

SPLASHMASTER

VOLUME 5 NUMBER 3

JUNE 2002

Zoning into fitness for life

BY DOUG GARCIA, WSU MASTERS SWIMMING HEAD COACH

Mid-life finally hits, career, mortgage, young family and turning 40. As a swim coach trying to promote a healthy life-style through swimming and eating right, I found myself not living that life-style. My pants were getting tighter, my times were getting slower and I was starting to look... robust. Sure I was swimming but that was it for the fitness department. Even though I was eating low-fat everything, I continued to put on weight. This plan was no longer meeting my fitness and swimming goals. After reading *Body for Life* by Bill Phillips, I recognized the level of exercise intensity and detail to diet were the reason for my slump.

Into the Weight Room

With all the responsibilities of life, spending hours in the weight room was not what I was looking for, but it was clear through the Body for Life method (BFL) I would need to spend sometime in the weight room if I wanted to achieve my goals (a fit body and decreasing swim times). The

BFL method requires a minimal amount of time in the weight room (three, one-hour sessions per week). According to Phillips, it is critical that the time spent in the weight room be focused and the intensity closely monitored. All muscle groups are worked on a 12, 10, 8, 6, 12 repetition sets, with a final high-point set of 12 working the same muscle group but using a different exercise. The rest between sets is only one-minute, and the last two sets of 12 though at a lighter weight should be intense.

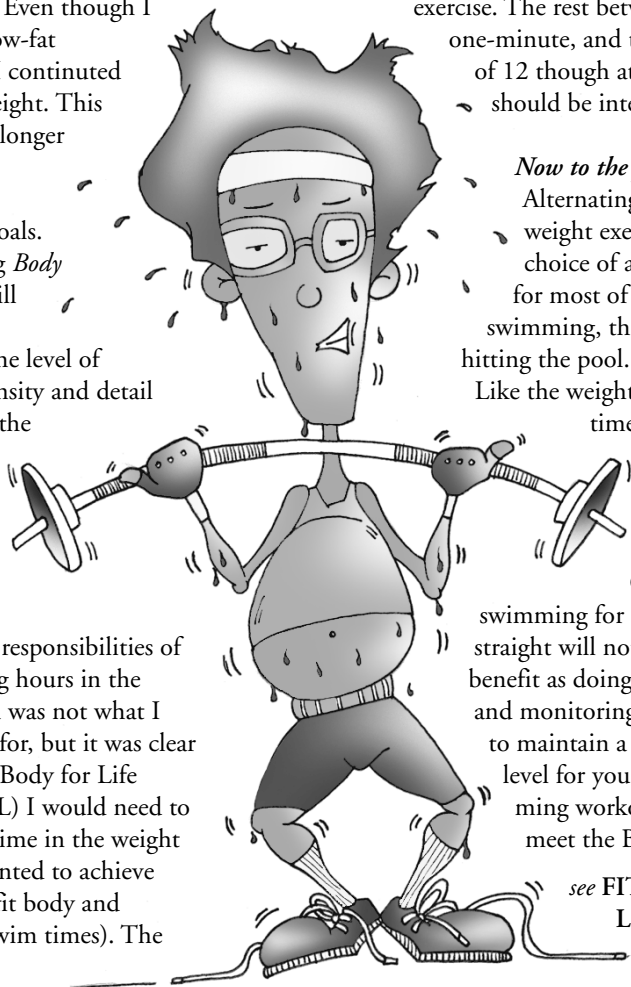
Now to the pool

Alternating days with the weight exercises comes your choice of aerobic activity, for most of us in Masters swimming, that would be hitting the pool.

Like the weight activity, the time working out can be short, if the intensity is closely monitored.

Getting in and swimming for 30 minutes straight will not reap as great a benefit as doing descending sets, and monitoring your heart rate to maintain a good aerobic level for your age. A swimming workout that might meet the BFL criteria:

see FITNESS FOR LIFE on page 14



Simpson Breaks World Records in New Zealand

Four swimmers from Inland Northwest Masters participated in the 9th FINA World Masters Championships in Christchurch, New Zealand. There were 2800 participants providing a diverse global representation for five aquatic sports (swimming, open water swimming, diving, synchronized swimming and water polo). The championships started with seven days of swimming on March 24th and concluded with the water polo on April 4th.

Susanne Simpson of Spokane Club established new World Records for her age group (40-44) in the 200 meter Freestyle and 200 meter Butterfly. She also was first in the 100 meter Butterfly. Congratulations Susanne! (See related story on page 3)

The results for the Inland Northwest swimmers:

Susanne Simpson (41, SCM)

200 m Freestyle	1st	2:12.75	W
400 m Freestyle	3rd	4:46.02	Z
800 m Freestyle	3rd	9:50.15	Z
100 m Butterfly	1st	1:06.91	Z
200 m Butterfly	1st	2:29.37	W

Margaret Hair (47, LCM)

50 m Breaststroke	17th	46.20	I
200 m Breaststroke	15th	3:43.36	I
50 m Butterfly	9th	36.93	
100 m Butterfly	10th	1:30.24	
200 m Individual Medley	7th	3:10.70	I

Tom Simpson (41, SCM)

50 m Freestyle	47th	:37.00	
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Larry Krauser (48, SCM)

50 m Freestyle	2nd	25.57	Z
100 m Freestyle	3rd	57.15	Z
200 m Freestyle	3rd	2:05.87	Z
400 m Freestyle	3rd	4:33.88	Z
800 m Freestyle	3rd	9:42.17	Z

I = Inland NW record, Z = Northwest Zone record, N = National record, W = World record.



General Membership Meeting, June 19, 6:30 pm at the Spokane Club

Summer Events Calendar

- June 19 **Inland NW Masters Annual Membership Meeting.** 6:30 pm
Spokane Club, Spokane Washington
-
- June 22 **Lake Padden Open Water Swim,**
Bellingham, Washington. (PNA)
-
- June 29 **Open Water Clinic, Mercer Island,**
Washington. (PNA)
-
- July 14 **Hagg Lake Open Water Swim,**
Forest Grove, Oregon. (Oregon)
-
- July 20 **Fat Samon Open Water Swim,**
Seattle, For details visit
www.fatsalmon.swim.org
-
- July 21 **Steve Omi Open Water Swim,**
Coeur d'Alene, Idaho see page 11
for entry form. Deadline for entries
is July 18
-
- August 17 **Lake Pend Oreille Long Bridge
Swim,** Sandpoint, Idaho, see page 5
for entry form. Deadline for early
entries is July 13.
-
- August 24-25 **Northwest Zone Long Course
Meters Championships.** For details
visit the NW Zone web site at
www.northwestzone.org

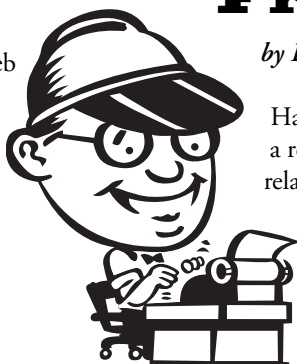
For more details on Northwest swimming and endurance races, visit the following web sites:

Pacific Northwest Association (PNA)
www.swimpna.org

Oregon Masters Swimming (Oregon)
www.swimoregon.org

Utah Masters
www.utahmasters.org

Race Center
www.racecenter.com



From the Editor

by Doug Garcia, *Splashmaster Editor*

Having just returned from Hawaii and short course nationals, I have a renewed outlook on swimming. I came to the sport of swimming relatively late in life, and did not have the benefits of age group swimming, but my experience at nationals was a good one.

Because I did not have adequate qualifying times I was only allowed to swim four events. I gave those events my best, and for that I had four personal records. Even though those four swims were last place in my age group, they were great for me as I was able to show an improvement in my swimming.

Masters swimming does not discriminate against the slow, or to those who just show up and try. So the next time a swimming event is nearby (such as the Omi or Long Bridge swims) participate, keeps track of your times, and challenge yourself to improve!

Have a great summer!

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VIEW FROM THE CHAIR

BY SUSANNE SIMPSON
INLAND NORTHWEST MASTERS CHAIR

I had the opportunity this spring to attend the World Masters Championship in Christchurch, New Zealand. This was my first World Masters swim meet and what an incredible experience it was! New Zealand is a very beautiful country with snow capped Alps, green rolling hills, pristine lakes and many, many sheep. It is rumored that New Zealand has 3 million people and 11 million sheep. After traveling throughout the country I think there's probably even more than 11 million sheep. Everywhere you turn, more sheep! (none in the swimming pool though). The people of New Zealand are very friendly and laid-back. They have a saying "No Worries", which is their constant response, whether I was ordering a taxi or inquiring about the weather.

A highlight of my trip to New Zealand was meeting masters swimmers from other countries. One woman I met was Penny Palfrey, an Australian distance freestyler who competed against in four out of five of my events. I started chatting with Penny after she annihilated me in the 800 meter Freestyle with a time of 9:25.97 just two-one hundredths off the world record. Even though Penny speaks English I really had to focus when she was speaking because so many words and phrases have different



Margaret Hair, with the WSU swim cap, preparing for a race at the Ninth FINA World Masters Championships.

meanings. She kept mentioning the many "carnivals" she went to and I thought, "Wow, this gal really likes rollercoasters and Ferris wheels." Finally I realized that "carnival" to an Australian means swim meet!

My second event of the meet was the 400 meter Freestyle, swum against Penny, where she was determined not to miss another world record by a few hundredths of a second. She started her distance 400 race like a sprint and ended it like a sprint, crushing the existing world record by three seconds! I swam my fourth and fifth events, the 200 meter Freestyle and the 200 meter Butterfly, once again competing against my new Australian friend, but finally our roles reversed and she took second place to me. Our friendship has continued since New Zealand by email and I wonder when and where will be the next time I compete against Penny in another "carnival".

