visible to the swimmers. The finish was approximately 10 yards from the waters edge. There was a visible clock at the finish with the elapsed time.

Course conditions:

Water temperature was 75° and air temperature ranged from 60° to 75°. The sun was out most of the race. At the start, and several other places along the course (in shallow water) there was a local weed "mill foil" thru which the swimmers had to swim. There was a tail wind which resulted in waves up to 6 inches. There were no currents other than that created by the small wind waves. The start and finish beaches were smooth sand.

General comments:

All evaluated items were acceptable. There was a great deal of organization and control apparent in this event. Both pre and post race organization was excellent.



5-Mile Swim Course



MINNETONKA CHALLENGE 5 MILE SWIM

AUGUST 6, 1994

NAME	AGE	CITY	ST	TIME	OVERALL PLACE
WOMEN 15 TO 16					
Dana Wallace	16	Bloomington	MN	2:08:25	5
Heather Houndt	15	Excelsior	MN	3:04:05	21
WOMEN 17 TO 18					
Zoe Offerman	17	Edina	MN	2:08:31	6
WOMEN 19 TO 24					
Connie Pierre	19	Forest Lake	MN	1:56:32	1
Catheryn Lindell	23	Minneapolis	MN	2:11:29	8
Nicole Peters	24	Madison	WI	2:24:34	10
Laura Nugent	19	Kansas City	MO	3:20:20	24
WOMEN 25 TO 29					
Molly Zimmerman	28	Hopkins	MN	2:39:56	14
Christine Lindell	29	Goshen	IN	2:49:23	17
Karla Even	25	Minneapolis	MN	2:55:12	20
Sandy Thompson	29	Sioux Falls	SD	3:08:59	23
WOMEN 30 TO 34					
Peggy Kratz	34	Bloomington	MN	2:01:03	2
Katherine Parkinson	30	Minneapolis	MN	2:01:09	3
Sarah Hromada	33	Edina	MN	2:10:42	7
Meg Malone	31	Des Moines	IA	2:17:04	9
Eileen Kirsch	34	Onalaska	WI	2:24:58	10
Jackie Crosby	33	Edina	MN	2:29:20	12
Mary Maus	34	Columbia Hts	MN	2:46:48	15
Laura Lindell	34	Minneapolis	MN	2:51:58	18
Luann Lindell	31	Minneapolis	MN	3:33:59	26
WOMEN 35 TO 39					
Dee Haynie	39	San Jose	CA	2:01:58	4
Janet Groat	36	St Paul	MN	3:07:24	22
WOMEN 40 TO 44					
Middle Frost	43	Wayzata	MN	2:47:03	16
Sherry Pierce	44	Maple Grove	MN	3:28:46	25
WOMEN 45 TO 49					
Kathy Smith	45	Chaska	MN	2:52:46	19
Renata Ringsven	48	Minnetonka	MN	3:45:29	27
WOMEN 50 TO 54					
Irene David	50	Barrington	IL	2:33:17	13
WOMEN 60+					
Estelle King	64	Wayzata	MN	4:03:04	28
MEN 15 TO 16					
Lloyd Collins	15	Minnetonka	MN	2:06:17	17
MEN 17 TO 18					
Mark Morehouse	18	Middleton	WI	1:52:33	6
MEN 25 TO 29					
Greg Jablonski	27	Minneapolis	MN	1:45:53	3
Stan Sagan	25	Minneapolis	MN	2:02:09	12
Jay Adams	29	Edina	MN	2:17:21	23
Tod White	28	Maplewood	MN	2:18:15	24
Mike Miller	28	Excelsior	MN	2:37:00	34

