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Meet Information:

Richard Oshiro
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COME MAKE WAVES IN MICHIGAN CITY, INDIANA

- * First Annual Piranha Swim Meet, sponsored by Sullair Corporation, May 18th, 19th, and 20th, 1979
- * AAU sanctioned "A and B" Age group events
- * New indoor 25 yard, 6 lane pool; Omega timing
- * Custom metals for "A" events 1st-6th.
- * Custom ribbons for "B" events 1st-6th.
- * Custom trophies for individual high point "A" events Boys and Girls
- * Custom trophies for team high point "A" events and relays
- * Custom ribbons for relays, 1st-3rd.
- * Enjoy spring salmon fishing in the Coho capital of Lake Michigan

For Meet Information contact:

Betty Jo Elenz 219/874-8272
2000 Berwyn Ave.
Long Beach, Mich. City, In. 46360

Jean Mladick 219/326-1000
314 Holton Rd.
La Porte, In. 46350

DISTANCE SWIMMING

By Conrad Wennerberg



The historian of marathon swimming is like the historian of any other sport. He is given to comparisons and fantasy. One of the byways of his research is to compare the present day pro marathoner with the marathoner of the past. "Invidious," some would say, "There are too many variables. Time, training methods, diet and a host of other factors present barriers not to be breached."

Physiologists say, on the other hand, biological systems (that includes you) change very little over long periods of time — that is, tens of thousands of years. Thus the inheritance of man, so they say, remained virtually the same throughout recorded history and before!

Thus, with my doubly biased fantasy, I decided to go back a few years and compare the status and progress of American pro marathoners between 1964 (the year the World Professional Marathon Swimming Federation began rating world class marathoners) and now. In doing so I tallied the total points amassed by each American marathoner from 1964 to the present.

In each of the 13 years there were, on the average, four pro marathons. Some years saw three races; other years, six. No races were less than ten miles and all were sanctioned by the WPMSEF.

When I finished, the results were startling. Dennis Matuch emerged as the top American pro marathoner to date. His phenomenal record is partly due to his extraordinarily long 13-year career. During that time he entered and finished over 60 pro races. He failed to finish only two races, both of which were early in his career while emerging from his teens.

During his career he, at one time or another, beat every pro marathoner he ever swam against at least once with only one exception. That exception was the indomitable Abo-Heif. Some of the great marathoners he beat included Greta Andersen, Regent LaCoursiere, Tom Park, Horacio Iglesias and Herman Willemse, all of whom were designated World Professional Champions at one time.

His wins over these greats were invariably in cold water marathons where his endurance proved greater under cold water stress. While not winning very many races, his extraordinary consistency in placing in the first five in most of the races allowed him to amass a sum of points that is significantly greater than his nearest American rival.

The following tabulation also brings out another startling fact . . . the stellar rise of fellow American, John Kinsella, who in just four years of pro swimming has amassed a number of points only about 10 percent fewer than Matuch.

World Ratings of American Professional Marathon Swimmers (1964-1977)

1964		1967	
Matuch	330	Bucy	2119
Grover	190	Matuch	847
1965		Barton	794
Bucy	494	Wickens	277
Matuch	264	Erikson	160
1966		1968	
Bucy	2473	Matuch	1247
Barton	1127	Bucy	960
Matuch	413	Barton	470
Erikson	407	Wickens	267

Wilson	236
Huggard	160
Hetzel	152

1969

Matuch	1502
Hart	690
Wickens	390
Hetzel	368
Barton	175
Huggard	146
Wozniak	145
Kauffman	85

1970

Matuch	1057
Erikson	666
Paesler	565
Barton	345
Hetzel	268
Lafferty	264.5
Huggard	258
Duenkel	235
Huffstetler	80
Willard	65

1971

Matuch	1885
Erikson	724.5
Hetzel	397
Hart	320
Huggard	216.5
Doty	210
Huffstetler	206.5

1972

Matuch	1266
Erikson	918
Hetzel	434

1973

Erikson	523
Matuch	463
Brittain	289
Paesler	186
Gifford	128

1974

Kinsella	2769
Erikson	1499
Matuch	652
Brittain	395

1975

Kinsella	1550
Dodson	483
Erikson	447
Matuch	291
Hart	219
Nieman	120

1976

Kinsella	1475
Erikson	449
Matuch	397

1977

Kinsella	1375
Heiss	1033
Erikson	604
Matuch	426
Barry	391
Westman	131

Lifetime Point Standings of American Professional Marathon Swimmers (WPMS Rankings)

1. Matuch	11,330	15. Lafferty	264½
2. Kinsella	9,489	16. Doty	260
3. Bucy	6,046	17. Cassidy	259
4. J. Erikson	5,662½	18. Nieman	246
5. Barton	2,918	19. Wilson	236
6. Heiss	2,080	20. Duenkel	235
7. Hetzel	1,622	21. Grover	190
8. Barry	1,081	22. Wozniak	145
9. Hart	1,010	23. Westman	131
10. Huggard	780½	24. Gifford	120
11. Brittain	684	25. Willard	110
12. Whelan	617	26. Kauffman	85
13. Dodson	483	27. McCauley	60
14. Huffstetler	286½	28. Hellmuth	55

And now the research of the past gives way to a prognosis for the future. Will John Kinsella be able to attain and pass Matuch's record?

It appears so. Then again the vagaries of life prevent absolute surety. Three times I have seen marathoners quit a race just 15 yards from the finish of a 25-mile race when it looked like they could have gone another five miles.

Such things have not only lost races but have caused many a good pro to change careers. In any case my research and fantasy may be just a rehash of Aesop's fable, "The Tortoise and the Hare" — in reverse!

What About the Pre-race Meal?

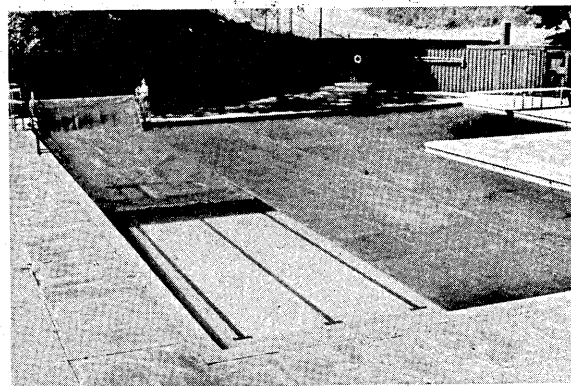
Medically, the pre-race meal should: (1) be high in carbohydrates, but low in sugar; (2) be low in protein and fat; (3) contain at least three glasses of fluid; (4) ward off hunger pains during competition; and (5) be easily digestible.

Carbohydrates rank as the best source of immediate energy for competition. High-carbohydrate foods include bread, spaghetti, macaroni, potatoes, porridge, fruit and fruit juices.

A recommended pre-race meal includes a glass of orange juice, cereal with low-fat milk, lightly-buttered toast, potatoes, and a minimum of two more glasses of fluid at least three hours before competition.

—By Dr. Gabe Mirkin/Marshall Hoffman
The Sportsmedicine Book (Little, Brown)

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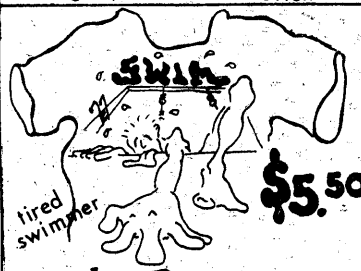
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