



The summer season is here, and it's time to prepare for triathlons and open water swims. Unfortunately, open water training is slightly more complicated than preparing for pool competitions. Many places, the water is too cold for year-round swimming outdoors, and clean, safe bodies of water aren't always accessible. Furthermore, training in the open water should never be done alone.

The following ideas are for anyone planning to participate in an open water swim. The drills provide specific methods for practicing open water skills in the swimming pool. Some of these drills require groups of swimmers in an open pool space. Others can be done with a partner or solo.

Safety:

Safety should always be the first consideration when preparing for an open water event. Make sure it's safe to swim before starting. Organized races should have boats, canoes or kayaks available to assist swimmers. If you become fatigued, you should know how to stay afloat using a minimal amount of energy while waiting for assistance.

Back Float—Float on your back, with your head tilted back for the best body position, the air in your lungs will provide flotation. When you exhale, you will sink slightly, but don't panic. Your next breath of air will help you float to the surface.

Sculling—In a vertical position, make small figure eight motions with your hands, simultaneously. The hands should separate

and come back together for each scull. This motion can also be used in combination with the eggbeater kick (similar to the breaststroke kick, but the legs alternate. One leg kicks down at a time).

Starting the Race:

Land Starts—Starting on land can be a lot of fun, but it can also be frightening and dangerous. It is helpful to check the starting area before the swim for rocks, holes, mud and other potential pitfalls. After the start signal, the pack will usually swim toward one buoy, where everyone converges. If it's a large group, you can expect a lot of body contact. It's important to consider where you are positioned before the signal sounds. If you are not an experienced or confident swimmer, you should position yourself toward the outer edges or toward the back of the group. Starting in the front or center can be a nightmare for inexperienced swimmers.

In-Water Starts—When starting in deep water, you will need to stay afloat and remain in position until the signal has sounded. Hold your position using an eggbeater kick and/or hand sculling. After the signal watch out for other swimmers. You may wish to look up more often during the first minute or so after an in-water start. The extra sighting may help you navigate better. There is still potential for body contact, so position yourself appropriately before the start. Practice in-water starts with a group, in the deep end of an open pool space.

Navigation:

Because there are no pool markings in open water environment, there are a few considerations when navigating in open

see **OPEN WATER** on page 2

Inland Northwest Masters CALENDAR

July 10	Entry deadline for Northwest Zone Long Course Meters Champs, entry form on page 5
July 17	National 3.5K Open Water Championships, Applegate Lake, Oregon, www.swimoregon.org
July 17	Early entry deadline for Sandpoint Long Bridge Swim entry form on page 4
July 18	Steve Omi Swim, One Mile in Lake Coeur d'Alene, Idaho, entry form on page 10
July 24 & 25	Northwest Zone Long Course Meters Championships, Port Orchard, Washington
Aug. 12	USMS Long Course Nationals, Savannah, Georgia
Aug. 14	3000, 500, 1500 Open Water Swims, Eel Lake, Oregon www.swimoregon.org
Aug. 21	10th Annual Sandpoint Long Bridge Swim
Aug. 29	Whitefish Lake, Open Water Swim, Whitefish, Montana email to: h.apple@bresnan.net

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full contact information available online
www.InlandNWMasters.org

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OPEN WATER *from page 1*

water. First, you need to be able to spot landmarks. If you can't see well, consider purchasing prescription goggles. There are two basic skills to navigate in open water. One is sighting, and the other is buoy navigation. Both types of navigation have procedures that can be practiced in the pool.

Sight Breathing—this type of navigational sighting is used in crowds and in wavy conditions. To take a sight breath, incorporate the breath and sight into the same stroke. Start by rolling your head to the side for a breath. In the same motion, lift your head out of the water to sight. Try to keep the sight breath flowing with the rhythm of your stroke. Lift and drop your head quickly to avoid the loss of body balance in the water. It is often recommended to take a sight breath once every 15-20 strokes. It is also important to practice sight breathing before going to a race. If you are in flat, uncrowded water, consider peeking instead of sight breathing. To peek, simply lift the head slightly out of the water allowing the eyes to break the surface. Unlike sight breathing, you are not breathing and sighting at the same time.

Buoy Navigation—this skill is best practiced using buoy of some type, with a group of swimmers. With this experience, you will begin to understand what happens during an open water swim. There is often a pack of swimmers trying to go around the buoy at the same time. When this group converges, there is body contact. If you are turning around a buoy on your own, you can use a simple back spin turn to get around more quickly. When approaching the buoy, swim until the buoy is at your hip. Then, flip on to your back toward the buoy and flip again on to your stomach toward the buoy. This procedure can help you change directions quickly, but should be practiced beforehand.