NAME	AGE	CITY	ST	TIME	OVERALL PLACE
MEN 30 TO 34					
Bobby Patten	31	Dallas	TX	1:39:17	1
Tom Cain	31	Chicago	IL	1:46:52	4
Scott Johnson	31	Madison	WI	1:54:36	7
Mike Bauerle	30	White Bear	MN	2:00:38	11
Scott Ehlers	32	St Paul	MN	2:09:58	18
Chris Brobin	32	New Brighton	MN	2:10:03	19
Rob Fredericksen	31	St Paul	MN	2:38:38	35
Ted Olson	34	Plymouth	MN	2:50:08	41
MEN 35 TO 39					
Jim Stewart	37	Rochester	MN	1:44:20	2
Wayde Mulhern	35	Blaine	MN	2:00:01	9
Randy Burgess	35	Blain	MN	2:00:16	10
Roger Midkiff	39	Grand Rapids	MI	2:03:42	13
Jerome Farrell	35	Crystal	MN	2:12:46	21
Paul Madson	38	Maplewood	MN	2:18:35	25
Eric Jernberg	35	Milwaukee	WI	2:18:37	26
Curt Nelson	38	Eden Prairie	MN	2:19:05	28
Phil Klitzke	35	Maplewood	MN	2:23:53	31
Robert Schroeder	37	Minneapolis	MN	2:25:15	32
Mike Seats	35	Minnetrista	MN	2:39:29	36
George Fraser	37	Independence	MN	2:48:44	40
Mark Morgenstern	35	Oak Ridge	TN	2:51:20	43
MEN 40 TO 45					
Paul Windrath	40	Red Wing	MN	1:52:18	5
Scott Sakaguchi	41	Edina	MN	1:59:28	8
Kevin Moynihan	42	Eden Prairie	MN	2:40:19	37
Walt Johnson	40	St Paul	MN	2:46:55	39
MEN 45 TO 49					
John Shrum	45	Charlottesville	VA	2:04:55	15
Doug Bloemke	45	Winona	MN	2:19:00	27
Barry Gerst	46	Edina	MN	2:22:39	29
Ed Hoch	46	Denver	CO	2:23:36	30
Richard Brown	45	St Paul	MN	2:36:08	33
Phillip Newbold	46	St Paul	IN	2:43:50	38
Bob Aitcheson	47	Charlestown	WV	2:58:38	45
David Weiss	46	St Paul	MN	3:03:59	46
Jim Rockland	49	St Louis Pk	MN	3:44:06	48
MEN 50 TO 55					
Roger Bosveld	54	Shoreview	MN	2:04:28	14
Vince Herring	51	Rochester	MN	2:14:38	22
Ernie Kertzsch	54	Scandia	MN	2:52:50	44
MEN 55 TO 59					
Kent Price	56	Palo Alto	CA	2:04:56	16
George Brunstad	59	Wilton	CT	2:11:58	20
Joel Peskay	55	Golden Vly	MN	2:50:48	42
MEN 80 TO 84					
Dexter Woodford	80	Akron	OH	3:13:01	47
WOMENS RELAY					
Winton, Bell, Morrison		Wayzata	MN	4:15:17	-
MENS RELAY					
McClellan, Windrath, Apel		Maplewood	MN	1:57:45	-
McGibbon, Daly, Fritz		Edina	MN	2:09:46	-
MIXED RELAY					
Silberg, Redig, Redig		Downers Grove	IL	1:57:48	-
Skeoch, Stewart, Poirer		Summit	NJ	2:02:57	-
Rocca, Rocca, Hanson		Plymouth	MN	2:10:22	-
Eicher, Nelson, Bristol		Eden Prairie	MN	2:12:17	-
Zitzmann, Richter, Cooper		Minneapolis	MN	2:17:01	-
Northey, Yeager, Harris		Wayzata	MN	2:28:21	-
Richardt, Grafft, Aydelott		Crystal	MN	2:29:11	-
LaCasse, Sorensen, O'Leary		Barrington	IL	2:50:04	-
Dykoski, Dykoski, Dykoski		Mound	MN	3:13:59	-
Price, Price		Minnetonka	MN	4:01:41	-



USMS NATIONAL CHAMPIONSHIP

5 MILE SWIM

AUGUST 6, 1994

MINNEAPOLIS, MINNESOTA

For the last 7 years, hundreds of swimmers have participated in a bit of midwestern madness - the Minnetonka Challenge 5 Mile Swim. Next year it will be bigger and better than ever!!