Another woman I met was Barbara Gellrich, a 40 year old physician from Germany. Barbara is a sprint Butterflyer and I was up against her in the 100 meter Butterfly. I had gone to the meet one day earlier than I needed to just watch Barbara swim the 50 meter Butterfly. She missed the world record by two-tenths of a



Susanne Simpson, Larry Krause, and Margaret Hair in New Zealand.



second. My first impression of her was that she was at least 4" taller than me and had definitely much bigger and stronger muscles! For the 100 Butterfly all I could think was, "I'm doomed". Well, much to my amazement, I ended up arriving at the wall first against Barbara in the 100 meter Butterfly. After the race, we shook hands and began our first conversation. Her English was excellent and after a few minutes I noticed that what I had first believed to be a 6'3" frame was really much closer to my 5'9" height and her arms and shoulders weren't all that much bigger than mine. Her first words to me were, "I know about you, I look you up on internet." I laughed and our friendship began. Barbara and I have also kept in contact via e-mail since New Zealand. She purchased a dictionary through the internet so we can communicate better. Meanwhile, I feel like a selfish, dumb American as she tries to perfect "my language."

Meeting these two women was truly a highlight of my first World Masters Championship. Foundling friendships with masters swimmers from different countries shows that the passion swimming crosses boundaries and can overcome language barriers. Here's to masters swimming, a sport that can bring people from all nationalities together.

VITAMINS

To Supplement or Not to Supplement

Recently, an ICU nurse described to me symptoms of dizziness and tingling. I wondered if she might have an iron deficiency and asked if she was taking any supplements with iron. She was taking a supplement but wasn't sure what was in it, so she brought the bottle in for me to look at. It provided over 1000% of the RDA for most of the vitamins including B6. Since overdoses of B6 can cause neurological problems such as she was experiencing, I suggested that she stop taking the supplement. Her symptoms cleared up soon thereafter. Although I cannot be positive that my "diagnosis" was correct or that the treatment was curative, the episode illustrates two issues about vitamin supplementation: 1) there is a lot of misunderstanding about what and how much to supplement and 2) supplementation with even water soluble vitamins is not without risk.

Vitamins are organic compounds that are necessary to sustain life but which our bodies are unable to synthesis. Therefore we must meet our needs through the consumption of foods that contain those compounds. Deficiencies of vitamins can lead to a variety of problems including poor sports performance, and increased

risk for certain conditions such as cancer, anemia and heart disease. However, deficiencies in any or all of these compounds are relatively rare. It is highly unlikely that supplementing any or all vitamins will improve sports performance unless the athlete has a deficiency state that is corrected by taking that supplement.

The following dietary practices make it more likely that you might have a vitamin deficiency:

- You are restricting calorie intake in an effort to lose weight.
- You make poor food choices (e.g. lots of fast and/or junk food).
- You eat less than five servings of fruits and vegetables each day.
- You smoke and/or drink too much alcohol.
- You have a condition that reduces that absorption or metabolism of certain vitamins.
- You are a vegan who is not eating foods fortified with vitamin B12.

Vitamin deficiencies may be diagnosed by blood tests and clinical signs and symptoms. Deficiencies are corrected by supplementation on the short term, and diet modification long term.



*Nutritional information for swimmers
as compiled by Elin Zander, RD*

To be sure that you are getting adequate vitamins, your diet should include the following:

- Six or more servings of whole grain breads, cereals and pastas, and starchy vegetables such as peas, corn and potatoes.
- Three to five servings of non-starchy vegetables.
- Two to four servings of fruit or fruit juice (100 percent juice, not fruit drinks!).
- Two to four servings of nonfat or low fat milk products.
- Two to three servings (two- to three-ounces each) of the meat/poultry/fish group, which also includes dried peas, beans, lentils and eggs.
- Limited servings of sugar and fats. (If you follow a very low fat diet you might ask your physician whether or not you should be supplementing Vitamin E).

Always be sure to eat a wide variety of foods within each group to be sure that you aren't missing out on a vitamin or other important micronutrient.

Although it is safe to take a supplement that provides no more than 100 percent of the RDA for any of the vitamins, it is not recommended that you take a supplement to make up for poor food choices. Research has demonstrated time and again that a good diet that provides adequate amounts of the vitamins is protective against disease whereas supplementation (with a few possible exceptions) is not.



THE 8TH ANNUAL **LAKE PEND OREILLE**
LONG BRIDGE SWIM
SANDPOINT, IDAHO



*The Northwest's
Premier Open Water
Swimming Event*

A 1.76 mile swim from
the south end of the
Long Bridge to Dog Beach.

TAKE THE CHALLENGE, TAKE THE PLUNGE!

DATE: Saturday, August 17, 2002

TIME: 7:30 a.m. All swimmers must check in and sign liability release. All swimmers under 18 must have parent or guardian present to sign liability release. Pre-swim meeting 8 a.m. • Swim start 9 a.m. • 2.5 hours time limit for swim

LOCATION: The north end of the bridge, at the south end of Sandpoint. Park in the lot next to the Texaco station.

SAFETY: Safety is our #1 priority. Qualified safety personnel have the authority to pull any swimmer out of the event for safety reasons. Wetsuits are recommended, but not required. It will make you safer and swim faster! The swim will proceed in all but lightning and severe wind/cold. Refunds will not be given if cancelled due to weather or any other reason. Participants wearing fins will not qualify for "speed" awards.

STICK AROUND AFTER THE SWIM! Swimmers and volunteers will enjoy food, music, prizes and raffle drawings. Prizes will not be of great material value. The real prize is the satisfaction of participating in the healthful – and somewhat crazy – activity of swimming all the way across Lake Pend Oreille.

For more information or to share your ideas, please contact Eric Ridgway at 208-265-5412
 or check out past pictures on our website at: www.sandpoint.org/longbridgeswim • email: longbridgeswim@yahoo.com

**Great spectator viewing along the entire course. Bring friends and cameras!
 Spend a weekend of fun in Sandpoint! Call (877) 255-7074 for lodging reservations**

Cut Here

Early registration - \$12 (postmarked by July 13, 2002)

Regular registration -\$16 (postmarked by August 3, 2002) • Late registration -\$20 (no guarantee of T-shirt) • If no T-shirt is wanted subtract \$5

Name: _____ Phone: (_____) _____

Male _____ Female _____ Age _____ Date of birth: _____

Address: _____

Fun and unusual information: (swimming experience, teams/years, honors/accomplishments, obstacles overcome): _____

We want to know everything, so please elaborate on back! _____

Circle years you've participated in this swim 95 96 97 98 99 00 01

T-shirts will be given out before event - circle your size: S M L XL XXL (\$2 additional)

Additional T-shirts available for only \$8, please indicate size & number. _____ Total \$ _____

Make checks payable to: **Long Bridge Swim • 2023 Sandpoint West Drive • Sandpoint, ID 83864** or register online at: www.active.com

SWIM MEET RESULTS

2002 MARCH MADNEES MEET, WENATCHEE VALLEY MASTERS

Wenatchee, Washington • March 9, 2002

WENATCHEE

WOMEN'S EVENTS

Women 30-34

50 Yard Freestyle			
Denise Lancaster-Cates	33	1:36.01	WVM
200 Yard Individual Medley			
Denise Lancaster-Cates	33	3:18.32	WVM

Women 35-39

50 Yard Freestyle			
Mary Rathbun	38	0:33.97	WVM
100 Yard Backstroke			
Sheri Sinclair	38	1:24.85	WVM
100 Yard Breaststroke			
Sheri Sinclair	38	1:25.16	WVM
100 Yard Butterfly			
Sheri Sinclair	38	1:13.09	WVM
100 Yard Individual Medley			
Mary Rathbun	38	1:34.37	WVM
200 Yard Individual Medley			
Sheri Sinclair	38	2:44.49	WVM
400 Yard Individual Medley			
Sheri Sinclair	38	5:49.76	WVM

Women 40-44

50 Yard Freestyle			
Lesley Allan	43	0:29.31	WVM
50 Yard Freestyle			
Loretta Dragoo	41	0:29.55	WSU
50 Yard Freestyle			
Cindy Clutter	42	0:32.94	LCM
100 Yard Freestyle			
Lesley Allan	43	1:06.07	WVM
100 Yard Freestyle			
Cindy Clutter	42	1:12.82	LCM
200 Yard Freestyle			
Cindy Clutter	42	2:38.28	LCM
500 Yard Freestyle			
Cindy Clutter	42	7:04.90	LCM
500 Yard Freestyle			
Laurie Riegert	43	8:19.40	WVM
50 Yard Backstroke			
Loretta Dragoo	41	0:35.32	WSU
50 Yard Butterfly			
Lesley Allan	43	0:33.61	WVM
50 Yard Butterfly			
Loretta Dragoo	41	0:34.52	WSU
50 Yard Butterfly			
Laurie Riegert	43	0:41.08	WVM
100 Yard Individual Medley			
Loretta Dragoo	41	1:15.85	WSU
200 Yard Individual Medley			
Laurie Riegert	43	3:17.07	WVM

Women 45-49

1650 Yard Freestyle			
Margaret Hair	47	24:28.34	LCM
200 Yard Breaststroke			
Margaret Hair	47	3:05.80	LCM
50 Yard Butterfly			
Margaret Hair	47	0:33.06	LCM
100 Yard Butterfly			
Margaret Hair	47	1:19.54	LCM
200 Yard Individual Medley			
Margaret Hair	47	2:47.73	LCM

Women 50-54

50 Yard Backstroke			
Shirley Schreiber	54	0:45.29	WVM
100 Yard Backstroke			
Shirley Schreiber	54	1:40.05	WVM
200 Yard Backstroke			
Shirley Schreiber	54	3:28.11	WVM
50 Yard Breaststroke			
Shirley Schreiber	54	0:45.75	WVM