Drafting:

Drafting in open water is similar to drafting in cycling. It is a simple method of allowing lead swimmers to break the water and draw you along with their propulsive force. There are two ways to

draft off another swimmer: 1) you can follow directly behind them, or 2) you can trail behind by a half body length at the hip. The full effect of a good draft can be felt when swimming in a large group. Practice by teaming-up with other swimmers and taking turns following the leader(s).

Other Factors:

Equipment is another consideration when planning an open water swim. If you have a low percentage of body fat, you may wish to wear a swimming wetsuit. Sometimes wetsuits rub uncomfortably against the skin, but there are many products available to help reduce chaffing and discomfort. Depending on the water temperature, you may also consider wearing a "hot-head", which is a strapped swim cap made of the same neoprene material as wetsuits. It is always a good idea to have comfortable goggles to help you see clearly. Most importantly, bring warm, dry clothing and extra towels, because you can't always predict how the water temperature will affect you.

Nutrition is more of a personal consideration. There is a wide selection of sports nutrition products available. In recent years, sports bars and liquid concentrates have become very popular. Regardless of your choice of products, it is always a good idea to consume something that is easily digested and won't upset your stomach. It is also a good idea to stay properly hydrated.

Practice in the Pool

Preparing for an open water swim is challenging and fun. Although it is recommended to train in open water when planning for a swim, it is not always possible. Use these ideas to simulate the conditions of an open water race while training in the pool. If you have access to a larger pool, take out all the lane lines and set up some buoys to create a small race course. Be creative, and remember, it is much better to practice open water skills in the pool than to not prepare at all.

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INLAND NW BOARD MEETING MINUTES

Pullman, Washington, March 27, 2004

Board members in attendance: Virgil Crampton, Larry Krauser, Suzanne Dills Carolyn Magee, Doug Garcia, Eric Ridgeway (for Mike Brosnahan), Margaret Hair, Susanne Simpson, Bernard Kingsly

Minutes of Last Meeting (2-21-04) –

A motion was made to approve the minutes from the June 18, 2003, meeting and was approved.

Treasurer's Report – Nothing new to report.

Registrar's Report – To date we have 165 registrations (similar to last year at this time).

Newsletter Report – The next Newsletter will contain results from Wenatchee meet and IWMSC Short Course Championships in Pullman. Also the entry for the Steve Omi swim in July.

Secretary's Report – No report.

Top Ten/Data Entry – Margaret continues to progress with the HyTek Meet Manager Program. She is still working on getting the points, records, and printouts for top ten out of it.

The IWMSC SCM top ten has finally been corrected at USMS.

Equipment – Margaret reports that the IWMSC should buy up to two more lap counters, up to four more stop watches, and a mouse for the computer. A motion was made and approved authorizing up to \$200 for Margaret to purchase the necessary items.

Zone Business – Doug reminded everyone that the SCY Zone Championships are in Corvallis, Oregon, May 1 & 2.

The applications for the Zone Grant to the USMS Convention are due June 1.

New Business

USMS Convention – Three individuals are interested in representing IWMSC: Susanne Simpson; Virgil Crampton; and Jeanette Valandigham. A motion was made and passed that: the IWMSC would reimburse expenses as follows – 50% of coach airfare, 50% of a double occupancy room, and 100% of the registration fee; the maximum total expenditure for IWMSC is \$1,000 (split equally if combined submitted expenses exceed \$1,000); and each IWMSC representative write a report for the *Splashmaster*.

Meets for 2004/2005 – Wenatchee would like to move their meet to January; those in attendance thought this would be fine. The IWMSC SCY Championship meet will be the first weekend of April in 2005. A request was made to see if Sandpoint could move their meet from Thanksgiving weekend; everyone agreed that the attendance would be better; Eric will speak with Mike on this.

E-Mail Announcements – The web page will shortly contain a location to submit your email to receive email announcements.

Awards – The following IWMSC awards were announced:

Water-Logged (those attending all Inland NW Masters meets)—Mary Adams, Bill Bresko, and Larry Krauser
High-Point Woman – Mary Adams
High-Point Men – Larry Krauser
Most Inspirational – Bill Bresko
Most Dedicated – Larry Krauser



From the Editor

Web site and newsletter updates

That's right, your Inland NW Masters newsletter and Web site will be going a change over the summer. The most important part of the Web site update will be the addition of an email announcement list. Many of you maybe thinking...SPAM! This email list will be a secure list, meaning that mail can only be sent out by the owner, so no SPAM. You will be able to subscribe to the list sometime in July or August on the Inland NW Masters home page. The list will allow us to make last minute announcements not included in the *Splashmaster*. In addition, any one will be able to subscribe (not just Inland NW Masters members), and you will be able to unsubscribe at any time. Announcements will come 10-12 times per year.