- The swim has been designated as the USMS National Championship Open Water Swim (3.5 - 5 mile division)
- We are planning a boat cruise and pasta feed the evening before the swim (Aug 5th). The boat will cruise the 5 mile swim course, so we can carbo-load and inspect the course
- There will be T-shirts for all swimmers, Awards for the winner of each age group, and Refreshments will be served at the finish line
- The swim will be along the same course from Excelsior to Wayzata (see map on back)
- If you don't feel like swimming the whole 5 miles, enter the 3-person relay division

Race packets and entry form will be mailed out in March. To ensure that you receive yours, return the attached form. Mail it to Tom Rushfeldt at 301 Margaret Cir; Wayzata, MN 55391; (612) 475-3403 (H) or (612) 442-4000 (W).

MARK YOUR CALENDAR!

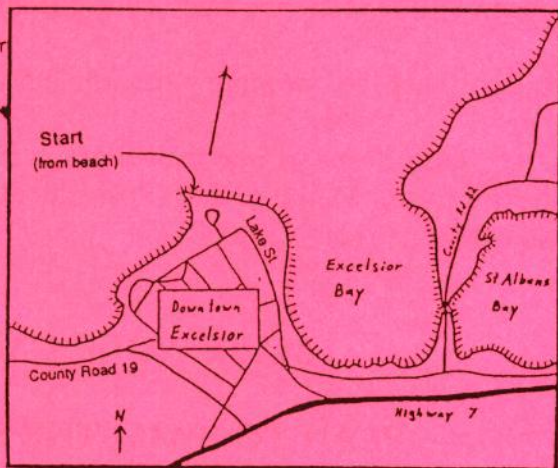
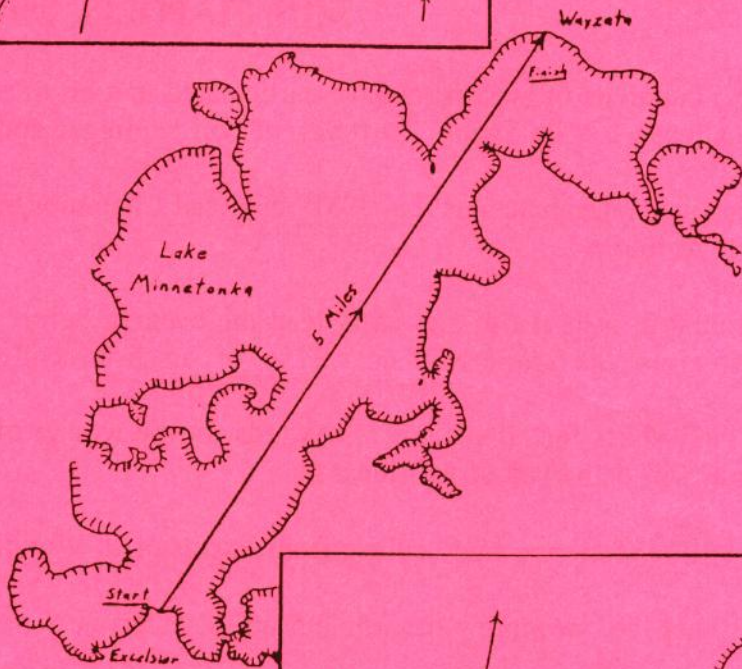
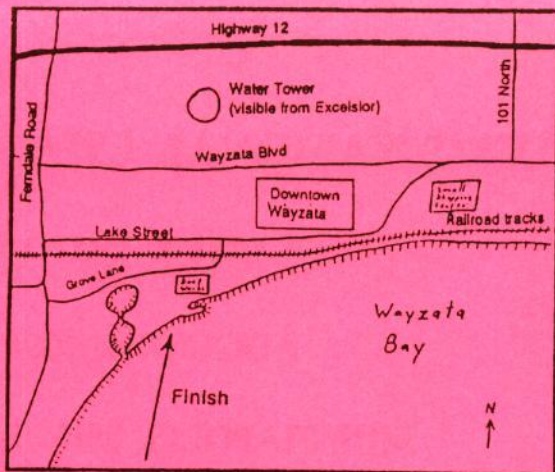
PLAN TO SWIM THE 5 MILE SWIM!

Please send me information and registration forms for the Minnetonka Challenge 5 Mile Swim scheduled for August 6, 1994.