Women 65-69

50 Yard Freestyle			
Peony Munger	67	0:47.98	WVM
100 Yard Breaststroke			
Peony Munger	67	2:07.24	WVM
200 Yard Breaststroke			
Peony Munger	67	4:34.85	WVM
200 Yard Individual Medley			
Peony Munger	67	4:33.76I	WVM

MEN'S EVENTS

Men 19-24

50 Yard Freestyle			
Kyle Knott	24	0:26.24	WVM
50 Yard Breaststroke			
Kyle Knott	24	0:33.41	WVM
100 Yard Individual Medley			
Kyle Knott	24	1:05.26	WVM
200 Yard Individual Medley			
Kyle Knott	24	2:24.91	WVM

Men 40-44

50 Yard Freestyle			
Scott Sinclair	40	0:26.71	WVM
Doug Garcia	40	0:31.15	WSU
Alan Kirpes	43	0:34.94	WVM
100 Yard Freestyle			
Scott Sinclair	40	0:59.15	WVM
Kevin Knight	42	0:59.27	WVM
200 Yard Freestyle			
Doug Garcia	40	2:43.28	WSU
1650 Yard Freestyle			
A. Glenn Mabile	41	25:41.14	LCM

50 Yard Backstroke

Alan Kirpes 43 0:43.28 WVM

100 Yard Backstroke

Marty Sittton 44 1:20.11 WVM

50 Yard Breaststroke

Bernard Kingsly 43 0:31.40 NSM

Scott Sinclair 40 0:35.23 WVM

Marty Sittton 44 0:35.38 WVM

Alan Kirpes 43 0:54.65 WVM

100 Yard Breaststroke

Marty Sittton 44 1:17.13 WVM

Kevin Knight 42 1:18.01 WVM

A. Glenn Mabile 41 1:31.34 LCM

200 Yard Breaststroke

Marty Sittton 44 2:49.96 WVM

A. Glenn Mabile 41 3:26.48 LCM

50 Yard Butterfly

Bernard Kingsly 43 0:26.58 NSM

Scott Sinclair 40 0:29.13 WVM

100 Yard Butterfly

Bernard Kingsly 43 0:59.22 NSM

200 Yard Butterfly

A. Glenn Mabile 41 3:54.69 LCM

100 Yard Individual Medley

Bernard Kingsly 43 1:03.07 NSM

Kevin Knight 42 1:06.93 WVM

Scott Sinclair 40 1:09.87 WVM

Marty Sittton 44 1:14.63 WVM

Doug Garcia 40 1:21.37 WSU

Alan Kirpes 43 1:43.15U WVM

200 Yard Individual Medley

Doug Garcia 40 2:59.68 WSU

A. Glenn Mabile 41 3:10.70 LCM

400 Yard Individual Medley

Bernard Kingsly 43 5:06.91 NSM

Men 45-49

50 Yard Freestyle

Rod Wharton 45 0:26.37 LCM

Bernard Sauvé 47 0:28.29 WVM

Richard Dragoo 49 0:32.21 WSU

100 Yard Freestyle

Rod Wharton 45 0:57.10 LCM

Bernard Sauvé 47 1:01.53 WVM

Richard Dragoo 49 1:18.26 WSU

200 Yard Freestyle

Rod Wharton 45 2:38.09 LCM

50 Yard Backstroke

Rod Wharton 45 0:33.20 LCM

100 Yard Backstroke

Rod Wharton 45 1:11.13 LCM

50 Yard Breaststroke

Bernard Sauvé 47 0:34.52 WVM

100 Yard Breaststroke

Bernard Sauvé 47 1:14.79 WVM

50 Yard Butterfly

Peter Himmel 48 0:30.34 WVM

100 Yard Butterfly

Peter Himmel 48 1:10.69 WVM

100 Yard Individual Medley

Peter Himmel 48 1:13.12 WVM

Bernard Sauvé 47 1:14.63 WVM

Men 50-54

50 Yard Freestyle

Steve Sturzl 51 0:36.37 WVM

100 Yard Freestyle

Steve Sturzl 51 1:19.69 WVM

1650 Yard Freestyle

Steve Sturzl 51 27:07.79 WVM

Men 55-59

50 Yard Freestyle

Wayne Brown 59 0:29.72 WVM

100 Yard Freestyle

Wayne Brown 59 1:09.16 WVM

50 Yard Breaststroke

Wayne Brown 59 0:35.65 WVM

100 Yard Breaststroke

Wayne Brown 59 1:21.35 WVM

100 Yard Individual Medley

Wayne Brown 59 1:19.10 WVM

Men 65-69

50 Yard Freestyle

Jack Bevier 69 0:33.99 WVM

100 Yard Freestyle

Jack Bevier 69 1:18.26 WVM

200 Yard Freestyle

Jack Bevier 69 3:04.19 WVM

500 Yard Freestyle

Jack Bevier 69 8:42.48 WVM

Men 70-74

50 Yard Freestyle

Clark Thompson 70 0:33.21 YVM

100 Yard Freestyle

Clark Thompson 70 1:17.70 YVM

500 Yard Freestyle

Clark Thompson 70 8:37.79 YVM

50 Yard Breaststroke

Clark Thompson 70 0:48.46U YVM

Men 75-79

50 Yard Freestyle

Richard Munger 79 1:26.99 WVM

50 Yard Breaststroke

Richard Munger 79 1:24.75 WVM

U = Unofficial Time
 I = Inland NW Record
 Z = Northwest Zone Record
 N = National Record
 W = World Record
 DQ= Disqualification
 All records pending verification

Amazing Results from Postal Events

RELAY EVENTS

Women's 200 Yard Freestyle Relay

WVM	25+	2:21.17
Mary Rathburn	38	
Shirley Schreiber	54	
Denise Lancaster-Cates	33	
Sheri Sinclair	38	

Women's 200 Yard Medley Relay

WVM	35+	2:32.44
Laurie Riegert	43	
Sheri Sinclair	38	
Lesley Allan	43	
Mary Rathburn	38	

Men's 200 Yard Freestyle Relay

WVM	35+	1:54.26
Scott Sinclair	40	
Alan Kirpes	43	
Marty Sittton	44	
Kevin Knight	42	

WVM	45+	2:10.20
Peter Himmel	48	
Steve Sturzl	51	
Jack Bevier	69	
Bernard Sauv�	47	

Men's 200 Yard Medley Relay

WVM	35+	2:14.33
Kevin Knight	42	
Marty Sittton	44	
Scott Sinclair	40	
Alan Kirpes	43	

WVM	45+	2:26.56
Steve Sturzl	51	
Bernard Sauv�	47	
Peter Himmel	48	
Wayne Brown	59	

Mixed 200 Yard Medley Relay

WVM	35+	2:15.30
Kevin Knight	42	
Sheri Sinclair	38	
Scott Sinclair	40	
Lesley Allan	43	

WVM	35+	2:23.63
Laurie Riegert	43	
Bernard Sauv�	47	
Peter Himmel	48	
Mary Rathburn	38	

One Hour Swim (January 2002)

Florida Maverick Masters hosted the 2002 One Hour Post Swim, and reported some amazing stories. This is the 26th year that USMS has offered the One Hour Postal Swim, and 25th year as a National Championship. A record 2005 swimmers participated in the January event completing a total of 7,386,089 yards.

Six swimmers achieved national records:

Danielle Ogier (49)	4,995 yards	Unattached
Barbara Dunbar (52)	4,770 yards	San Diego, Calif.
Mike Shaffer (36)	5,865 yards	Ventura, Calif.
Sandy MacDonald (46)	5,495 yards	Sacramento, Calif.
Jim McConica (51)	5,620 yards	Ventura, Calif.
Graham Johnston (70)	4,515 yards	Texas

Sara Quan (29) of Oregon swam further than any other woman (5,310 yards) and Mike Shaffer (36) outdistanced all other males with his record breaking 5,865 yards.

Two 90 year-old role models completed the event. Margot Lenigk of San Marcos Masters in California completed 855 yards, and Art Holden of Florida Maverick Masters completed 1600 yards. Holden said he couldn't swim for an hour. After 30 minutes his coach said he could stop, Holden said he would finish to "show that just because you're old doesn't mean you have to be a couch potato."

Some swam the hour upside down doing the hour doing Backstroke. One swimmer did the entire hour doing Butterfly. Heidi Duehing of New England Masters swam the event in two age groups. As a 29 year-old she completed 3,455 yards, and then two weeks later as a 30 year-old did 3,415 yards.

Georgia Woods of New England Masters recorded 2,975 yards on the evening of January 2, and a little more than 24 hours later delivered a son. Later that same day Carol Prescott also of New England Masters, swam 3,280 yards before going to the hospital for an ultrasound. Less than seven hours later she too delivered a son.

Inland NW Masters who completed the event included:

Swimmer	Team	Yards	Place/No. in Group	Age Group
Virgil Crampton (41)	WSU	3,050	141/161	40-44
Earl Ellis (65)	IEY	4,080	4/38	65-69
Howard Grimes (44)	WSU	2,850	149/161	40-44
Marvel Kimball (65)	WSU	3,100	13/28	65-69
Brian Lamb (50)	WSU	3,525	83/123	50-54
Marianela Lopez (35)	WSU	2,825	133/142	35-39

February Fitness Challenge (February 2002)

The February Fitness Challenge motivates lots of people, but none more than Jewell Grigsby-Martin of the Virginia Masters Swim Club. This year more than 400 people turned in records for the month, and no one else outswam Jewell's 526,500 yards. That breaks down to swimming 18,803 yards per day for every one of the 28 days and 2,350 yards per hour with no allowance for slowing down or pausing to rest.