As a graphic designer, I have a desire our look "fresh". Which is why both the Web site and the newsletter will undergo a slight change. Some of the changes can be seen in this issue, with a new way of reporting meet results. In addition, I will be streamlining the whole process to make it easier to do the work.

As I write this on a wet Memorial Day weekend, I am mentally and physically preparing for the open water season that is knocking at our door. Thanks to Brian Lamb for turning 53 and allowing me to join him in swimming 53 x 100 this afternoon. My body is weary, but I feel that I am getting ready for both the Steve Omi and the Long Bridge Swims—hope to see you there!

THE 10TH 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.

IRS Non-Profit
Tax ID #82-0484120

TAKE THE CHALLENGE, TAKE THE PLUNGE!

DATE: Saturday, August 21, 2004

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 (800) 800-2106 for lodging reservations

Cut Here

Early registration - \$12 (postmarked by July 17, 2004)

Regular registration - \$16 (postmarked by August 7, 2004) • Late registration - \$20 (no guarantee of T-shirt) • If no T-shirt is wanted subtract \$5

Name: _____ Phone: (____) _____

Male Female Age (as of 8/16) _____ Date of birth: _____ Your email, we'll email results _____

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 02 03

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

2004 NORTHWEST ZONE LONG COURSE METERS CHAMPIONSHIP MEET
Hosted by the Puget Sound Swim Club of Port Orchard

Sanctioned by the Pacific Northwest Association of Masters Swimmers
 for USMS, Inc. Sanction # 043605

DATE: Saturday, July 24, and Sunday, July 25, 2004

TIMES: **Saturday, July 24:** Warm-up: 11:00 ñ 11:50 AM, Meet starts: 12:00 PM
Sunday, July 25: Warm-up: 8:00 ñ 8:50 AM, Meet starts: 9:00 AM

PLACE: South Kitsap High School pool,
 425 Mitchell Avenue, Port Orchard WA 98366. 360-874-5741

MEET DIRECTOR: Steve Peterson: 360-692-1669, 360-509-3420 (cell), speterson@bandwagon.net

FACILITY: This indoor venue has seating for 200+ people. The six-lane 50-meter pools adjustable floor will be set to provide competition water depth of seven to thirteen feet. One lane will be available continuously for warm-up and warm-down.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2004 USMS and foreign registered swimmers age 19 and above as of December 31, 2004. (Note: for meters meets, your age is as of December 31, 2004!)

DIRECTIONS: From I-5: Take Highway 16 toward Bremerton. Take the Sedgwick exit (19 miles from the bridge). Turn right onto Sedgwick, head east. Turn left at Bethel Rd (stop light). Bear right at 'Y' onto Mitchell Road, which becomes Mitchell Avenue. High School is on right after approximately 1 mile.

ORDER OF EVENTS (NW Order #BB) (Seeding slow to fast. Deck enter relays at the meet.)

1	400 IM (check in by 11:30)	15	400 Freestyle (check in by 8:30)
2	Women's 200 Freestyle Relay	16	Women's 200 Medley Relay
3	Men's 200 Freestyle Relay	17	Men's 200 Medley Relay
4	Women's 400 Freestyle Relay	18	Women's 400 Medley Relay
5	Men's 400 Freestyle Relay	19	Men's 400 Medley Relay
6	50 Breast	20	100 Backstroke
7	100 Butterfly	21	50 Freestyle
8	200 Freestyle	22	200 Breaststroke
9	200 Mixed Medley Relay	23	200 Mixed Free Relay
10	400 Mixed Medley Relay	24	400 Mixed Free Relay
11	100 Breaststroke	25	50 Backstroke
12	200 Backstroke	26	200 Butterfly
13	50 Butterfly	27	100 Freestyle
14	800 Freestyle (check in by 1:30)	28	200 Individual Medley
	NW Zone Board Meeting (tba)	29	1500 Freestyle (check in by 11:30)

Visit the PNA website at www.SwimpNA.org for the latest meet information.

SAFETY FIRST:

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

Entry Confirmation: Include legible email or a self-addressed, stamped envelope or postcard with your entry if you desire entry confirmation. You should bring a copy of your completed entry form.

Check-in is required: for the **400 IM** (deadline 11:30 am Saturday), **800 Free** (deadline 1:30 pm Saturday), **400 Free** (deadline 8:30 am Sunday), and **1500 Free** (deadline is 11:30 am Sunday). Swimmers who do not check in by the deadline may be scratched from the event.

