

SPLASHMASTER

ONLINE ISSUE

VOLUME 7 NUMBER 1

2003 USMS NEWSLETTER OF THE YEAR

JANUARY 2004

3000/6000 NATIONAL POSTAL CHAMPIONSHIPS

Oregon Masters drowns the competition

With the final results tabulated, Oregon Masters Swimming won four of the six club categories in the recently concluded 3000/6000 Postal Championships. The Oregon Club had largest participation with 41 athletes.

Ventura County Masters took the two remaining club titles. Their efforts were led by a number of first place finishes in

Inland Northwest Masters CALENDAR

January	One Hour Postal Swim entry form online at USMS.org
Feb. 10	One Hour entries due
Feb.	February Fitness Challenge entry form on page 10.
Feb. 11	Entries due for February Frolic Meet entry form on page 3
Feb. 21	February Frolic Meet at the Spokane Club, deck entries taken
Feb. 21	Inland NW Masters Board Meeting following meet
Feb. 25	Entries due for March Madness Meet , entry form on page 7
March 7	March Madness Meet in Wenatchee, deck entries taken
March 17	Entries due for Inland NW Masters Short Course Yards Champs . Deck entries will not be taken, entry form in next issue of the <i>Splashmaster</i> and online.
March 27 & 28	Inland NW Masters Short Course Yards Championships in Pullman at Washington State University. <i>Deck entries will not be taken.</i>

addition to setting new national records.

Inland NW Masters finished second in the Women's 3000 and third in the Mixed 3000. A team from WSU Masters would set a new national record in the Women's 3000 relay. Inland NW had the second largest club participation at 27 swimmers.

Below are some of the highlights from the annual championships, the 2003 version hosted by WSU Masters.

Unhealthy Air Quality
Swimmers from California had challenges in completing their swims. If you recall, California had one of its worst wild fire seasons in history during September and October making the air unhealthy to breathe.

Karlyn Pipes-Neilsen (41) of San Diego Swim Masters was following the advice of local officials to not exercise during late October. It was during this time she realized she had limited time to complete the 3000 swim. Since most of the pools in her area are outdoors, Pipes-Neilsen was forced to complete her swim in an indoor, hot and over crowded pool.

Pipes-Neilsen commented, "even though the air quality was poor and the pool conditions were less than desirable, I did my swim on Friday, October 31. I

swam a new national record, breaking my own record by almost 50 seconds."

Larry Raffaelli (60) of Ventura County Masters had a similar experience. His record breaking 3000 yard swim would come during his record breaking 6000 yard swim. Raffaelli completed both events, but air quality during the 3000 yard swim contributed to a slower time. When looking at the 6000 yard split, he realized that he had beaten his 3000 yard time.

Other Notables

George Brunstad (69) of Connecticut Masters and a graduate of Washington

see POSTAL on page 2



Inland Northwest Masters

Local Masters Swimming Committee
Board and Team Representatives

full contact information available online
www.InlandNWMasters.org

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POSTAL from page 1

State College (now Washington State University—WSU) wrote to talk about his Cougar heritage. One of many in his family to graduate from WSU, Brunstad graduated in '56(B.S.) and in '57(M.S.) and swam for the Cougars. Cougar men's swimming fell victim to Title IX in '70s.

Brunstad wrote he suffered a work related injury on September 17, causing him contused muscles, along with ligament, tendon and rib damage. With five weeks of training and recovery, he completed both swims in late October. Considering his injuries, his times were not significantly different than previous years—his 6000 time for 2002 was 1:25:44, compared to this year's time of 1:28:36; his 3000 time in 2002 was 41:03, going a 43:02 this year. Brunstad completed all five USMS postal swims in 2003.

USMS Swim Magazine editor Bill Volckening (37) of New England Masters, swam in all the USMS long distance events in 2003, including: the One Hour, the 5/10K, and 3000/6000 Postal Swims, as well as the Two-Mile Cable Swim, the One-Mile, the Three-Kilometer, Five-Kilometer and the Ten-Kilometer Open Water swims.

In the excess-is-not-enough category, Peggy Whiter (59 & 60) of Oregon Masters completed both events twice, once as a young lady of 59 and once as a more mature swimmer of 60. We are pleased to note that she is improving with age.

Records, Records, Records

National records were broken during the conduct of this event. The most interesting was the men's 55-59 age group for the 3000 yard. Keith Bell (55) of New England Masters set the new national record off a 6000 yard split, going a 35:22.60. Steve Johnson, (55) of Oregon Masters, Joel Wilson (55) of Santa Cruz Masters, and Tod Spieker (55) of the Olympic Club all broke the old national record of 36:10.77.

Oldest and Youngest, the Slowest?

Though not necessarily the fastest or slowest, this event drew new and veteran Masters swimmers alike.