In 1993 Jewell's club decided to participate as a team. This was her first time to sign up, and when the results were published, she was disappointed to learn that she had placed 13th. Certain that she could do better, the following year she trained and got sixth place, and that wasn't good enough either. She then decided "to go all out" and the next year she placed first for women in her age group. Even that wasn't enough to satisfy her competitive spirit. In 1998 and 1999 she was first overall, men and women, all age groups. Then in 2000, "some man put in over 700,000 yards." Either he tired himself out or he isn't as determined as Jewell, because in 2001 she regained her top rank. And now she's done it again—and plans to repeat or better her yardage next year.

Jewell swims three daily sessions: two and a half hours in the morning, after which she goes home, goes to bed and has something to eat. In the afternoon she repeats the routine, in the evening attends her club's workout for a final two and a half to three hour session. She says she can easily do 3,000 yards per hour, which gives her time for an occasional bathroom break.

She became a retiree four years ago, which gave her the time for volunteer work in her church, plus weight training, step aerobics, and Tae Bo, not to mention swimming. She and her husband brought up a family of eight children, now all grown and producing grandchildren and great-grandchildren. Visiting all of them is another high priority activity.

Only one swimmer from Inland NW Masters participated in this year's event, Marvel Kimball (65) of WSU Masters completed 31,700 yards for a total of 18.01 miles during the month of February. She finished sixth out of 11 swimmers in the 65-69 age group.

—results and stories by Florida Maverick Masters and the Tualatin Hills Barracudas

SWIM MEET RESULTS

INLAND NW MASTERS 2002 SHORT COURSE YARDS CHAMPIONSHIPS

Pullman, Washington • March 29 & 30, 2002

PULLMAN

12 New Inland NW Masters Records Set Short Course Season Ends in Pullman

Highlighting the championship meet was Marvel Kimball (65, WSU) who swam in six events, and set new Inland NW Masters records in all six. Starting Friday evening, Kimball shattered the old 1000 yard Freestyle of 21:15.87 set back in 1987 cruising in at 18:22.26. Kimball would go onto the zone meet in Federal Way two weeks later to break the record once again coming in at 17:37.53. Kimball would also break records in the 50, 100, 200 and 500 yard Freestyle events, as well as the 100 Individual Medley.

Other swimmers to set Inland NW records included: Sue Dills (56, SCM), Emily Fredenburg (50, WSU), Madonna Buder (71, UNA).

During the last break of the meet, recognition was given to Margaret Hair (47, LCM) and Bernard Kingsly (43, NSM) for high point female and high point male swimmer for the 2001-2002.

Doug Garcia (40, WSU) received the most dedicated award for his work as newsletter editor for the *Splashmaster*, his active involvement in masters coaching, and his promotion of the masters program on the WSU campus and in the Pullman community.

Marianela Lopez (35, WSU) received the most Inspirational award. Relatively new to the sport, Lopez completed her first open water swim last July in the Steve Omi swim. She viewed this as a challenge and continues to challenge herself as a swimmer. The championships was her first masters pool competition. Other WSU swimmers could be found cheering her on as she swam the 500 free and 1000 free.

The final team standings for the 2001-2002 season are

Washington State University Masters (WSU)	674
Wenatchee Valley Masters (WVM)	660
Moscow Chinook Masters (MCM)	586
Sandpoint West Athletic Club (SWA)	416
Lake City Masters (LCM)	401
Spokane Club Masters (SCM)	345
Inland Empire YMCA (IEY)	193
Yakima Valley Masters (YVM)	82
North Spokane Masters (NSM)	65
Spokane Masters and Tri (SMT)	12

WOMEN'S EVENTS

Women 19-24

50 Yard Freestyle			
Kelly Crandell	21	1:05.98	WSU
200 Yard Freestyle			
Kelly Crandell	21	2:16.56	WSU
Briana Staglund	20	2:27.13	SWA
500 Yard Freestyle			
Kelly Crandell	21	6:30.20	WSU

50 Yard Backstroke			
Briana Staglund	20	0:36.96	SWA
200 Yard Breaststroke			
Kelly Crandell	21	2:58.89	WSU
200 Yard Butterfly			
Briana Staglund	20	2:47.10	SWA
100 Yard Individual Medley			
Kelly Crandell	21	1:15.32	WSU
400 Yard Individual Medley			
Briana Staglund	20	5:38.58	SWA

Women 25-29

50 Yard Freestyle			
Joanna Latham	27	0:27.76	MCM
Nicole Weippert	28	0:36.84	SCM
100 Yard Freestyle			
Nicole Weippert	28	1:20.16	SCM
200 Yard Freestyle			
Nicole Weippert	28	2:48.49	SCM
500 Yard Freestyle			
Kami Blood	25	7:21.19	SWA
50 Yard Breaststroke			
Joanna Latham	27	0:34.08	MCM
100 Yard Breaststroke			
Joanna Latham	27	1:16.48	MCM
50 Yard Butterfly			
Kami Blood	25	0:37.52	SWA

Women 35-39

50 Yard Freestyle			
Marsha Lutz	39	0:32.41	SWA
100 Yard Freestyle			
Marsha Lutz	39	1:14.34	SWA
200 Yard Freestyle			
Marsha Lutz	39	2:49.78	SWA
500 Yard Freestyle			
Marianela Lopez	35	9:34.73	WSU
1000 Yard Freestyle			
Marianela Lopez	35	19:25.11	WSU
50 Yard Breaststroke			
Marsha Lutz	39	0:42.06	SWA

Women 40-44

50 Yard Freestyle			
Loretta Dragoo	41	0:29.98	WSU
1000 Yard Freestyle			
Cindy Clutter	42	14:06.45	LCM
50 Yard Backstroke			
Loretta Dragoo	41	0:35.74	WSU
100 Yard Individual Medley			
Loretta Dragoo	41	1:15.16	WSU

Women 45-49

50 Yard Freestyle			
Margaret Hair	47	0:29.90	LCM
100 Yard Freestyle			
Catherine Murphy	45	1:11.58	WSU
200 Yard Freestyle			
Margaret Hair	47	2:47.66	LCM
500 Yard Freestyle			
Catherine Murphy	45	7:16.16	WSU
Mary Adams	47	8:38.31	LCM
1000 Yard Freestyle			
Catherine Murphy	45	14:59.10	WSU
50 Yard Backstroke			
Margaret Hair	47	0:38.77	LCM
Mary Adams	47	0:43.18	LCM
50 Yard Breaststroke			
Mary Adams	47	0:45.51	LCM
50 Yard Butterfly			
Margaret Hair	47	0:33.40	LCM

100 Yard Individual Medley

Catherine Murphy	45	1:25.84	WSU
Mary Adams	47	1:27.07	LCM

Women 50-54

50 Yard Backstroke			
Emily Fredenburg	50	0:38.68	WSU
Shirley Schreiber	54	0:45.08	WVM
200 Yard Backstroke			
Kathrine Casey	53	2:50.09	PNA
Shirley Schreiber	54	3:33.56	WVM
50 Yard Breaststroke			
Kathrine Casey	53	0:40.24	PNA
Shirley Schreiber	54	0:45.79	WVM
100 Yard Breaststroke			
Kathrine Casey	53	1:27.19	PNA
Emily Fredenburg	50	1:31.97I	WSU
100 Yard Breaststroke			
Shirley Schreiber	54	1:40.39	WVM
200 Yard Breaststroke			
Kathrine Casey	53	3:13.24	PNA
100 Yard Individual Medley			
Emily Fredenburg	50	1:22.48	WSU
200 Yard Individual Medley			
Kathrine Casey	53	2:55.24	PNA

Women 55-59

50 Yard Freestyle			
Pat Kling	56	0:38.55	UNA
Iris Murray	58	0:51.32	MCM
100 Yard Freestyle			
Suzanne Dills	56	1:12.74I	SCM
Iris Murray	58	1:59.09	MCM
200 Yard Freestyle			
Suzanne Dills	56	2:32.72	SCM
Iris Murray	58	4:19.69	MCM
500 Yard Freestyle			
Iris Murray	58	11:07.93	MCM
1000 Yard Freestyle			
Pat Kling	56	21:07.56	UNA
Iris Murray	58	22:04.77	MCM
50 Yard Breaststroke			
Pat Kling	56	0:48.70	UNA
100 Yard Breaststroke			
Pat Kling	56	1:46.10	UNA
200 Yard Breaststroke			
Pat Kling	56	3:54.06U	UNA
50 Yard Butterfly			
Suzanne Dills	56	0:38.68I	SCM
100 Yard Butterfly			
Suzanne Dills	56	1:30.69I	SCM

U = Unofficial Time
I = Inland NW Record
Z = Northwest Zone Record
N = National Record
W = World Record
DQ= Disqualification
All records pending verification

Women 65-69

50 Yard Freestyle			
Marvel Kimball	65	0:39.43I	WSU
100 Yard Freestyle			
Marvel Kimball	65	1:28.62I	WSU
200 Yard Freestyle			
Marvel Kimball	65	3:19.00I	WSU
500 Yard Freestyle			
Marvel Kimball	65	9:04.31I	WSU
1000 Yard Freestyle			
Marvel Kimball	65	18:22.26I	WSU
100 Yard Individual Medley			
Marvel Kimball	65	1:52.73I	WSU

Women 70-74

50 Yard Freestyle			
Madonna Buder	71	0:49.02	UNA
200 Yard Freestyle			
Madonna Buder	71	3:56.70I	UNA
100 Yard Breaststroke			
Madonna Buder	71	2:18.73I	UNA
50 Yard Butterfly			
Madonna Buder	71	1:15.57	UNA
100 Yard Individual Medley			
Madonna Buder	71	2:17.66	UNA