2004 NORTHWEST ZONE LONG COURSE METERS CHAMPIONSHIP MEET
Saturday, July 24, and Sunday, July 25, 2004

NAME: _____ **M** **F** **AGE*:** _____

ADDRESS: _____

PHONE: _____ **Email:** _____

BIRTHDATE: _____ **USMS #:** _____

CLUB _____ **or UNATTACHED** _____ **LMSC:** _____

EMERGENCY CONTACT: _____ **PHONE:** _____

***AGE GROUP (Determined by your age as of DECEMBER 31, 2004):**

19 - 24	25 ñ 29	30 - 34	35 - 39	40 - 44	45 - 49	50 ñ 54	55 ñ 59
60 - 64	65 ñ 69	70 - 74	75 - 79	80 - 84	85 - 89	90 ñ 94	95 +

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME (Long Course Meters)

ENTRY FEE: \$ 13.00 Surcharge (Includes \$1 Northwest Zone meet surcharge)

Individual Events: + _____ \$1 per event. No charge for relays.

Optional for age 65 and over and needs-based swimmers.

Total: \$ _____ Please make checks payable to **PNA**

Mail this entry form and fees to: Steve Peterson

Postmarked by **July 10** 11165 Central Valley Road NW

or received by July 13, 2004 Poulisbo WA 98370

Include a copy of your Masters registration card if you are not a PNA member. All swimmers must have a valid 2004 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

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.

SIGNED: _____ **DATE:** _____

SWIM MEET RESULTS

INLAND NORTHWEST MASTERS SHORT COURSE YARDS CHAMPIONSHIP SWIM MEET

Pullman, Washington • March 27 & 28, 2004

PULLMAN

Krauser Tops at Championship Meet

The short course yards season ended for Inland NW Masters on March 28 in Pullman, with 52 swimmers participating in the two day short course yards championship meet.

At the Saturday evening awards banquet, Larry Krauser (50, SCM) was announced as high point male swimmer of the year, as well as being awarded most dedicated—Larry over hauled Inland Northwest's constitution and bylaws, in addition to attending all meets and meetings this past year. Larry also serves as Inland NW secretary. Mary Adams (49, LCM) was high point female swimmer. Bill Bresko (76, UNA) was awarded the most inspirational. "Bill keeps coming back to meets and continues to set records, he is an inspiration to many of us," commented Margaret Hair awards chair.

Six Inland NW Masters women's records fell most notably by Sue Dills (58, SCM) who set records in the 200 and 1650 Freestyle (2:32.66 and 23:03.24 respectively) in the 100 Backstroke at 1:26.26 and the 100 Breaststroke at 1:37.95. In the same age group Carolyn Magee (58, WVM) set records in the 50 Butterfly, :37.59 and the 50 Backstroke, :41.61.

The four men would set four records, including Brian Johnson (42, MCM) in the 50 Backstroke, :28.62, Bernie Kingsly (45, NSM) going 1:00.02 in the 100 Butterfly, Larry Krauser setting a new 50 Freestyle record at :23.10, and Jack Bevier (71, WVM) setting a new 1650 record at 30:26.88.

Point Totals Championship Meet		Point Totals 2003/2004 Season	
Teams		Teams	
Moscow Chinook Masters	451	Moscow Chinook Masters	831
WSU Masters	199	Wenatchee Valley Masters	568
Wenatchee Valley Masters	177	Spokane Club Masters	457
Spokane Club Masters	138	Lake City Masters	353
North Spokane Masters	41	WSU Masters	315
Lake City Masters	35	Sandpoint West Athletic Club	206
Sandpoint West Athletic Club	30	North Spokane Masters	113
		Inland Empire YMCA Masters	100
		Yakima Valley Masters	52
Swimmers		Swimmers	
<i>Top 5 Women & Men</i>			
Suzanne Dills (SCM)	59	Larry Krauser (SCM)	217
Carolyn Magee (WVM)	54	Mary Adams (LCM)	173
Larry Krauser (SCM)	48	Bill Bresko (UNA)	164
Wayne Brown (WVM)	42	Bernie Kingsly (NSM)	113
Frank Mitchem (MCM)	42	Carolyn Magee (WVM)	104
Deb Snyder (WSU)	42	Eric Ridgway (SWAC)	98
Jack Bevier (WVM)	41	Suzanne Dills (SCM)	97
Bernard Kingsly (NSM)	41	Madonna Buder (UNA)	89
Deborah Lyon (WCM)	40	Deb Bell (MCM)	88
George Spomer (MCM)	40	Brian Johnson (MCM)	80