The senior women included: Gertrude Zine (86) of Florida Maverick Masters who completed the 3000 yard event and Nancy Durstein (73) of Clearwater Aquatic Team

Masters swimming in the 6000. New Masters swimmers included: Erin McCleave (19) of Inland NW competing in the 3000 yard event, and Sasha Taylor (21) also of Inland NW who set a new national record in the 6000 yard event.

Senior men included: TR Johnson (81) of the Typical Tropical Swim Club, who swam both the 3000 and 6000 yard events, and William Johnson (85) of Walnut Creek Masters, who swam the 3000 yard event. The youngest male swimmer was Craig Charley (20) of Virginia Masters who completed both swims.

A sense of accomplishment was the main focus for many participants. One swimmer wrote, "Enclosed is arguably the country's... slowest time for the men's 3000. Though I swam as fast as I could, for me simply participating and finishing is victory enough."

Thank You

Special thanks goes to Brian Lamb of the WSU Masters Swim Team, without his knowledge and expertise in swim meet number crunching, we couldn't have hosted this event. Thanks also goes to the rest of the members of the team who assisted with data entry, double checking results and stuffing envelopes at our annual holiday party.

—Doug Garcia, Event Director,
3000/6000 Postal Championships

3000 YARD SWIM

♠ Indicates broke the national record, but did not set a new record.

⊗ Indicates broke and set a new national record.

Women 19-24

1	McCleave, Erin	33:17.46
3	Mills, Sheena	37:08.99
4	Eldred, Karen	37:48.31
5	Albaugh, Catherine	48:35.99

Women 35-39

8	Snyder, Debbie	47:47.67
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Women 40-44

2	Simpson, Susanne	35:33.12
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Women 45-49

11	Murphy, Catherine	50:02.43
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Women 55-59

2	Dills, Sue	43:25.00 ♠
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Women 65-69

4	Kimball, Marvel	57:49.99
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see POSTAL RESULTS on page 3

SPLASHMASTER

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WWW.INLANDNWMASTERS.ORG

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Send address changes to: Sue Dills, Registrar

Send editorial comments to: Doug Garcia, Editor
UP103120/GE04001

50 Meter Butterfly
Steve Wolcott 58 0:35.89I UNA

200 Meter Butterfly
Michael Merrell 55 3:07.66 MVN

200 Meter Individual Medley
Don Caskey 59 4:17.39 WKM

POINTS & CODES	
Cumulative Points after Moscow	
Moscow Chinook Masters	290
WSU Masters	82
Lake City Masters	52
Inland Empire YMCA	48
Spokane Club Masters	42
Sandpoint West Ath. Club	21
Cumulative Points after Sandpoint	
Moscow Chinook Masters	290
Lake City Masters	201
West Kootenay	158
Sandpoint West Ath. Club	127
Inland Empire YMCA	100
Spokane Club Masters	96
WSU Masters	82
Individual Points through Sandpoint Meet	
<i>(Top four women and men)</i>	
Larry Krauser SCM	84
Mary Adams LCM	70
Bill Bresko UNA	61
Deborah Bell MCM	60
Vicki Marsh IEY	56
C.J. Hamilton LCM	55
Eric Ridgway SWA	51
Annie Darakjy LCM	48
Code to the right of time	
U	Unofficial
I	Inland NW Masters Record
Z	Northwest Zone Record
N	National Record
W	World Record
DQ	Disqualification
All records pending verification	
Team Code	
SWA	Sandpoint West Athletic Club
SMT	Spokane Masters & Tri
LSD	London Silver Dolphins (Canadian)
WKM	West Kootenay Masters (Canadian)
MCM	Moscow Chinook Masters
WSU	Washington State University Masters
NSM	North Spokane Masters
LCM	Lake City Masters
SCM	Spokane Club Masters
UNA	Unattached