MEN'S EVENTS

Men 19-24

50 Yard Freestyle			
Erick Armes	22	0:25.51	WSU
100 Yard Freestyle			
Erick Armes	22	0:56.07	WSU
200 Yard Freestyle			
Erick Armes	22	2:09.90	WSU
50 Yard Breaststroke			
Kyle Knott	24	0:32.78	WVM
100 Yard Breaststroke			
Kyle Knott	24	1:12.05	WVM
100 Yard Individual Medley			
Kyle Knott	24	1:03.56	WVM
Erick Armes	22	1:07.61	WSU
200 Yard Individual Medley			
Kyle Knott	24	2:21.63	WVM
Erick Armes	22	2:27.81	WSU

Men 25-29

50 Yard Freestyle			
Eric Smith	25	0:24.43	WSU
100 Yard Freestyle			
Eric Smith	25	0:54.31	WSU
200 Yard Freestyle			
Eric Smith	25	2:05.46	WSU
50 Yard Butterfly			
Eric Smith	25	0:27.73	WSU
400 Yard Individual Medley			
Eric Smith	25	5:19.69	WSU

Men 30-34

50 Yard Freestyle			
Dan Frost	33	0:24.66	PNA
Mark Engelmann	30	0:24.70	MCM
Naoya Okubo	31	0:27.73	WSU
Matthew Johnson	30	0:27.94	WSU
Brian Hall	31	0:32.67	MCM
100 Yard Freestyle			
Mark Engelmann	30	0:54.54	MCM
Dan Frost	33	0:56.38	PNA
Naoya Okubo	31	1:02.56	WSU

Matthew Johnson	30	1:05.29	WSU
200 Yard Freestyle			
Ryan Moore	32	2:04.73	MCM
Matthew Johnson	30	DQ	WSU
500 Yard Freestyle			
Matthew Johnson	30	7:02.53	WSU
1000 Yard Freestyle			
Dan Frost	33	12:26.54	PNA
Mark Engelmann	30	12:57.26	MCM
1650 Yard Freestyle			
James Elwyn	34	18:29.04	WVM
Ryan Moore	32	21:20.26	MCM
Naoya Okubo	31	23:37.51	WSU

50 Yard Backstroke			
Ryan Moore	32	0:29.96	MCM
Dan Frost	33	0:30.01	PNA
100 Yard Backstroke			
Dan Frost	33	1:04.51	PNA
Ryan Moore	32	1:06.11	MCM
200 Yard Backstroke			
Ryan Moore	32	2:25.88	MCM
50 Yard Breaststroke			
Brian Hall	31	0:42.16	MCM
100 Yard Breaststroke			
Brian Hall	31	1:29.94	MCM
200 Yard Breaststroke			
Brian Hall	31	3:25.09	MCM
50 Yard Butterfly			
Mark Engelmann	30	0:27.04	MCM
Dan Frost	33	0:27.53	PNA
Naoya Okubo	31	0:29.80	WSU
100 Yard Individual Medley			
Ryan Moore	32	1:06.27	MCM
Brian Hall	31	1:24.21	MCM

Men 35-39

50 Yard Freestyle			
Don Delcambre	38	0:29.61	SWA
Mike Brosnahan	39	0:29.68	SWA
100 Yard Freestyle			
Mike Brosnahan	39	1:09.17	SWA
50 Yard Breaststroke			
Mike Brosnahan	39	0:39.33	SWA
Don Delcambre	38	DQ	SWA
100 Yard Breaststroke			
Don Delcambre	38	1:26.19	SWA

Men 40-44

50 Yard Freestyle			
Zack Otruba	40	0:25.59	WVM
Thomas Lamar	41	0:28.61	MCM
Doug Garcia	40	0:30.44	WSU
A. Glenn Mabile	42	0:30.80	LCM
100 Yard Freestyle			
Zack Otruba	40	0:58.15	WVM
Thomas Lamar	41	1:01.67	MCM
A. Glenn Mabile	42	1:08.58	LCM
Doug Garcia	40	1:10.50	WSU
200 Yard Freestyle			
Zack Otruba	40	2:11.71	WVM
Thomas Lamar	41	2:20.93	MCM
500 Yard Freestyle			
Thomas Lamar	41	6:21.04	MCM
1000 Yard Freestyle			
A. Glenn Mabile	42	15:16.58	LCM
50 Yard Backstroke			
Brian Johnson	40	0:29.85	MCM
100 Yard Backstroke			
Brian Johnson	40	1:04.52	MCM



Sue Dills, Inland NW registrar, getting ready to swim at the Champs meet in Pullman. Dills set three new Inland NW Masters records at the Champs meet. (photo courtesy Dan Frost).

50 Yard Breaststroke			
Bernard Kingsly	43	0:31.96	NSM
Eric Ridgway	41	0:34.07	SWA
A. Glenn Mabile	42	0:40.71	LCM
100 Yard Breaststroke			
Eric Ridgway	41	1:13.32	SWA
A. Glenn Mabile	42	1:29.98	LCM
200 Yard Breaststroke			
Eric Ridgway	41	2:57.01	SWA
50 Yard Butterfly			
Bernard Kingsly	43	0:26.43	NSM
Zack Otruba	40	0:28.87	WVM
100 Yard Butterfly			
Bernard Kingsly	43	1:01.15	NSM
Eric Ridgway	41	1:19.81	SWA
100 Yard Individual Medley			
Bernard Kingsly	43	1:02.43	NSM
Brian Johnson	40	1:03.80	MCM
Zack Otruba	40	1:09.41	WVM
Eric Ridgway	41	1:09.61	SWA
Doug Garcia	40	1:19.24	WSU
200 Yard Individual Medley			
Doug Garcia	40	3:01.93	WSU
400 Yard Individual Medley			
Bernard Kingsly	43	5:02.15	NSM
Brian Johnson	40	5:02.42	MCM
Men 45-49			
50 Yard Freestyle			
Robert Morrison	48	0:26.09	UNA
Rod Wharton	45	0:26.48	LCM
William Thomson	49	0:26.60	WSU
Richard Dragoo	49	0:32.11	WSU
100 Yard Freestyle			
Richard Green	49	0:55.93	IEY
Rod Wharton	45	0:56.76	LCM
Robert Morrison	48	0:57.61	UNA
William Thomson	49	0:59.59	WSU
Jack Bell	48	1:04.22	MCM
Richard Dragoo	49	1:18.07	WSU
200 Yard Freestyle			
Richard Green	49	2:06.87	IEY
Rod Wharton	45	2:07.78	LCM
William Thomson	49	2:17.69	WSU
100 Yard Backstroke			
Richard Green	49	1:07.68	IEY
Rod Wharton	45	1:11.65	LCM
200 Yard Backstroke			
Richard Green	49	2:25.51	IEY
Rod Wharton	45	2:34.28	LCM
50 Yard Breaststroke			
Robert Morrison	48	0:32.47	UNA
Jack Bell	48	0:38.70	MCM
100 Yard Breaststroke			
Robert Morrison	48	1:10.57	UNA
50 Yard Butterfly			
Mike Berney	45	0:30.31	WSU
Jack Bell	48	0:30.51	MCM
100 Yard Butterfly			
Mike Berney	45	1:08.10	WSU
Jack Bell	48	1:15.45	MCM
100 Yard Individual Medley			
Robert Morrison	48	1:10.27	UNA
Jack Bell	48	1:13.76	MCM
Men 50-54			
50 Yard Freestyle			
Brian Lamb	50	0:31.03	WSU
Brian Bartlett	53	0:32.43	SWA
100 Yard Freestyle			
Brian Bartlett	53	1:10.62	SWA
Brian Lamb	50	1:13.24	WSU
200 Yard Freestyle			
Brian Lamb	50	2:49.51	WSU
500 Yard Freestyle			
Brian Lamb	50	7:35.28	WSU
1000 Yard Freestyle			
Brian Lamb	50	15:14.41	WSU
50 Yard Breaststroke			
Brian Bartlett	53	0:40.26	SWA
100 Yard Breaststroke			
Brian Bartlett	53	1:29.96	SWA
Men 55-59			
50 Yard Freestyle			
Steve Wolcott	56	0:28.19	UNA
Wayne Brown	59	0:29.15	WVM
100 Yard Freestyle			
Wayne Brown	59	1:06.71	WVM
Steve Wolcott	56	1:02.46	UNA
100 Yard Backstroke			
Steve Wolcott	56	1:23.37	UNA

There Will Be a New 50-Meter Husky Pool-With Your Help

BY BOB CAMPBELL, UW CLASS OF 1970



Margaret Hair 2001-2002 women's high point winner, and Doug Garcia, 2001-2002 most dedicated swimmer (photo courtesy Dan Frost).