Women's Events			
Women 19-24			
50 Yard Freestyle			
Sara Lynd	22	MCM	26.48
100 Yard Individual Medley			
Sara Lynd	22	MCM	1:09.08
Women 25-29			
50 Yard Freestyle			
Tara Strand	29	MCM	29.25
100 Yard Freestyle			
Tara Strand	29	MCM	1:03.73
200 Yard Freestyle			
Tara Strand	29	MCM	2:25.41
500 Yard Freestyle			
Shannon Donovan	29	MCM	7:21.72
50 Yard Backstroke			
Ursel Schuette	28	MCM	41.06
50 Yard Butterfly			
Tara Strand	29	MCM	32.86
Women 35-39			
500 Yard Freestyle			
Debbie Snyder	38	WSU	7:30.29
50 Yard Breaststroke			
Debbie Snyder	38	WSU	39.40
100 Yard Breaststroke			
Debbie Snyder	38	WSU	1:26.81
200 Yard Breaststroke			
Debbie Snyder	38	WSU	3:10.35
200 Yard Individual Medley			
Debbie Snyder	38	WSU	3:09.37
400 Yard Individual Medley			
Debbie Snyder	38	WSU	6:37.47
Women 40-44			
50 Yard Freestyle			
Karli Spear	44	UNA	28.92
200 Yard Freestyle			
Susanne Simpson	43	SCM	2:02.05
1650 Yard Freestyle			
Susanne Simpson	43	SCM	18:53.71
50 Yard Breaststroke			
Karli Spear	44	UNA	38.83
100 Yard Breaststroke			
Karli Spear	44	UNA	1:25.93
200 Yard Butterfly			
Susanne Simpson	43	SCM	2:21.96
100 Yard Individual Medley			
Karli Spear	44	UNA	1:16.95
Women 45-49			
500 Yard Freestyle			
Mary Adams	49	LCM	8:11.14
1650 Yard Freestyle			
Catherine Murphy	47	WSU	25:37.62
50 Yard Backstroke			
Mary Adams	49	LCM	47.51
50 Yard Butterfly			
Mary Adams	49	LCM	43.77
100 Yard Butterfly			
Mary Adams	49	LCM	1:46.87
100 Yard Individual Medley			
Catherine Murphy	47	WSU	1:29.71
200 Yard Individual Medley			
Mary Adams	49	LCM	3:30.52
Women 50-54			
50 Yard Freestyle			
Deborah Bell	51	MCM	37.05
Deborah Lyon	52	WVM	38.72
100 Yard Freestyle			
Deborah Lyon	52	WVM	1:35.40
200 Yard Freestyle			
Deborah Bell	51	MCM	2:52.51
1650 Yard Freestyle			
Deborah Bell	51	MCM	26:28.50
50 Yard Backstroke			
Deborah Lyon	52	WVM	55.04
50 Yard Breaststroke			
Deborah Lyon	52	WVM	43.69
100 Yard Breaststroke			
Deborah Lyon	52	WVM	1:38.76
50 Yard Butterfly			
Deborah Lyon	52	WVM	45.57
100 Yard Individual Medley			
Deborah Bell	51	MCM	1:32.29
Women 55-59			
50 Yard Freestyle			
Jett Vallandigham	57	UNA	44.46
100 Yard Freestyle			
Jett Vallandigham	57	UNA	1:43.51
200 Yard Freestyle			
Suzanne Dills	58	SCM	2:32.66 I
Jett Vallandigham	57	UNA	3:52.81
1650 Yard Freestyle			
Suzanne Dills	58	SCM	23:03.34 I
50 Yard Backstroke			
Carolyn Magee	58	WVM	41.61 I
100 Yard Backstroke			
Suzanne Dills	58	SCM	1:26.26 I
50 Yard Breaststroke			
Carolyn Magee	58	WVM	45.32
Jett Vallandigham	57	UNA	51.82
100 Yard Breaststroke			
Suzanne Dills	58	SCM	1:37.95 I

SWIM MEET RESULTS

MARCH MADNESS SWIM MEET

Wenatchee, Washington • March 7, 2004

WENATCHEE

Women's Events

Women 30-34

200 Yard Freestyle			
Jennifer Korfiatis	30	WVM	2:08.17
50 Yard Backstroke			
Jennifer Korfiatis	30	WVM	30.34
200 Yard Backstroke			
Jennifer Korfiatis	30	WVM	2:19.54 I

Women 35-39

50 Yard Freestyle			
Sherry Otruba	37	WVM	32.55
200 Yard Freestyle			
Sherry Otruba	37	WVM	2:45.71
50 Yard Backstroke			
Denise Lancaster-Cate	35	WVM	45.37
200 Yard Breaststroke			
Denise Lancaster-Cate	35	WVM	3:29.79
50 Yard Butterfly			
Sherry Otruba	37	WVM	34.96
200 Yard Individual Medley			
Sherry Otruba	37	WVM	3:02.27
400 Yard Individual Medley			
Denise Lancaster-Cate	35	WVM	7:18.40