Men 65-69

50 Meter Freestyle
Bert Koehl 67 0:52.21 WKM

50 Meter Backstroke
Bert Koehl 67 0:57.44 WKM

50 Meter Breaststroke
Bert Koehl 67 0:56.28 WKM

Men 70-74

50 Meter Freestyle
David Rusnell 70 0:42.40 WKM

200 Meter Freestyle
David Rusnell 70 3:40.68 WKM

400 Meter Freestyle
David Rusnell 70 7:45.27 WKM

50 Meter Backstroke
David Rusnell 70 0:55.24 WKM

50 Meter Butterfly
David Rusnell 70 0:57.39 WKM

Men 75-79

200 Meter Backstroke
William Bresko 75 6:25.18I UNA

50 Meter Breaststroke
William Bresko 75 0:59.88 UNA

50 Meter Butterfly
William Bresko 75 1:33.72I UNA

100 Meter Butterfly
William Bresko 75 3:47.23I UNA

100 Meter Individual Medley
William Bresko 75 DQ UNA

Men 80-84

50 Meter Freestyle
Imre Schmidt 83 0:50.12 SWA

100 Meter Freestyle
Imre Schmidt 83 1:55.65I SWA

800 Meter Freestyle
Imre Schmidt 83 20:19.15U SWA

50 Meter Breaststroke
Imre Schmidt 83 1:03.02U SWA

100 Meter Breaststroke
Imre Schmidt 83 2:38.65 SWA

Men 90-94

50 Meter Freestyle
Clarence J. Hamilton90 2:11.15I LCM

50 Meter Backstroke
Clarence J. Hamilton90 2:04.65I LCM

50 Meter Breaststroke
Clarence J. Hamilton90 2:11.10I LCM

50 Meter Butterfly
Clarence J. Hamilton90 2:25.23I LCM

100 Meter Individual Medley
Clarence J. Hamilton90 4:27.94Z LCM

RELAY EVENTS

Women's 200 Meter Medley Relay
LCM 160+ 2:53.22

Mary Adams 48
Cindy Clutter 43
Margaret Hair 48
Annie Darakjy 22

Swimming or Skiing in Sandpoint?

Sandpoint West Athletic Club hosted its annual Fall Classic on Saturday, November 29. With the ski slopes open for Thanksgiving weekend for the first time in five years, the numbers were lower than normal though a good time still occurred.

Mike Brosnahan kept the pool cool which facilitated some good swims with 19 records broken. There were multiple record holders. Barbara Roberts (WKM) obtained four. Her fifth swim, the 800 Freestyle, unfortunately was unofficial because there were not two times recorded. Since joining Inland NW Masters, she has acquired a number of records in the 65-69 age group.

Multiple records were also obtained by Larry Krauser (SCM), swimming in a new age group. Bill Bresko, also in a new age group, acquired three records. It would have been four except for an improper turn on his 100 Individual Medley. It looks like Krauser and Bresko will again be competing for high point swimmer.

The big winner of the day was C.J. Hamilton (Lake City) with four Inland NW records and one NW Zone record. C.J. also is in a new age group (90-94—a group that no other Inland NW swimmer has accomplished).

Rounding out the field is Vicki Marsh (IEY), Virginia Lane (LSD), Steve Wolcott (UNA), and Imre Schmidt (SWA) with one record each.

West Kootenay had six swimmers from north of the border. Their group was the high point winners scoring 158 points. Lake City was second with 149. Sandpoint, with too many swimmers on the ski slopes, finished third with 106, followed by Spokane Club with 54, and Inland Empire YMCA with 52.

—*Marager Hair*

A Swimming Giant Has Fallen

Coach James Edward 'Doc' Councilman of Indiana University, passed away in Bloomington, Indiana the morning of January 4, 2004, after many years of suffering from Parkinson's disease. Councilman was recognized world-wide as one of the great coaches in swimming history and a visionary for the sport.

A list of swimmers who swam for Doc reads like a who's who of swimming greats: Mark Spitz, Jim Montgomery, Gary Hall, John Kinsella, Mike Troy, and many others.

Doc's swimmers gloried in hard, intelligent work, and attached a stigma to those who didn't "pull their weight." Doc was a master of group dynamics and used positive thinking, ritual, ceremony, and tradition to bond swimmers into tough, successful teams. Above all, Doc was an inspirational coach, sensitive to the aspirations and emotions of the swimmers.

There were many all-time 'firsts,' notably Mark Spitz's seven gold medals at the 1972 Munich Olympics, and Jim Montgomery's 100 meter Freestyle win in Montreal, 1976, becoming the first to crack 50 seconds for the distance.

For more details on Doc Councilman's life visit SwimInfo.com

—*excerpted from a SwimInfo.com article by Cecil Colwin*

SPOKANE CLUB MASTERS PRESENTS

FEBRUARY FROLIC SWIM MEET

SATURDAY FEBRUARY 21, 2004

Date/Times: Saturday, February 21, 2004. Warm-up starts at 8:30 am, meet starts at 9:00 am. Second warm-up will start at 10:00 am

Sponsor: Spokane Club Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 3540221.

Eligibility: All swimmers must be currently registered Inland NW Masters/USMS swimmers. New registrations (found in the *Splashmaster* or online at www.InlandNWMasters.org) should be sent to Sue Dills or will be available at the meet.

Rules: All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2004 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

Deadline: All entries must be postmarked by February 11, 2004. Incomplete or late entries will be treated as "deck entries."

Fees: \$8.00 for entries sent before February 11, \$12.00 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

Relays: Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

Awards: First-Third place ribbons will be available free of charge.

Conduct of the Meet: Each participant may swim five individual and three relay events.