Name: _____ Phone: _____

Address: _____

City, State, Zip Code: _____



The Minnetonka Challenge/
Minnesota Masters Swimming
P. O. Box 24602
Edina, MN 55424

Non-Profit
U.S. Postage Paid
Permit No. 1454
Minneapolis, MN



AUGUST 6, 1994
USMS National Championship Open Water Swim

**Masters Swimmers
&
USS Age Groups (13 & older)
&
3-Person Relay Teams**



MINNETONKA CHALLENGE - 5 MILE SWIM

INDIVIDUAL ENTRY FORM

(Please print or type)

Name: _____ USS or USMS Regist. # _____

Address: _____ City: _____ State: _____ Zip _____

Sex: _____ Age: _____ (as of 8/06/94) Birthday: ____/____/____ Phone: _____

Approved by Minnesota Swimming, Inc. for USS Inc.
Sanctioned by Minnesota LMSC for USMS Inc. Sanction # 304-008

ATHLETE'S RELEASE (must be signed)

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 the risk inherent in USS and 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 SWIM PROGRAM, THIS EVENT, OR ANY ACTIVITY INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, USS SWIMMING, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, VOLUNTEERS, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I specifically acknowledge that I am aware of the risks inherent in open water swimming and agree to assume those risks. Finally, I agree to abide by and be governed by the rules of USMS.

Signature: _____ Date: _____

Parent: _____
(Required if swimmer is under 18)

PLEASE CHECK ONE:

- I will arrange for my own escort boat and paddlers (Required for swimmers within 200 miles)
- I am coming in from out-of-town and will need a volunteer escort boat and paddlers assigned to me
- I am coming in from out-of-town and will need a canoe and related equipment, but I have _____ (1 or 2) friends or family traveling with me who will be available and willing to escort me

FEES

Individual Swimmer, \$20 before July 9 (\$25 after, \$30 race day) \$ _____

Extra T-shirts for Escort paddlers Two are recommended (\$12.00 each) \$ _____

Total \$ _____

Return signed entry form with check payable to the Minnetonka Challenge to:

The Minnetonka Challenge
301 Margaret Circle
Wayzata, MN 55391

Please send USMS application form

MINNETONKA CHALLENGE - 5 MILE SWIM

RELAY ENTRY FORM

(Please print or type)

Name: _____ USS or USMS Regist. # _____

Sex: _____ Age: _____ (as of 8/06/94) Birthday: ____/____/____ Phone: _____

Name: _____ USS or USMS Regist. # _____

Sex: _____ Age: _____ (as of 8/06/94) Birthday: ____/____/____ Phone: _____

Name: _____ USS or USMS Regist. # _____

Sex: _____ Age: _____ (as of 8/06/94) Birthday: ____/____/____ Phone: _____

Contact Address: _____ City: _____ State: _____ Zip _____

Sanctioned by Minnesota LMSC for USMS Inc. Sanction # 304-008

ATHLETE'S RELEASE (must be signed by all swimmers)

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 the risk inherent in USS and 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 SWIM PROGRAM, THIS EVENT, OR ANY ACTIVITY INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, USS SWIMMING, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, VOLUNTEERS, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I specifically acknowledge that I am aware of the risks inherent in open water swimming and agree to assume those risks. Finally, I agree to abide by and be governed by the rules of USMS.

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

FEES

Relay Team, \$45/team before July 9 (\$50 after, \$55 race day) \$ _____

Extra T-shirts (\$12.00 each) \$ _____

Total \$ _____

Return signed entry form with check payable to the Minnetonka Challenge to:

The Minnetonka Challenge
301 Margaret Circle
Wayzata, MN 55391

Please send USMS application form

HELPFUL HINTS

Because 5 miles is a **long** swim, participants should be in active training and in good shape. A medical examination prior to the event is advised.

At the start of the race, the escort boats should be positioned **on the beach** with the swimmer. Just prior to the start of each wave, the escort boats will be instructed to cast off and position themselves from 30 - 50 yards off shore. **Each swimmer should watch where his/her escort boat is positioned.** At the gun, the swimmer will run into the water, swim to the escort boat and proceed with the boat along the race course.

To facilitate a smooth start, the escort boats and swimmers should spread out along the beach. The boats should cast off **straight out** from shore. This should keep the boats spread out and make finding the boats easier for the swimmers.