Women 40-44

100 Yard Freestyle			
Cindy Clutter	44	LCM	1:15.82
500 Yard Freestyle			
Cindy Clutter	44	LCM	6:59.31
1650 Yard Freestyle			
Cindy Clutter	44	LCM	23:44.87
50 Yard Breaststroke			
Cindy Clutter	44	LCM	42.46
200 Yard Butterfly			
Cindy Clutter	44	LCM	3:24.80

Women 45-49

500 Yard Freestyle			
Robin Durant	48	YVM	7:37.93
100 Yard Backstroke			
Mary Adams	49	LCM	1:37.85
100 Yard Breaststroke			
Robin Durant	48	YVM	1:40.06
200 Yard Breaststroke			
Robin Durant	48	YVM	3:34.74
50 Yard Butterfly			
Mary Adams	49	LCM	44.65
100 Yard Butterfly			
Mary Adams	49	LCM	1:42.41
100 Yard Individual Medley			
Mary Adams	49	LCM	1:33.36
200 Yard Individual Medley			
Mary Adams	49	LCM	3:24.56
Robin Durant	48	YVM	3:29.86



Four swim the 200 Butterfly. At the March 7 meet hosted by the Wenatchee Valley Masters, the 200 Butterfly drew a lot of interest—almost a full heat. Completing the event were (from the left) Cindy Clutter (44, LCM), Larry Krauser (50, SCM), Bernie Kingsly (45, NSM) and Peony Munger (69, WVM). Congratulations to all.

400 Yard Individual Medley

Robin Durant	48	YVM	6:56.11
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400 Yard Individual Medley

Shirley Schreiber	56	WVM	7:16.41
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Women 50-54

100 Yard Freestyle			
Deborah Lyon	52	WVM	1:33.26
50 Yard Backstroke			
Deborah Lyon	52	WVM	56.47
50 Yard Breaststroke			
Deborah Lyon	52	WVM	46.04
100 Yard Breaststroke			
Deborah Lyon	52	WVM	1:38.64
100 Yard Individual Medley			
Deborah Lyon	52	WVM	1:44.36

Women 55-59

50 Yard Backstroke			
Shirley Schreiber	56	WVM	45.09
100 Yard Backstroke			
Shirley Schreiber	56	WVM	1:38.64
200 Yard Backstroke			
Carolyn Magee	58	WVM	3:22.22 I
50 Yard Breaststroke			
Shirley Schreiber	56	WVM	47.26
100 Yard Breaststroke			
Shirley Schreiber	56	WVM	1:40.53
200 Yard Breaststroke			
Carolyn Magee	58	WVM	3:29.84 I
100 Yard Butterfly			
Carolyn Magee	58	WVM	1:27.75 I
100 Yard Individual Medley			
Carolyn Magee	58	WVM	1:29.08 I
200 Yard Individual Medley			
Carolyn Magee	58	WVM	3:12.21 I

Women 65-69

200 Yard Breaststroke			
Peony Munger	69	WVM	4:40.65
50 Yard Butterfly			
Peony Munger	69	WVM	58.21
200 Yard Butterfly			
Peony Munger	69	WVM	5:13.00 I
200 Yard Individual Medley			
Peony Munger	69	WVM	4:28.43 U
400 Yard Individual Medley			
Peony Munger	69	WVM	9:21.28 I

Women 70-74

50 Yard Freestyle			
Sister Madonna Buder	73	UNA	52.24
100 Yard Freestyle			
Sister Madonna Buder	73	UNA	1:59.72
1650 Yard Freestyle			
Sister Madonna Buder	73	UNA	33:56.20
100 Yard Breaststroke			
Sister Madonna Buder	73	UNA	2:23.34
200 Yard Individual Medley			
Sister Madonna Buder	73	UNA	5:21.26

Men's Events

Men 40-44

50 Yard Free			
Kevin Knight	44	WVM	26.01
Zdenek Otruba	42	WVM	26.42
Scott Sinclair	42	WVM	26.43

100 Yard Freestyle			
Scott Sinclair	42	WVM	58.96
Zdenek Otruba	42	WVM	59.42
200 Yard Freestyle			
Zdenek Otruba	42	WVM	2:15.54
Doug Garcia	42	WSU	2:41.26
500 Yard Freestyle			
Doug Garcia	42	WSU	7:07.14
100 Yard Breaststroke			
Doug Garcia	42	WSU	1:27.46
50 Yard Butterfly			
Zdenek Otruba	42	WVM	28.42
Scott Sinclair	42	WVM	29.16
100 Yard Individual Medley			
Scott Sinclair	42	WVM	1:08.92
Kevin Knight	44	WVM	1:09.62
Zdenek Otruba	42	WVM	1:10.55
200 Yard Individual Medley			
Kevin Knight	44	WVM	2:41.81
Doug Garcia	42	WSU	3:03.68
400 Yard Individual Medley			
Kevin Knight	44	WVM	6:02.49