Directions: Spokane Club, 1002 West Main • **From I-90 east** take the Maple St. exit. Turn left onto Walnut St., follow the City Center signs, turning right onto 1st Ave., continue on 1st Ave. turning left onto Lincoln St. Continue north for 3 blocks, turn left onto Main St., stay in left lane, continue west through one stoplight. Spokane Club will be on the right. **From I-90 west** take the Lincoln Street exit, continue north on Lincoln St. for 6 blocks. Turn left onto Main St., stay in left lane, continue west through one stoplight. Spokane Club will be on your right.

Questions: can be answered by Susanne Simpson (509) 458-3982 or Todd Stoddard (509) 838-8511.

Postmarked by:	February 11, 2004
Mail Entries to:	Margaret Hair 408 Vista Drive Coeur d'Alene, ID 83815
Entry Fee:	\$8.00 prior to February 11 \$12.00 for Deck Entries
Checks payable to:	IWMSC

Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS # _____ Inland NW Team _____

Short Course Yard Times Please • Maximum of 5 Individual and 3 Relay Events.

- 1) 400 Individual Medley _____
- 2) 1000 Freestyle _____
- Second Warm Up**
- Event #3 will not begin before 10:30 am
- 3 & 4) 200 & 400 Medley Relay _____
- 5) 200 Butterfly _____
- 6) 200 Backstroke _____
- 7) 50 Breaststroke _____
- 8) 100 Freestyle _____

- 10 Minute Break**
- 9, 10 & 11) 200, 400 & 800 Mixed Free Relay*
- 12) 200 Individual Medley _____
 - 13) 50 Butterfly _____
 - 14) 100 Backstroke _____
 - 15) 200 Breaststroke _____
 - 16) 50 Freestyle _____
 - 10 Minute Break**
 - 17, 18 & 19) 200, 400, & 800 Free Relay*

- 20) 100 Butterfly _____
- 21) 50 Backstroke _____
- 22) 100 Breaststroke _____
- 23) 200 Freestyle _____
- 10 Minute Break**
- 24) 100 Y Individual Medley _____
- 25) 500 Y Freestyle _____

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.

Your Signature _____ Date _____

WENATCHEE VALLEY MASTERS PRESENTS
March Madness Swim Meet
SUNDAY MARCH 7, 2004

DATE/TIMES: Sunday, March 7, 2004. Warm-up starts at 8:30 am, Meet starts at 9:30 am. Event 3 (200 Yard Freestyle Relay) not to begin before 11:00 am

SPONSOR: Wenatchee Valley Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 354307.

ELIGIBILITY: All swimmers must be currently registered IWMSC/USMS swimmers. New registrations (found in the *Splashmaster* or online) should be sent to Sue Dills or will be available at the meet.

RULES: All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2004 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

DEADLINE: All entries must be postmarked by February 25, 2004. Incomplete or late entries will be treated as "deck entries."

FEES: \$8.00 for entries sent before February 25, \$12.00 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

CONDUCT OF THE MEET: Each participant may swim five individual, and three relay events.

AWARDS: First-Third place ribbons will be available free of charge.

RELAYS: Submit relay cards to the clerk of course during the

warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

DIRECTIONS: Off Interstate 90 take Wenatchee exit, traveling through the town of Quincy and into East Wenatchee. Follow the signs to Wenatchee taking you across the Columbia River bridge. After crossing the bridge turn right onto Mission and get in left lane for immediate left on Ferry (first light). Follow Ferry until you hit Miller (note Ferry changes name to Russell). At Miller, Russell becomes Millerdale and the high school is on this corner. Turn left onto Miller, then turn right into the parking lot behind the high school and follow it to the end. The pool door is marked and will propped open.

POSTMARKED BY: February 25, 2004
MAIL ENTRIES TO: Margaret Hair
 408 Vista Drive
 Coeur d'Alene, ID 83815
ENTRY FEE: \$8.00 prior to February 26
 \$12.00 for Deck Entries
CHECKS PAYABLE TO: IWMSC

NAME _____ **MALE** **FEMALE** **BIRTHDATE** _____ **AGE** _____

ADDRESS _____ **CITY, STATE, ZIP** _____

PHONE _____ **USMS #** _____ **INLAND NW TEAM** _____

SHORT COURSE YARD TIMES PLEASE - MAXIMUM OF 5 INDIVIDUAL AND 3 RELAY EVENTS.