Boats for faster swimmers should position themselves furthest from the shore. Please use your best judgment and be considerate of other participants.

If possible, swimmers should practice open water swimming with their escort boat prior to event. Swimmers who have practiced along portions of the course will find the experience very helpful.

Many swimmers find it useful to let the escort boat set the course while swimming to one side and watching the boat when breathing. To do this, the boater must be able to set hold a straight course.

MISCELLANEOUS

Travel & Hotel Assistance

Discount air fare and hotel arrangements have been set up through Mary Jo Ness at Advent Travel. Please call Mary Jo at (800) 426-8585 during business hours for information and assistance.

Parking

The city of Wayzata has agreed not to enforce the non-resident parking ban at the Wayzata beach until noon on Saturday.

Parking is available on side-streets in Excelsior, but be careful, parking restrictions and meters will be enforced. It is recommended that you unload your canoe at the beach and then locate a legal parking place. Ask the person directing traffic for further guidance.

Shuttle Bus

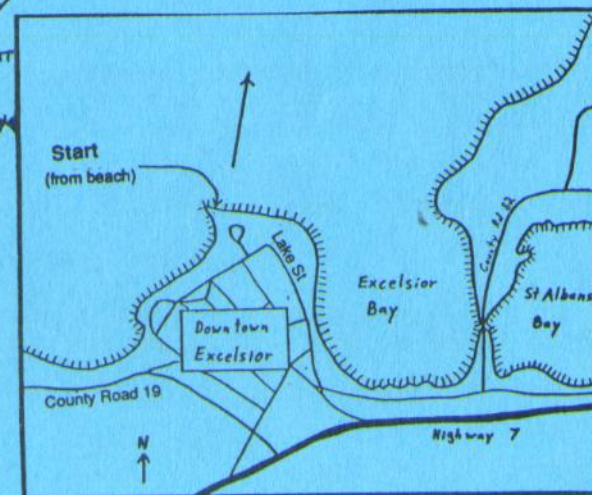
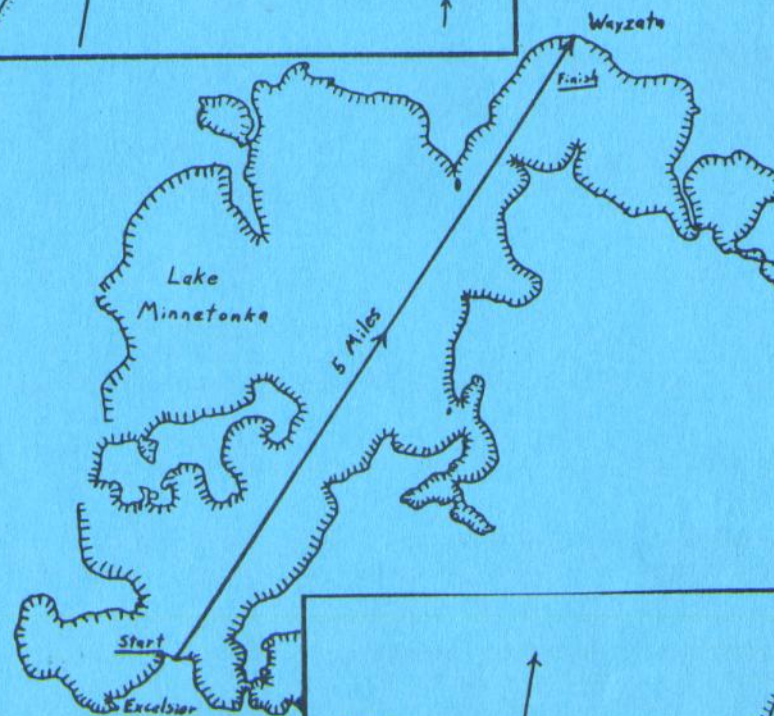
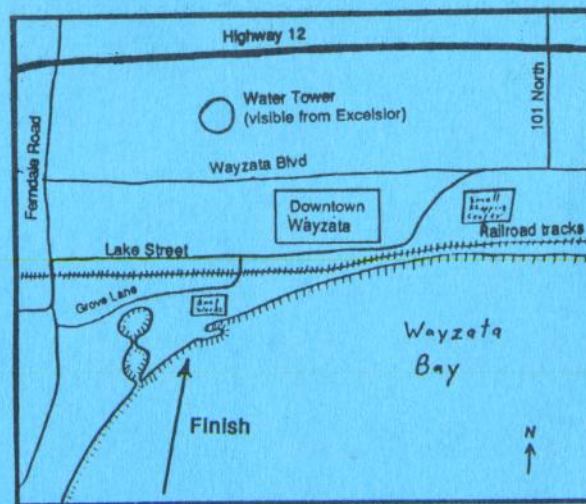
A limited shuttle bus (van) service will be available for return rides to Excelsior after the awards ceremony.