50 Yard Breaststroke

Wayne Brown 59 0:35.88 WVM

100 Yard Breaststroke

Wayne Brown 59 1:21.31 WVM

50 Yard Butterfly

Steve Wolcott 56 0:31.52 UNA

100 Yard Individual Medley

Wayne Brown 59 1:15.33 WVM

Men 65-69

50 Yard Freestyle

George Spomer 65 0:40.89 MCM

100 Yard Freestyle

George Spomer 65 1:45.00 MCM

200 Yard Freestyle

George Spomer 65 3:38.18 MCM

500 Yard Freestyle

George Spomer 65 9:51.00 MCM

1650 Yard Freestyle

George Spomer 65 32:38.25 MCM

Men 70-74

50 Yard Freestyle

Clark Thompson 70 0:32.70 YVM

100 Yard Freestyle

Clark Thompson 70 1:15.89 YVM

200 Yard Freestyle

Clark Thompson 70 3:02.04 YVM

50 Yard Breaststroke

Clark Thompson 70 0:47.52 YVM

RELAY EVENTS

Women's 200 Freestyle Relay

WSU 19+ 2:12.87

Loretta Dragoo 41

Catherine Murphy 45

Marvel Kimball 65

Kelly Crandall 21

Men's 200 Yard Freestyle Relay

WSU 19+ 1:51.10

Mike Berney 45

Matthew Johnson 30

Naoya Okubo 31

Erick Armes 22

MCM 25+ 1:44.90

Ryan Moore 32

Thomas Lamar 41

Brian Johnson 40

Mark Englemann 30

MCM 25+ 2:17.61

George Spomer 65

Brian Hall 31

Steve Mcgeehan 46

Jack Bell 48

Men's 200 Medley Relay

MCM 25+ 2:11.37

Ryan Moore 32

Brian Hall 31

Mark Englemann 30

Brian Johnson 40

WSU 25+ 2:16.98

Naoya Okubo 31

Doug Garcia 40

Mike Berney 45

Brian Lamb 50

MCM 35+ 2:32.56

Thomas Lamar 41

Steve Mcgeehan 46

Jack Bell 48

George Spomer 65

200 Yard Mixed Medley Relay

WSU 19+ 2:15.99

Loretta Dragoo 41

Kelly Crandall 21

Eric Smith 25

Richard Dragoo 49

200 Yard Freestyle

MCM 25+ 2:24.71

Brian Johnson 40

Joanna Latham 27

Mark Englemann 30

Iris Murray 58

We are thrilled to report to all of you who have steadfastly supported Husky swimming that we have launched the capital campaign for the new 50-meter Husky pool. Our timeline calls for the public solicitation process to begin in the late spring or early summer, and so you will hear more from us on how you can help in a month or two.

In the meantime, we would like to share a few of the highlights of the campaign.

- Bill Patterson, a Husky varsity swimmer from 1972 to 1977, and an All-American 200 yard backstroker in 1973 has agreed to lead the charge. Bill is the architect who created the preliminary design for the new pool and is a passionate supporter of Husky swimming. We are unbelievably fortunate to have a person of Bill's talents, dedication and organizational skills to help accomplish our goal of building a new pool. Bill is in the process of establishing his fund raising committees. If you would like to help with the fundraising effort, please contact him at (503) 439-3773 /Bousc@aol.com.
- The new pool will be located on the site of the existing pool. It will be a 50 x 25 meter aquatic training facility with depths ranging from 7 feet in the shallow end to 16.5 feet in the deep end and diving boards and towers ranging from 3 to 10 meters. It will accommodate 400 spectators and will serve as a training and meet facility for Husky, high school, age group and Masters swimming, diving, water polo and synchronized swimming as well as any other aquatic activity (such as scuba and kayak lessons). It will be first class facility and a regional aquatic gem.
- The new pool will cost \$18.5 million, and the Athletic Department has placed the burden of raising all of that money on us. We currently are exploring the creation of a non-profit corporation to receive your tax deductible gifts, build the pool, and make an "in kind" contribution to the University. Doing so could save up to \$2.8 million.

We do have one immediate need for funding. Although we have arranged for private funding of Bill Paterson's efforts, we will need an estimated \$10,000 to cover the out-of-pocket expenses associated with the new Husky Pool fund raising effort. If you are willing to contribute to this expenditure, please make your tax-deductible donation to Husky Fever and note "Husky Pool" either on your check or in an accompanying letter.

Our challenge is great, and our goal is worthy. Much remains to be done, but we are optimistic we can and will succeed in this endeavor with your support.

Donations to Husky Pool Capital Campaign can be sent to the following address: Husky Fever-Pool Campaign
4756 University Village Pl NE
Seattle, WA 98105-5021
Please indicate on checks, "Pool Capital Campaign"

N I N T H A N N U A L

Steve Omi Memorial Open Water Swim

Date: Sunday July 21, 2002
Time: Check In At 8:45 am
Place: 12th Street Entrance Sanders Beach Lake Coeur d' Alene
Course: One Mile, along Sanders Beach Public Swim Area To
 Coeur d' Alene Resort Golf Course
Fee: \$25 includes cotton beach towel, or \$15 without towel
Additional donations to Steve Omi Scholarship accepted
Wet suits permitted

NAME	AGE	
ADDRESS	EMAIL ADDRESS	
CITY	STATE	ZIP
DAYTIME PHONE	EVENING PHONE	

Make checks payable to: Steve Omi Swim

Mail to: Steve Omi Swim, 408 Vista Drive Coeur d'Alene ID 83815

- Enclosed is my \$25 registration fee. Please have entry postmarked by July 18, 2002
- Enclosed is my \$15 registration fee, no towel.

For more information call 208-667-3721, 208-772-6753 or e-mail: ramgolf@gocougs.wsu.edu

ACCIDENT WAIVER AND RELEASE OF LIABILITY: I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risk include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event and lack of hydration. These risk are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors and organizers, in which I may participate and that it may govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: STEVE OMI SWIM organizers, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by negligence or releases or otherwise.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and or illness during this event.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and assigns.

The Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document; and, I understand its content.

Print Participant's Name	Age	Signature (If under 18 years old Parent or Guardian must sign)	Date
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PARENT GUARDIAN WAIVER FOR MINOR (Under 18 years old)

The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Print Participant's Name	Age	Signature of Parent or Guardian	Date
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SWIM MEET RESULTS

NORTHWEST ZONE & USMS NATIONAL CHAMPIONSHIPS

ZONE CHAMPIONSHIPS

*Northwest Zone Short Course
Yards Championships
April 13-14
King County Aquatic Center
Federal Way, Washington*

WOMEN'S EVENTS

Women 40-44

50 Yard Freestyle			
Loretta Drago	41	29.33	3
Cindy Clutter	42	33.02	5
100 Yard Freestyle			
Loretta Drago	41	1:04.73	3
Cindy Clutter	42	1:12.48	5
200 Yard Freestyle			
Cindy Clutter	42	2:36.13	2
500 Yard Freestyle			
Cindy Clutter	42	6:53.15	1
1000 Yard Freestyle			
Cindy Clutter	42	14:02.79	1
50 Yard Backstroke			
Loretta Drago	41	34.47	2
100 Yard Backstroke			
Loretta Drago	41	1:16.50	2
50 Yard Breaststroke			
Cindy Clutter	42	41.57	2
Melinda Tomlinson-Macias	43	47.70	6
100 Yard Breaststroke			
Melinda Tomlinson-Macias	43	1:47.77	4
100 Yard Individual Medley			
Melinda Tomlinson-Macias	43	1:31.22	7
Women 45-49			
100 Yard Freestyle			
Margaret Hair	47	1:04.87	3
Catherine Murphy	45	1:12.82	6
200 Yard Freestyle			
Robin Durant	46	2:45.45	3
500 Yard Freestyle			
Catherine Murphy	45	7:00.28	2
1000 Yard Freestyle			
Robin Durant	46	14:26.76	4
Catherine Murphy	45	14:40.12	5
50 Yard Backstroke			
Margaret Hair	47	35.64	1
100 Yard Backstroke			
Robin Durant	46	1:29.90	3
200 Yard Backstroke			
Robin Durant	46	3:09.63	2
100 Yard Breaststroke			
Robin Durant	46	1:36.80	6
200 Yard Breaststroke			
Robin Durant	46	3:27.97	3

50 Yard Butterfly			
Margaret Hair	47	31.79	1
Catherine Murphy	45	39.16	4
100 Yard Individual Medley			
Margaret Hair	47	1:13.76	2
Catherine Murphy	45	1:26.13	6
200 Yard Individual Medley			
Margaret Hair	47	2:42.74	2

Women 65-69

50 Yard Freestyle			
Marvel Kimball	65	39.52	1
100 Yard Freestyle			
Marvel Kimball	65	1:27.57	1
500 Yard Freestyle			
Marvel Kimball	65	8:51.64	1
1000 Yard Freestyle			
Marvel Kimball	65	17:37.53	1
100 Yard Individual Medley			
Marvel Kimball	65	1:55.33	1

MEN'S EVENTS

Men 30-34

50 Yard Freestyle			
Matthew Johnson	30	27.95	5
100 Yard Freestyle			
Matthew Johnson	30	1:02.82	5
500 Yard Freestyle			
Matthew Johnson	30	6:41.84	2

Men 40-44

50 Yard Freestyle			
Doug Garcia	40	28.69	3
Glenn Mabile	42	0.45	5
Virgil Crampton	41	33.73	7
100 Yard Freestyle			
Doug Garcia	40	1:02.71	8
Glenn Mabile	42	1:07.44	9
Virgil Crampton	41	1:17.17	13
200 Yard Freestyle			
Doug Garcia	40	2:29.24	8
500 Yard Freestyle			
Virgil Crampton	41	8:25.67	7
50 Yard Backstroke			
Brian Johnson	40	29.48	2
Glenn Mabile	42	42.12	3
100 Yard Backstroke			
Brian Johnson	40	1:04.43	1
200 Yard Backstroke			
Brian Johnson	40	2:20.85	1
50 Yard Breaststroke			
Bernard Kingsly	43	31.50	2
Glenn Mabile	42	40.26	9
100 Yard Breaststroke			
Glenn Mabile	42	1:27.71	10
50 Yard Butterfly			
Bernard Kingsly	43	26.29	1
Virgil Crampton	41	41.03	8

100 Yard Butterfly			
Bernard Kingsly	43	58.64	4
200 Yard Butterfly			
Bernard Kingsly	43	2:17.41	2
100 Yard Individual Medley			
Bernard Kingsly	43	1:00.99	2
Brian Johnson	40	1:03.54	5
Doug Garcia	40	1:17.32	8
Glenn Mabile	42	1:23.76	9
200 Yard Individual Medley			
Brian Johnson	40	2:21.20	5
Doug Garcia	40	2:46.94	10
400 Yard Individual Medley			
Bernard Kingsly	43	5:01.52	2