1) 400 Y Individual Medley _____

2) 1650 Y Freestyle _____

If you are doing the 1650, would you be willing to share the lane with one other swimmer. Yes No

SECOND WARM UP

3) *Freestyle Relay*

4) 50 Y Butterfly _____

5) 100 Y Breaststroke _____

6) 200 Y Backstroke _____

7) 100 Y Freestyle _____

8) 200 Y Individual Medley _____

10 MINUTE BREAK

9) *Mixed Medley Relay*

10) 50 Y Backstroke _____

11) 100 Y Butterfly _____

12) 50 Y Freestyle _____

13) 200 Y Breaststroke _____

10 MINUTE BREAK

14) *Medley Relay*

15) 200 Y Butterfly _____

16) 100 Y Backstroke _____

17) 200 Y Freestyle _____

18) 50 Y Breaststroke _____

10 MINUTE BREAK

19) 100 Y Individual Medley _____

20) 500 Y Freestyle _____

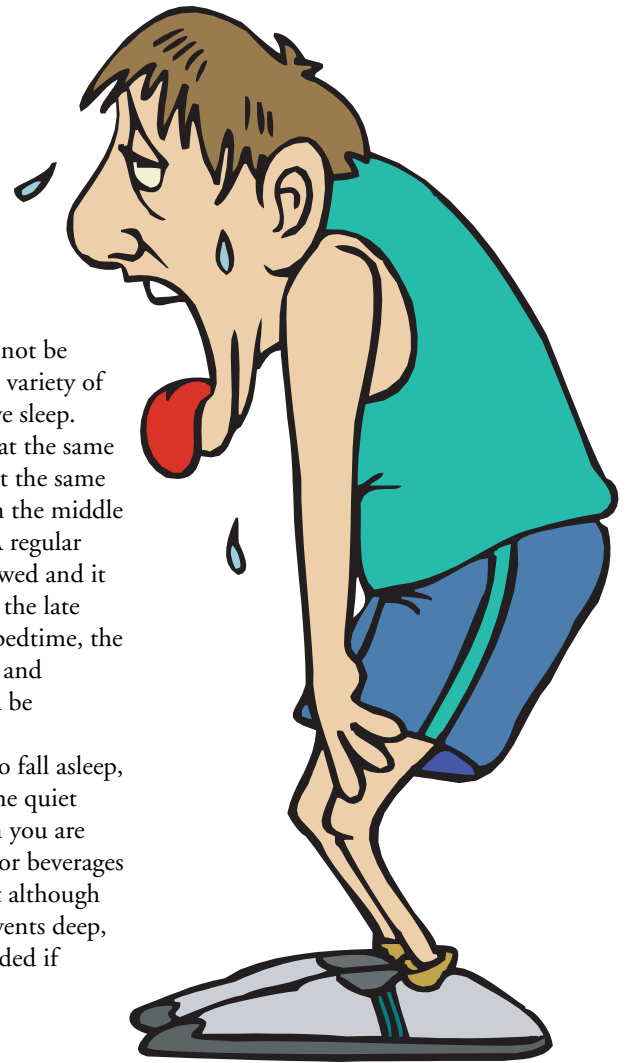
I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. ASA 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.

YOUR SIGNATURE _____

DATE _____

Why am I so tired?

BY JODY WELBORN, M.D.



Fatigue is a very common complaint and affects athletes of all ages, sizes and abilities. It is one of the most common complaints in the physician's office, with one in every four patients stating that fatigue is disrupting his or her life.

What is Fatigue?

Fatigue is a subjective condition in which a person feels tired before beginning an activity, lacks the energy to accomplish tasks requiring sustained effort and attention, and becomes unduly exhausted after normal activities. It can range from pervasive and overwhelming to subtle, felt only during all-out competition. Fatigue, as a symptom, is vague and can be wide-ranging in its implications.

What are the most common causes of fatigue? For the friends and family in our lives, it is obvious that the reason we are tired is the fact that we get up at 4:30 in the morning to exercise strenuously prior to starting the work day. How would that have an impact? It is important to remember that the human body requires 7-10 hours of sleep in a 24 hour period. When there is not enough time, the first place typically cut back is sleep time. If you are getting up early to exercise, or staying up late, it is important to adjust your sleep time accordingly. If continuous sleep is not possible, a 20-40 minute nap during the day may help.

Insomnia

Sometimes the problem isn't lack of sleep, but the inability to fall asleep. Everyone has problems with insomnia at some time, typically associated with a change in the daily routine such as travel or a new job. Others have more persistent trouble sleeping.

There are a variety of causes for insomnia. These include illness, medications, or depression and should be discussed with a physician. Many times the

exact cause of the insomnia cannot be identified. However, there are a variety of things to try in order to improve sleep.

It is important to go to bed at the same time each night and to get up at the same time each morning. Napping in the middle of the day should be avoided. A regular exercise routine should be followed and it may be of benefit to exercise in the late afternoon or early evening. At bedtime, the room should be dark and quiet and extremes of temperature should be avoided.

If you find yourself unable to fall asleep, after 30 minutes get up, do some quiet activity and return to bed when you are sleepy. Avoid caffeinated foods or beverages after 4 p.m. and remember that although alcohol is a sedative, it also prevents deep, restful sleep and should be avoided if sleeping is a problem.

Overtraining

An overlooked cause of fatigue in the athletic adult is overtraining. One of the hardest things for an athlete to do is rest. The mind set is to push harder to get stronger and faster. We forget that it is possible to get too much of a good thing, even exercise, and that rest is an important part of training.