Weather

Every effort will be made to start the swim on time, rain or shine. But if the weather conditions are dangerous (thunderstorms or high winds) the start will be delayed until the weather clears. If the start is delayed past 10:30 the race will be rescheduled for the next day; Sunday Aug 7, at 7:30 a.m.

Questions

- Race day questions should be directed to the volunteers wearing special T-shirts
- For more information please call Tom Rushfeldt at (612) 475-3403 (home)



THE MINNETONKA CHALLENGE - 5 MILE SWIM USMS NATIONAL CHAMPIONSHIP OPEN WATER SWIM

This is the 8th annual Minnetonka Challenge - 5 Mile Swim. This year the race has been designated as the **US Masters National Championship Open Water Swim** (3.5-5 mile division). All swimmers will receive a special 5 Mile Swim T-shirt. Awards will be presented to the first three places in each age group, and National Champion patches will awarded to individual winners in all masters age groups.

The 5 Mile Swim is organized and hosted by Minnesota Masters. It is sanctioned by the Minnesota Masters Swimming Committee for USMS, Inc. (Sanction # 304-008) and approved by USS Swimming.

The event sponsors include **Ruth Stricker's The Marsh, A Center for Balance and Fitness** and the **Minnetonka Boat Works**. We greatly appreciate their assistance and support.

Race Course

Lake Minnetonka is located 15 miles west of downtown Minneapolis. The race course stretches along a straight line from the Excelsior public beach to the Wayzata public beach. The course runs across the largest section of Lake Minnetonka but is configured so that swimmers should always be within 1/2 mile of shore (see map). The Wayzata water tower is clearly visible along the entire course and provides a navigational landmark. The race is scheduled for early morning to avoid strong mid-day winds and minimize conflict with boat traffic. The water temperature in August is typically near 80 degrees F.

Schedule of Events

FRIDAY, AUGUST 5

6 - 9:30pm Boat Cruise & Pasta feed on Lake Minnetonka. (See separate registration form)

SATURDAY, AUGUST 6

6:15 -7:00am Last minute entries accepted at the Excelsior beach.

6:30 - 7:15 Race #'s issued, safety briefings and boat assignment. All participants should arrive no later than 6:45 am to ensure that registration process can be completed on time.

7:20 am Final announcements and briefing.

7:30 - 7:40 START (from Excelsior beach) Three waves; Escort boats dispatched from beach just prior to each wave.

9:45 am Participants must be at mid-course to continue.

9:15-11:30 FINISH (at Wayzata beach). Fruit, muffins, and drinks will be provided at the beach.

10:45am Awards presented to the winner in each sex/age group and relay divisions.

7:00pm Twins / Yankees baseball game @ the Metrodome. (See separate registration form)

Age Groups

USS male & female age groups 13-14, 15-16, 17-18, 19 & over; Masters male & female age groups 19-24, 25-29, 30-34, to 95+. Relays will be for Masters swimmers only; Male, Female & Mixed; No age divisions for relays. All swimmers must be registered for 1994 with USS Swimming or USMS.

Entries

\$20.00 entry fee per swimmer (\$45.00 per relay team) for entries postmarked by July 9. A \$5 surcharge will apply to entries postmarked after July 9 (\$25.00 Individuals & \$50.00 relays) and a \$10 surcharge will apply to race-day entries (\$30 individuals & \$55 relays). Entry fee is **NON-REFUNDABLE**. Make entry fee payable to the Minnetonka Challenge. **Send entry forms and checks to : the Minnetonka Challenge - 5 Mile Swim; 301 Margaret Circle; Wayzata, MN 55391.**

OFFICIAL RULES

Unless otherwise stated, current USMS Long Distance Swimming rules will govern in this race.