Men 45-49

50 Yard Freestyle			
Dick Green	49	24.70	2
Rod Wharton	45	26.33	4
100 Yard Freestyle			
Robert Morrison	48	57.29	2
Rod Wharton	45	57.62	5
200 Yard Freestyle			
Dick Green	49	2:03.99	1
500 Yard Freestyle			
Rod Wharton	45	6:09.95	2
50 Yard Backstroke			
Dick Green	49	29.74	1
100 Yard Backstroke			
Rod Wharton	45	1:09.79	4
200 Yard Backstroke			
Dick Green	49	2:22.74	1
Rod Wharton	45	2:33.42	3
50 Yard Breaststroke			
Robert Morrison	48	31.42	1
Keith Hampton	48	39.58	4
100 Yard Breaststroke			
Robert Morrison	48	1:10.59	2
200 Yard Breaststroke			
Robert Morrison	48	2:36.70	1
50 Yard Butterfly			
Keith Hampton	48	31.93	6
100 Yard Individual Medley			
Keith Hampton	48	1:16.14	9
Men 55-59			
50 Yard Freestyle			
Steve Wolcott	56	27.09	4
100 Yard Freestyle			
Steve Wolcott	56	1:00.31	4
200 Yard Freestyle			
Steve Wolcott	56	2:17.25	2

Men 70-74

50 Yard Backstroke			
William Bresko	74	1:07.66	2
50 Yard Breaststroke			
William Bresko	74	51.59	1
100 Yard Breaststroke			
William Bresko	74	1:58.82	1
200 Yard Breaststroke			
William Bresko	74	4:43.97	1
100 Yard Individual Medley			
William Bresko	74	2:04.36	1
200 Yard Individual Medley			
William Bresko	74	4:46.30	1

RELAY EVENTS

Women's 200 Yard Medley Relay

35 +			
Loretta Drago	41	2:21.95	2
Cindy Clutter	42		
Margaret Hair	47		
Catherine Murphy	45		

Men's 200 Yard Medley Relay

25 +			
Rod Wharton	45	2:10.25	3
Glenn Mabile	42		
Bernard Kingsly	43		
Matthew Johnson	30		
35 +			
Brian Johnson	40	2:29.92	3
William Bresko	74		
Virgil Crampton	41		
Doug Garcia	40		

Mixed 200 Yard Freestyle

25 +			
Virgil Crampton	41	2:15.25	5
Marvel Kimbal	65		
Catherine Murphy	45		
Matthew Johnson	30		
35 +			
Margaret Hair	47	2:12.39	4
Catherine Murphy	45		
Brian Johnson	40		
Cindy Clutter	42		

All results indicate age, time and finish in age group

Fewer colds, stronger immune systems in athletes

from the *Wet Set*, the newsletter of the Pacific Northwest Association

Did you feel healthier when you took up a consistent swimming program? Did you think you didn't catch that cold and flu bug as often? According to researcher David C. Nieman, you are not alone.

Physically active individuals who engage in moderate forms of exercise both experience and report fewer colds than sedentary individuals, according to David Nieman, a professor of health and exercise and director of the Human Performance Laboratory at Appalachian State Univer-

sity. Dr. Nieman presented findings from his studies in April at the American College of Sports Medicine's sixth annual Health & Fitness Summit & Exposition in Orlando, Florida.

Between 60 and 90 percent of fitness enthusiasts, runners, and Master athletes interviewed by Nieman and his colleagues indicated that they suffered from cold symptoms less than their peers who did not exercise regularly. Three randomized studies conducted by Nieman support near-daily activity reducing the number of

days with sickness. In these studies, women in the exercise groups walked briskly for 35-45 minutes five days a week for 12 to 15 weeks. A control group remained physically inactive. The results were similar to those reported by fitness enthusiasts: walkers experienced about half the days with cold symptoms as their sedentary peers in the control group.

During moderate exercise, several positive changes occur in the immune system. Stress hormones, which have been shown to suppress immunity, and pro- and anti-inflammatory cytokines, chemicals in the immune system that indicate intense metabolic activity, are not elevated during moderate exercise. Although the immune system returns to normal

very quickly after exercise, each exercise session showed a boost in immunity that appears to reduce the risk of infection over the long term.

Endurance Athletes Who Overtrain More Susceptible to Illness

In addition, recent studies conducted by Nieman support the perception that heavy training for endurance athletes may elevate the risk of upper respiratory tract infection (URTI), such as the common cold or sore throat. An increase in susceptibility to infection may occur in the one- to two-week period following participation in competitive endurance races. A high percentage of self-reported illnesses occur when elite athletes exceed their training threshold, mostly related to training stress.

This data, according to the researchers, shows a relationship between exercise workload and infection. Most endurance athletes should experience low to normal URTI risk during periods of regular training; the risk rises during periods of overtraining and competition. Heavy exertion, Nieman found, leads to temporary but clinically significant changes in immunity 3 to 72 hours following the session.

Nieman suggests that athletes follow these guidelines for healthy immune systems and increased defense against pathogens:

- Keep life stressors to a minimum; mental stress has been linked to suppressed immunity.
- Eat a well-balanced diet to keep vitamin and minerals in the body at optimal levels.
- Avoid overtraining and chronic fatigue.
- Get adequate sleep on a regular schedule; disruption of sleep has been linked to suppressed immunity.
- Avoid rapid weight loss, which has been related to adverse immune changes.
- Avoid putting the hands to the eyes and nose, thus avoiding self-inoculation.
- Before important competitive events, avoid sick persons and large crowds.
- Get a flu shot when competing during the winter months



Kelly Crandell, Sue Dills and Susanne Simpson, the women from Inland NW at the USMS Nationals, all swam the 500 yard Freestyle.

USMS Short Course Yards National Championships May 14-17 • University of Hawaii

Kelly Crandell			Doug Garcia (40)		
100 Freestyle	1:00.52	10	100 Freestyle	1:01.63	33
1650 Freestyle	21:23.30	1	50 Freestyle	27.37	34
200 Freestyle	2:11.94	4	100 Individual Medley	1:16.61	33
500 Freestyle	5:58.55	8	200 Individual Medley	2:44.42	15
100 Breaststroke	1:21.13	7	Richard Green (50)		
200 Breaststroke	2:52.86	7	100 Freestyle	54.69	14
Sue Dills			200 Freestyle	2:01.27	11
500 Freestyle	7:32.71	8	50 Freestyle	24.53	15
200 Butterfly	3:13.11	2	100 Backstroke	1:02.71	4
50 Butterfly	36.16	2	200 Backstroke	2:18.42	5
Susanne Simpson (42)			50 Backstroke	28.61	6
1650 Freestyle	17:53.81	1	Keith Hampton (48)		
200 Freestyle	1:56.14	2	50 Freestyle	28.24	23
500 Freestyle	5:13.14	1	50 Breaststroke	38.36	13
100 Butterfly	59.76	3	50 Butterfly	31.25	24
200 Butterfly	2:10.75	2	100 Individual Medley	1:15.20	21
50 Butterfly	27.19	2	Bernie Kingsly (43)		
All results indicate event, time and finish in age group			50 Breaststroke	30.57	15
			100 Butterfly	55.95	4
			200 Butterfly	2:12.15	2
			50 Butterfly	25.73	14
			100 Individual Medley	58.77	11

FITNESS FOR LIFE *from page 1*

- 3-5 minutes of on-deck stretching
 - 5 minutes swimming warm-up including swimming, drilling, and kicking
 - Set #1
6 or 9 x 100 swim, descend in groups of 3 at a fairly long interval allowing for adequate recovery but not enough time for the heart rate to drop.
- #1 100 in @ 1:30 leave @ 1:45
#2 100 in @ 1:25 leave @ 1:45
#3 100 in @ 1:20 leave @ 1:45
#4 100 in @ 1:30 leave @ 1:45 and so forth. Of course the swim times will need to be adjusted for your ability level. This could also be done doing Individual Medley, 50s or 200s
- Other sets that could work in the BFL method might be

- 2 x 400 descend with a minute rest between 400s
 - 6 or 8 x 75 the first 25 to be stroke, the remaining 50 yards Freestyle building the intensity throughout the 75 yards.
- Phillips proclaims that only 20 minutes of aerobic activity is necessary to burn

the fat required for a “body for life”, to improve your swimming skills additional time in the water is necessary. More critical than just merely logging in lots of yards, is the quality and intensity of those yards. One of the benefits of using this method for your swimming is that you can focus on technique and not necessarily making a tight interval.

mention the fat already in the food. Foods that we all consider healthy such as fruits, juices, pastas are all high in carbohydrates in addition they are simple carbohydrates which convert to fat more quickly. Foods such as whole wheat pastas, brown rice take longer to break down and don't convert to fat as easily.

Don't get me wrong, fruits and juices are good for you and still remain a part of my diet, just in moderation. The most

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Odd Weeks	Upper Body Weights	Aerobics Swimming	Lower Body Weights	Aerobics Swimming	Upper Body Weights	Aerobics Swimming	Off Day
Even Weeks	Lower Body Weights	Aerobics Swimming	Upper Body Weights	Aerobics Swimming	Lower Body Weights	Aerobics Swimming	Off Day

Carbo-loading, Low-fat, Low-protein

As we have all been hearing for a number of years, is that keeping your diet low in fat is necessary to maintaining a healthy and fit body. According to Phillips, consuming large quantities of low-fat carbohydrates can still lead to an increase in body fat.

By far the most difficult part of the BFL program is the diet. Phillips method requires six small meals per day, keeping

the carbohydrate, protein and fat ratios closely in check, in addition to consuming 10 cups of water per day.

For me it was best measured as a 180 pound male, I would need to consume 180 grams of low-fat protein per day spread out over six meals, as well as 30-40 grams of carbohydrates per meal, in addition to a least two servings of vegetables per day.