Rest and Recovery

What is rest? Rest can be the time when no strenuous activity is performed such as in sleep time or days off. It can also be more active and involve low intensity exercise, allowing a small amount of increased blood flow to reach the muscles. Both types of rest allow recovery to occur.

Recovery is what the body does during rest periods to repair the damage to muscle cells after strenuous activity. If the body is given enough rest to allow adequate recovery, the body will completely repair the broken-down muscle cells and even

build them up a little stronger, resulting in a stronger and faster athlete.

Balancing act

Exercise needs to have a balance between training and recovery. If an imbalance occurs and is allowed to persist, overtraining results. The athlete, and those around them, will notice lingering fatigue, mood changes, irritability, altered sleep and persistent soreness. Performance in workouts or competition may deteriorate. Frequent respiratory illnesses or even an overuse injury may occur.

The cure for overtraining is rest. The more severe the problem, the more rest needed to fix it. This can be very difficult to do until illness or injury forces the rest to occur. Prevention can help the adult athlete avoid this problem. Programming rest into the training can help. It is also

see *TIRED* on page 9

TIRED from page 8

important to be aware of how the body is responding to training. Some, particularly those who are prone to overdoing it, find it beneficial to keep a fatigue score, ranking the cumulative “feel” during the day from 1-5. If this score goes up over days to weeks, it may be time to decrease the intensity of training. Another way to track overtraining is to measure morning heart rate. If the measured pulse increases progressively, it may be a sign that the body has not had ample time for recovery. Both the fatigue scale and the morning heart rate can be recorded in a training log.

It is also important for the adult athlete to factor in the outside stresses of real life, job and family. Anticipate times of increased stress and adjust the workout schedule accordingly.

There are many causes of fatigue in the athletic adult. It is important to listen to your body and heed your body’s warning signs. It is also important to remember that unrelenting fatigue may be a sign of underlying illness and you should consult with your physician if this occurs.

Jody Welborn is a cardiologist from Portland, Oregon. Her medical experience includes a B.A. from the University of Oregon, M.D. from Oregon Health Sciences University, internal medicine residency at University of Texas, San Antonio, and Cardiology fellowship at the University of Alabama, Birmingham. Jody is a member of three USMS national committees, including Sports Medicine, Fitness and Planning. She is also a Masters swimmer who swims with the Metro YMCA Masters in Portland.

Amy Van Dyken Linked to THG Drug Probe

SAN FRANCISCO, November 27— Amy Van Dyken, who won four gold medals at the 1996 Atlanta Olympic Games, was called to testify before the federal Grand Jury that is investigating Balco Laboratories and its president, Victor Conte, Jr., in what is becoming perhaps the largest sports drug scandal in American history. The story was first reported today by Elliott Almond in the *San Jose Mercury News*.

Van Dyken, 30, the only American woman in any sport ever to win four gold medals at a single Olympiad, is the first swimmer identified in the drugs and money probe that has focused primarily on players from the National Football League, major league baseball, and track and field. Conte and his company have been accused of producing the previously undetectable designer steroid tetrahydrogestrinone, or THG, a charge Conte has denied.

Rob Nelson, Van Dyken’s agent and attorney, confirmed yesterday that Van Dyken appeared before the Grand Jury on November 13, the same day as sprint star Marion Jones and five NFL players, but said van Dyken had no comment on her testimony. Nelson also declined to comment on Van Dyken’s relationship with Conte.

THG, a synthetic form of testosterone, reportedly has been detected in the urine of five track and field athletes and four members of the Oakland Raiders football team. Virtually all of these athletes have been identified as clients of Conte.

Van Dyken, who reportedly was also a client of Conte’s, is a close friend of Bill Romanowski, one of the Raiders who reportedly tested positive for THG.

Van Dyken became the most popular female athlete of the Atlanta Games when she won gold in the 50 meter Freestyle, 100 meter Butterfly, 400 meter Freestyle Relay and 400 meter Medley Relay. Four years later in Sydney, she again won gold as a member of both U.S. 400 meter relays, but she failed to win a medal in an individual event, finishing fourth in the 50 meter Freestyle.

She also lost public support when she spit in the lane of Holland’s Inge De Bruijn before the final of the 50 meter Freestyle, one of three events the Flying Dutchwoman won in Sydney. Ironically, Van Dyken also contributed to rumors that De Bruijn had used drugs when she commented that she, too, could win a gold medal “if I were a man.

—SwimInfo.com

Swimmer Profile



Name: Brian Johnson

Age: 42

Occupation: Assistant Vice President for Facilities, University of Idaho. Retired Navy Lt. Commander

Swim Club: Moscow Chinook

Years Swimming Masters: Off and on since 1984

Favorite Event: 100 IM

Why: Couldn’t when I was swimming as a kid (except for when I was real young). It’s nice to be able to swim a quick IM event.