Each swimmer must be registered for 1994 with USS or U.S. Masters Swimming to participate. Registration forms can be obtained by checking the box on entry form (if entering before July 9th).

Each swimmer must be escorted by a non-motorized escort boat:

- Local swimmers (within 200 miles of Minneapolis) should arrange their own escort boat. Canoes are recommended. Two paddlers are required with each canoe
- Out-of-town swimmers will be assigned an escort boat. The Minnesota Canoe Association and other experienced volunteers are being recruited. (See request for escort boat on entry form). **Please Note: It is strongly recommended that each swimmer contribute \$24 for two extra T-shirts for their volunteer escort boaters.**

All swimmers and escort boats must pass between the 2 specially marked boats approximately 1/2 mile from the starting line. At this safety check point race officials will verify that each swimmer is with his/her escort boat.

Escort boat must have U. S. Coast Guard approved life preservers for all paddlers and swimmer. Water Patrol officers will be present!

Wet suits or other non-porous attire shall render that swimmer ineligible for awards. Absolutely no fins, pull buoys, leg floats, webbed gloves or other possible speed-increasing devices will be allowed. **Goggles are allowed and recommended.**

Except at the start, escort boats must stay within 50 feet of swimmer. Swimmer cannot receive forward aid from their escort boat.

For safety purposes all swimmers must report to the timer at the finish line to report they finished or withdrew from the race. T-shirts will be issued at the finish line to all swimmers.

SPECIAL RELAY RULES

The individual and relay events will run concurrently. All the individual rules apply to relays.

All participants must check in at the Relay registration desk. All participants must be registered for 1994 with USS Swimming or U.S. Masters Swimming

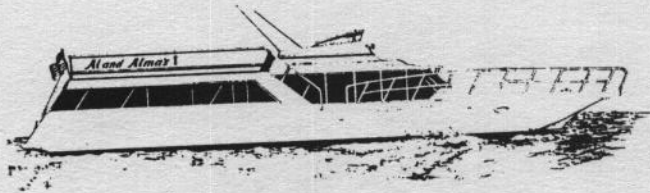
Each relay team will consist of three swimmers; The first two swimmers will each swim approx. 2 miles and the third swimmer will swim just over 1 mile.

Two relay exchange points will be located on islands along the course.

- The first exchange point is on the northeast end of Big Island.
- The second exchange point is on the southeast end of Spirit Island.
- The exchange points will be marked with large buoys.

The escort boat should be paddled by the two members of the relay team who are not swimming. Remember that at least three Coast Guard Approved life preservers are required.

The exchange points are in very shallow water at the two islands, so each swimmer completing his/her swim can step into the escort boat as the next swimmer is stepping out. Race officials will be present at the exchange points to help supervise and answer questions.



LAKE MINNETONKA BOAT CRUISE / PASTA FEED

Friday, Aug 5, 1994
6:00 - 9:00 pm

This special cruise will give you a chance to preview the course, carbo-load, and meet the other swimmers! The food is excellent and is served buffet style on the boats. A cash beer and wine bar will also be available.

The cost for all this fun and food is a mere \$30 per person!

The boats will depart from the city docks next to the Wayzata historic train station (about 1/4 mile east of the Wayzata beach / finish line). Two boats have been reserved and reservations will be limited to the first 110 reservations received. **Don't miss out send in your reservations today!**



TWINS / YANKEES GAME at the METRODOME

Saturday, Aug 6, 1994
7:00 pm

Just what you need to unwind after a hard 5-mile swim - a night at the ball game. A special block of \$12 seats have been reserved on the first base side, next to right field (where Kirby Puckett plays). A group of swimmers will be meeting at the Loon Cafe (a unique Minnesota sports bar) between 5 and 5:30 pm for a little pre-game food & refreshment. Further details will be available at the swim. Send in your reservations and payment with the attached form.

SPECIAL EVENT SIGN-UP FORM
(Detach and include with entry form)