Once you start looking at the food labels, you quickly realize that most foods we in our culture eat contain a significant quantity of carbohydrates which easily convert to fat not to

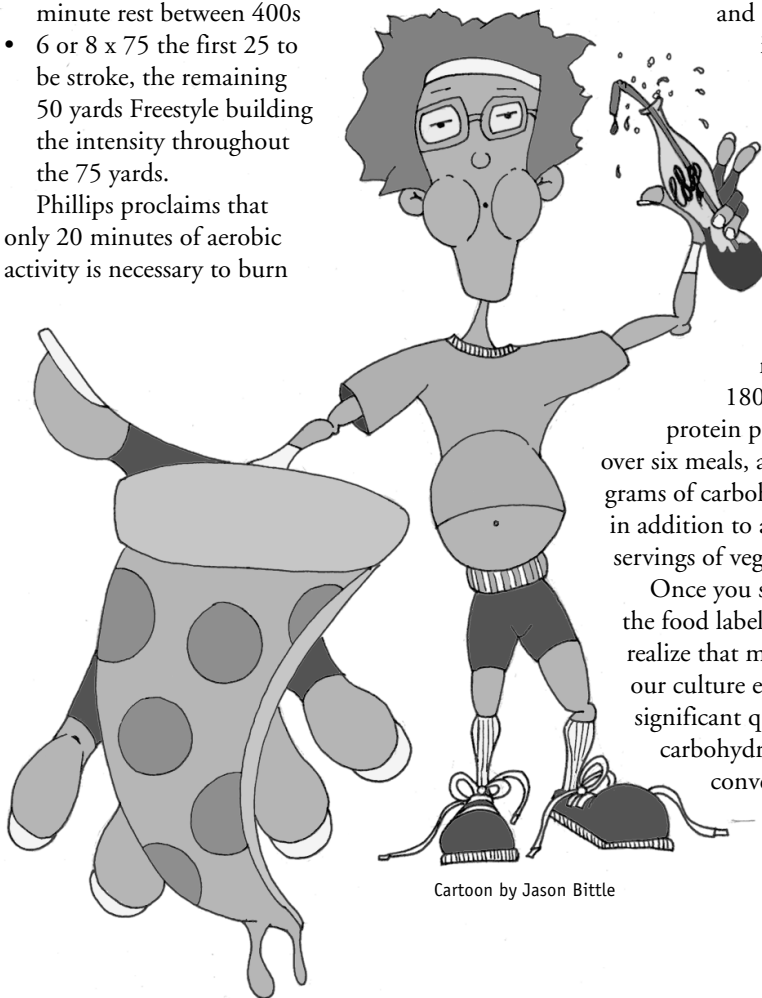
important part of the diet was the increase in protein consumption.

Preparing these meals was a challenge at the beginning, but as time went on I was able to develop a good pattern with a fair amount of variety. Phillips' company, EAS, sells a variety of meal replacement shakes and bars that are proportioned to meet dietary needs. One thing is for certain, planning and preparation is required.

The BFL program is designed for most any type of person, as can be seen in Phillips book. The amazing part of the program is that you start to see and feel results within a short period of time. To prove the effectiveness of the program, Phillips encourages people to engage in a 12-week contest, where a before and after picture is taken along with body measurements.

For me the results were gratifying, starting in January with a 19 percent body fat to a 12 percent body fat in April. In addition my swimming times are decreasing with my increased strength and decreased body fat. I have not lost weight, I have shifted it from fat to muscle.

Certainly this program is not for everyone, and as with any diet or fitness program you should consult your physician before you begin. To learn more about the Body for Life program including the weight lifting routines, diet, and aerobics recommendations, pick up a copy of the book or visit the Body for Life web site at www.BodyforLife.com.



Cartoon by Jason Bittle

2002 UNITED STATES MASTERS SWIMMING & INLAND NORTHWEST MASTERS MEMBER REGISTRATION

Register with the name you will use for competition, please print clearly

Last Name	First Name	Middle Initial	For Office Use
Street Address	Apt.#		
City	State	Zip	
Phone (with area code)		Email: <i>(to be used for online newsletter, and will not be sold for junk email)</i>	

USMS 2002

Date of Birth	Age	Sex	Today's Date
Team Affiliation <i>(if left blank you will be considered unattached)</i>			
<input type="radio"/> Inland Empire YMCA	<input type="radio"/> Lake City Masters	<input type="radio"/> Moscow Chinook Masters	<input type="radio"/> Other _____
<input type="radio"/> Panhandle Masters	<input type="radio"/> Sandpoint West Athletic Club	<input type="radio"/> Spokane Club Masters	<input type="radio"/> Spokane Masters and Tri
<input type="radio"/> WSU Masters	<input type="radio"/> Wenatchee Valley Masters	<input type="radio"/> Yakima Valley Masters	<input type="radio"/> Unattached
<input type="radio"/> I am a certified USA Swimming Official		<input type="radio"/> I am a certified high school swimming official	<input type="radio"/> I coach Masters Swimmers

Please help us understand your swimming habits	Yes	No
I swim with a coached team three times a week or more	<input type="radio"/>	<input type="radio"/>
I would like to swim with a coached team	<input type="radio"/>	<input type="radio"/>
I swim on my own most of the time without a team	<input type="radio"/>	<input type="radio"/>
I would like more meets and other swimming events	<input type="radio"/>	<input type="radio"/>
I would like more swim clinics	<input type="radio"/>	<input type="radio"/>
I join USMS primarily to be able to compete	<input type="radio"/>	<input type="radio"/>
I join USMS because its required by my local team	<input type="radio"/>	<input type="radio"/>
<i>Other comments, please use other side of this form</i>		

BENEFITS OF MEMBERSHIP INCLUDE: ⇨ *SWIM Magazine* for the length of the membership ⇨ the *Splashmaster* newsletter, other mailing and emails from Inland Northwest Masters Swimming ⇨ Secondary accident insurance ⇨ Coached workouts in locations nationwide.

WHERE DO MY REGISTRATION FEES GO? ⇨ \$15.00 to United States Masters Swimming (\$7.00 for *Swim Magazine*) ⇨ \$10.00 to Inland Northwest Masters Swimming Committee for local programming and communications.

2002 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION *(Membership will expire 12/31/2002)*

New Registration Renewal, my current USMS Number is _____

Please check appropriate level

Individual Registration \$25.00 Couples Registering together \$45.00 Senior Registration (age 60+) \$22.50

Late Year Registration \$15.00 (for anyone registering in September and October only, membership will expire 12/31/2002)

SWIMMING ENDOWMENT FUNDS *(Please consider making a donation one or both of these swimming endowment funds.)*

<p>United States Masters Swimming Endowment Fund</p> <p><input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the USMS Endowment Fund</p>	<p>International Swimming Hall of Fame Endowment Fund</p> <p><input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the International Swimming Hall of Fame Endowment Fund</p>
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Mail check and form to: Sue Dills
639 N. Riverpoint Blvd. #3W
Spokane, WA 99202

Total Amount Enclosed _____

Make checks payable to: IWMSC

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 OR ANY ACTIVITIES 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, 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 _____ **DATE** _____

General Membership Meeting, June 19, 6:30 pm at the Spokane Club

INLAND NW MASTERS HEALTH WATCH

10 Facts About Your Heart and Cardiovascular System

By JAMES A. PETERSON, Ph.D., FACSM.
ACSM'S HEALTH & FITNESS JOURNAL

1 SMALLER THAN A BREAD BOX. The heart is a hollow muscular organ roughly the size of a man's fist. It weighs about 300 grams in males and 250 grams in females. Although your heart totals only about 1% of your body weight, it uses 5% of the blood supply that flows through your body.

2 THE CARDIOVASCULAR CHAIN. Your body has 60,000 miles of blood vessels, which oxygenate your body's tissues, unburden them of wastes, and act as stringent regulators of your body's environment. Placed end to end, the blood vessels in your body would stretch almost three times around the equator.

3 LIFE PUMP. The heart is a life-giving pump, a simple machine with an extraordinary mission. Not considering the vital connections between mother and unborn child, a two-month old fetus possesses a miniature version of the adult heart.

4 THINNER THAN THIN. The tiniest blood vessels in your body, which are called capillaries, are 50 times thinner than the finest human hair.

5 THE SOUNDS OF SILENCE. A heartbeat can't be heard. The sound you hear when you listen to someone's heart is that of the valves of the heart closing. A heartbeat itself is a silent contraction of the muscles.

6 WHEN PUSH COMES TO SHOVE. Your blood rushes through your arteries with enough pressure to lift a column of blood five feet in the air. It takes only about 23 seconds for blood to circulate through your entire body. In fact, a single blood cell makes about 3,000 round trips through the circulatory system every day.

7 BE STILL MY BEATING HEART. If your heart beats approximately 72 times every minute, by the time you turn 65, your heart will have beaten about 2.5 billion times. Your heart rests between beats. If the length of time of these rest periods over your lifetime were added up, you would find that your heart stands still for about 20 years.

8 TRUE BLUE? Inside your body, the color of your blood appears to be blue because the blood in your veins is not combined with oxygen. In fact, blood is

red, not blue. The more oxygen in your blood, the brighter the shade of red. For example, when you cut yourself and your blood hits the surface of your skin, it recombines with oxygen to yield the bright red color.

9 KEEP THEM COMING. During the period of a month, all your red blood cells are replaced with new ones.

10 A MATTER OF GENDER. All factors considered, several cardiovascular-related, physiological differences exist between men and women—most of which mean that men have greater endurance in aerobic activities. For example, the male heart is larger (actually and relatively) than that of the female. Men also have a higher percentage of red blood cells (the oxygen-carrying component of blood). Accordingly, for a given submaximal workload, because men pump more blood during each heartbeat and deliver more oxygen to the working muscles, they tend to have work much less than women to accomplish the same amount of work.