Favorite Author: Antonia Fraser author of English history. Currently reading about Mary Queen of Scots.

Favorite Movie: Little Shop of Horrors, though not a movie buff.

Favorite Music: I like lots of different kinds, right now I am into Loreena McKinnett, a Keltic musician.

Little Known Fact: Father of four, the youngest three are all swimming competitively. A Top-10 Swimmer in Japan for Backstroke, had to have work colleagues explain what the certificate meant. Spent two and a half years in England on his last tour of duty with the Navy.

Editor’s Note: Brian serves the Inland NW Board as sanctions chair. Meet hosts should work with Brian to obtain sanction materials and obtain approval to host meets.



February Fitness Challenge 2004

Host: Tualatin Hills Barracudas, Beaverton, Oregon

Purpose: To promote fitness through aquatics by encouraging participants to visit the pool regularly and to track results over a monthly period.

Rules & Eligibility: Use of training aids and equipment IS permitted. You must be at least 18 years of age.

Three Challenges: We have three challenges: 1) count your yardage; 2) count your days; and 3) count the number of people in your group.

Group Participation: To be eligible for one of the top Group Participation Awards, groups must send entries together, in one packet. Groups may consist of individuals who do either challenge. Please specify the group name and contact person. There is no additional fee.

Recording Results: Beginning February 1, 2004, record on the form below: either the number of **yards** completed each day (for lap swim, jog-a-lap, etc.), AND/OR the number of **days** you visit the pool for an aquatic fitness activity (e.g. water aerobics, etc.). PLEASE BE AS ACCURATE AS POSSIBLE!

Conversions: To convert meters to yards for yardage counting, add 10% to the meter distance to obtain the yard distance.

Monthly Totals: At month's end, add daily results to obtain monthly total.

Caution: Use caution when attempting to improve fitness level. Increases in activity should be gradual over an extended period. If you have any questions or concerns, please consult your physician.

Age Groups: 18-24, 25-29, 30-34...etc., (in five-year increments). Age is determined by your age on February 29, 2004.

Awards & Results: All participants receive final results and an achievement certificate. Three female and three male swimmers in each age group with the highest monthly yardage totals receive awards. A special FFC pin will be given to every swimmer who swims each day. Please allow at least 30 days after deadline for mailing of results and awards.

Group Awards: The top three groups with the largest number of participants will receive special awards. The group with the top total yardage will receive a special award.

Entry Fee: \$8.00 for one individual challenge. Select either "Counting Yardage" or "Counting Days" on the form (below). If you would like to do both individual challenges, select "Both" and add \$4 to your entry fee. All fees payable to **Tualatin Hills Barracudas**.

T-Shirts & Caps: \$14.00 for short sleeve, 100% cotton T-shirts, with the 2004 Fitness Frog. Custom Latex swim caps with frog logo available for \$4.00.

Entry Deadline: Entries must be RECEIVED by March 12, 2004. Late entries will not be accepted.

Entry Procedure: Send form below and fees to:

February Fitness Challenge
16055 SW Walker Road #126
Beaverton, Oregon 97006

e-mail: FebFitness@swimoregon.org

web page: <http://www.barracudas.org>

International Entries: \$8.00 additional postage fee required; mail early to ensure arrival by entry deadline.

Workout/Fitness Brochure: Check the Barracuda Web Page for a special February Fitness Challenge Workout Brochure. (Can be down loaded as a pdf file) **web page:** <http://www.barracudas.org>

February Fitness Challenge 2004: Entry Form (please Print)

NAME: _____ AGE(as of 2/29/04) _____ SEX: _____

ADDRESS: _____ CITY: _____ STATE: _____

ZIP _____ COUNTRY _____ PHONE _____

E-MAIL _____ NAME OF GROUP _____

RESULTS Electronic results via email address listed above Paper results via US Postal

Select Your Challenge(s) (please check one): 1) Counting Yardage _____ 2) Counting Days _____ 3) Both _____

Yards/Days		Yards/Days		Yards/Days		Yard/Days	
Sun Feb 1	_____	Wed Feb 11	_____	Sat Feb 21	_____	Thu Feb 26	_____
Mon Feb 2	_____	Thu Feb 12	_____	Sun Feb 22	_____	Fri Feb 27	_____
Tue Feb 3	_____	Fri Feb 13	_____	Mon Feb 23	_____	Sat Feb 28	_____
Wed Feb 4	_____	Sat Feb 14	_____	Tue Feb 24	_____	Sun Feb 29	_____
Thu Feb 5	_____	Sun Feb 15	_____	Wed Feb 25	_____		
Fri Feb 6	_____	Mon Feb 16	_____				
Sat Feb 7	_____	Tue Feb 17	_____				
Sun Feb 8	_____	Wed Feb 18	_____				
Mon Feb 9	_____	Thu Feb 19	_____				
Tue Feb 10	_____	Fri Feb 20	_____				