Men 45-49

50 Yard Freestyle			
Rick Schultz	46	UNA	25.61
Alan Kirpes	45	WVM	31.32
100 Yard Freestyle			
Rick Schultz	46	UNA	1:01.05
200 Yard Freestyle			
Rick Schultz	46	UNA	2:13.15
50 Yard Backstroke			
Alan Kirpes	45	WVM	39.22
100 Yard Backstroke			
Alan Kirpes	45	WVM	1:30.44
50 Yard Breaststroke			
Bernie Kingsly	45	NSM	33.49
50 Yard Butterfly			
Bernie Kingsly	45	NSM	26.95
Rick Schultz	46	UNA	28.12
Alan Kirpes	45	WVM	36.32
100 Yard Butterfly			
Bernie Kingsly	45	NSM	1:00.38 I
200 Yard Butterfly			
Bernie Kingsly	45	NSM	2:37.30
100 Yard Individual Medley			
Bernie Kingsly	45	NSM	1:04.86
Alan Kirpes	45	WVM	1:25.20

Men 50-54

200 Yard Freestyle			
Larry Krauser	50	SCM	1:59.82 I
1650 Yard Freestyle			
Larry Krauser	50	SCM	18:37.17 I
200 Yard Backstroke			
Larry Krauser	50	SCM	2:26.14

see WENATCHEE on page 9

2006 Masters World Championships to be held at Stanford

DUBAI, UAE, March 12. FINA—swimming's international governing body—has awarded the XI FINA World Masters Swimming Championships in 2006 to the USA.

The award was made to United States Aquatic Sports (USAS), to be hosted by United States Masters Swimming (USMS) and its local organizing committee, Pacific Masters Swimming (PMS).

The two week-long "celebration of fitness," in the words of USMS President Jim Miller, M.D., will include competition in swimming, open water swimming, diving, water polo and synchronized swimming. The swimming, and most of the other events, will be held at Stanford University in August, 2006.

"The way we're setting up the venue," the president said, "will allow the participants in each discipline to witness and support the athletes in the other disciplines.

"This is an incredible opportunity for USMS to showcase our great sport and the amazing people that make it up," he said. "It's also an opportunity for our wonderful committees to work together as a family to achieve a shared goal.

Another dividend will be the opportunity to work together with our sister disciplines," he added.

"Winning this bid," Dr. Miller said, "is a tribute to the leadership of Pacific Msters and their organizing skills.

"When FINA decided to allow the three countries that were bidding to make presentation, we sent Michael Moore—head of the PMS organizing committee—to Dubai. He put together a PowerPoint presentation that just wowed the FINA members.

This marks only the second time the United States will have hosted the event, the world's largest competitive aquatic meet. The last time was in 1992, when the meet was held in Indianapolis. The last time the meet was held in North America was in 1994, when Montreal played host.

—Phillip Whitten, SwimInfo.com

CHAMPS from page 7

WENATCHEE from page 3

200 Yard Breaststroke			
Larry Krauser	50	SCM	3:00.28
200 Yard Butterfly			
Larry Krauser	50	SCM	2:33.85
100 Yard Individual Medley			
Peter Himmel	50	WVM	1:10.96
200 Yard Individual Medley			
Peter Himmel	50	WVM	2:36.88
400 Yard Individual Medley			
Peter Himmel	50	WVM	5:43.38

Men 60-64

50 Yard Freestyle			
Wayne Brown	61	WVM	28.40
100 Yard Freestyle			
Wayne Brown	61	WVM	1:09.57
1650 Yard Freestyle			
Pat Magee	62	WVM	38:32.67
50 Yard Backstroke			
Pat Magee	62	WVM	52.46
50 Yard Breaststroke			
Wayne Brown	61	WVM	35.21
100 Yard Breaststroke			
Wayne Brown	61	WVM	1:20.98
100 Yard Individual Medley			
Wayne Brown	61	WVM	1:17.94

Men 70-74

50 Yard Freestyle			
Clark Thompson	72	YVM	33.78
Jack Bevier	71	WVM	35.72

100 Yard Freestyle			
Clark Thompson	72	YVM	1:16.69
200 Yard Freestyle			
Clark Thompson	72	YVM	3:04.81
Jack Bevier	71	WVM	3:10.72
1650 Yard Freestyle			
Jack Bevier	71	WVM	31:43.76
50 Yard Breaststroke			
Clark Thompson	72	YVM	50.66
100 Yard Breaststroke			
Jack Bevier	71	WVM	2:07.38