MONTHLY TOTALS = _____ YDS _____ DAYS

Signature: _____ Date: _____

(I attest that the above results are accurate and true)

Fees:	Entry Fee	\$ 8.00	_____ (required)
	2nd Challenge	\$ 4.00	_____ (optional)
	T-Shirt	___ x \$14.00	_____ (optional)
	*Circle T-shirt size (s): S M L XL XXL		
	Swim Cap	___ x \$ 4.00	_____ (optional)
	International Fee	\$ 8.00	_____ (outside US)
Total:	_____ (US funds only)		
(please make checks payable to Tualatin Hills Barracudas)			

2004 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: (to be used for online newsletter, and will not be sold for junk email)	

USMS 2004

Date of Birth	Age	Sex	
Team Affiliation			
<input type="radio"/> Lake City Masters	<input type="radio"/> Moscow Chinook Masters	<input type="radio"/> North Spokane 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 team	<input type="radio"/> Unattached club	
<p>Unattached team means you will not be able to participate in relay events at Inland NW Masters meets, but can still participate in relays at zone or national meets as part of the Inland NW Masters club. Unattached club means you will not be able to participate in relay events at Inland NW Masters meets, zone or national meets.</p>			
<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

B E N E F I T S O F M E M B E R S H I P I N C L U D E :

⇒ *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? ⇒ \$20.00 to United States Masters Swimming (\$7.00 for *Swim Magazine*) ⇒ \$10.00 to Inland Northwest Masters Swimming Committee for local programming and communications.

2004 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION (Membership will expire 12/31/2004)

<input type="radio"/> New Registration	<input type="radio"/> Renewal, my current USMS Number is _____
<i>Please check appropriate level</i>	
<input type="radio"/> Individual Registration \$30.00	<input type="radio"/> Couples Registering together \$55.00
<input type="radio"/> Late Year Registration \$15 (for those registering in September or October)	<input type="radio"/> Senior Registration (age 60+) \$27.50

SWIMMING ENDOWMENT FUNDS (Please consider making a donation one or both of these 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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Make check payable to	IWMSC	Amount Enclosed
Mail check and form to:	Sue Dills	
	639 N. Riverpoint Blvd. #3W	
	Spokane, WA 99202	

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** _____

SPLASHMASTER

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HAVE YOU RENEWED YOUR USMS MEMBERSHIP?

Remember all memberships in United States Masters Swimming are on a calendar year. Which means all memberships expired on December 31. If you have not received a 2004 membership card, fill out the form on page 11 of this newsletter and send it in TODAY! What you get for this membership:

- This award winning newsletter, and email communication from Inland NW Masters, your local organization.
- *Swim Magazine* from the national organization.
- Secondary insurance coverage while participating in USMS workouts and events. (Insurance coverage for workout groups is not in effect unless all the participants are registered).
- The opportunity to participate in workouts, meets, and clinics nationwide.

Your First Masters Meet?

Editors note: this exchange was taken from the USMS discussion forum, and has been edited for length.

I am scheduled to race in my first-ever meet very soon. I am new to swimming and am very slow and have the burden of falling into one of the most competitive age groups. Nonetheless, I am being encouraged to participate.

There are no meets in my area before the one in which I am supposed to participate so I can't get a feeling for what to expect. Can someone please give me the low-down? How embarrassing will it be to finish a 50 Freestyle after the others in my heat have already gotten out of the pool?

Answer One

You should race when you are ready and only if you want to. If this is something you don't want to do then don't.

If you decide to swim be assured you won't be scorned—in fact most people will appreciate your effort. If anyone gives you a hard time, you should dismiss them as trolls and move on. Swimming is not necessarily about who is the fastest.

Steps in any athletic hobby:

- 1) Have fun
- 2) Have fun while staying healthy
- 3) Have fun while competing, improving, and setting personal bests
- 4) Have fun while becoming active in the community, and participating at a regional/national level as a part of a team.

5) Have fun while training for peak performance and competition at an elite level.

It's easy to pick apart the levels I described, but the main point is no matter what level of commitment, make sure you are having fun, you'll stick with it longer.

Be aware others have a different level of commitment—they have fun competing and they believe other people will too. While this is slightly egocentric, their intentions are good. Remind them you are happy to swim at the level you do. There is a guy I swim with who beats my pants off, but never competes. He is happy as a fitness swimmer.

Answer Two

Your first meet! I get (good) butterflies before every meet. But I do remind myself of one thing before I step on the block - This to me is fun and challenging and I swim for no one else but myself. By the end of the race, I want to swim again.

Answer Three

Because our goal here is to achieve fitness, while meeting friends and having fun along the way. The competition is just an annoying yardstick of our progress. Your new directive is to not be the fastest swimmer but to be the oldest swimmer... think about it.