Men 75-79

50 Yard Breaststroke			
William Bresko	76	UNA	52.92
200 Yard Breaststroke			
William Bresko	76	UNA	4:55.10
50 Yard Butterfly			
William Bresko	76	UNA	1:00.92 I
100 Yard Individual Medley			
William Bresko	76	UNA	2:08.91
200 Yard Individual Medley			
William Bresko	76	UNA	4:57.41

Men 80-84 50

Yard Free			
Dick Munger	81	WVM	1:16.74
50 Yard Breaststroke			
Dick Munger	81	WVM	1:23.73

500 Yard Freestyle			
George Spomer	67	MCM	10:12.43
1000 Yard Freestyle			
George Spomer	67	MCM	20:33.94
1650 Yard Freestyle			
Glen Murray	65	MCM	28:11.86
50 Yard Backstroke			
George Spomer	67	MCM	1:02.77
50 Yard Breaststroke			
Glen Murray	65	MCM	45.26

Men 70-74

50 Yard Freestyle			
Jack Bevier	71	WVM	35.16
100 Yard Freestyle			
Jack Bevier	71	WVM	1:21.74
200 Yard Freestyle			
Jack Bevier	71	WVM	3:16.95
500 Yard Freestyle			
Jack Bevier	71	WVM	8:57.83

1650 Yard Freestyle			
Jack Bevier	71	WVM	30:26.88 I

Men 75-79

50 Yard Freestyle			
William Bresko	76	UNA	49.06
100 Yard Backstroke			
William Bresko	76	UNA	2:29.65
50 Yard Breaststroke			
William Bresko	76	UNA	58.33
100 Yard Breaststroke			
William Bresko	76	UNA	2:05.76
100 Yard Individual Medley			
William Bresko	76	UNA	2:04.81 U

Relay Events

Women 19+ 200 Yard Medley Relay			
MCM A			2:43.48
Sara Lynd 22		Deborah Bell 51	
Tara Strand 29		Iris Murray 60	

Women 25+ 200 Yard Freestyle Relay			
MCM A			2:27.47
Tara Strand 29		Iris Murray 60	
Ursel Schuette 28		Shannon Donovan 29	

Men 19+ 200 Yard Medley Relay			
MCM A			2:23.24
Steve McGeehan 48		Kurt Wolf 23	
Frank Mitchem 39		Thomas Lamar 43	
WSU		A DQ	
Eric Doering 42		Doug Garcia 42	
Mike Berney 47		Ryan Hite 19	

Men 25+ 200 Yard Freestyle Relay			
MCM A			2:05.56 U
Thomas Lamar 43		Brian Johnson 42	
Sean Gettmann 31		Frank Mitchem 39	

Mixed 19+ 200 Yard Freestyle Relay			
MCM B			2:13.55
Iris Murray 60		Kurt Wolf 23	
Thomas Lamar 43		Sara Lynd 22	

Mixed 19+ 200 Yard Medley Relay			
MCM A			2:10.16
Sara Lynd 22		Kurt Wolf 23	
Frank Mitchem 39		Tara Strand 29	

WSU A			
Debbie Snyder 38		Doug Garcia 42	
Catherine Murphy 47		Ryan Hite 19	

Mixed 25+ 200 Yard Freestyle Relay			
MCM A			2:03.45 U
Tara Strand 29		Steve McGeehan 48	
Frank Mitchem 39		Deborah Bell 51	

Mixed 35+ 200 Yard Freestyle Relay			
WSU A			2:00.79
Catherine Murphy 47		Troy Vanucci 38	
Debbie Snyder 38		Eric Doering 42	

Mixed 35+ 200 Yard Medley Relay			
MCM A			2:56.91
Deborah Bell 51		Glen Murray 65	
Thomas Lamar 43		Iris Murray 60	

Steve Omi Memorial Open Water Swim

Date: Sunday July 18, 2003
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 13, 2004
- 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
--------------------------	-----	---------------------------------	------

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)

New Registration Renewal, my current USMS Number is _____

Please check appropriate level

Individual Registration \$30.00 Couples Registering together \$55.00 Senior Registration (age 60+) \$27.50

Late Year Registration \$15 (for those registering in September or October)

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** _____

Sun Smart

According to the most recent estimates from the National Aeronautics and Space Administration, the ozone layer is being depleted at a rate of 4-6 percent each decade. This means additional UV radiation is reaching the Earth's surface and our bodies. We can take protective measures by following the steps .

These steps come from many organizations, including the American Academy of Dermatology, American Cancer Society, Skin Cancer Foundation, National Cancer Institute, the Food and Drug Administration and the National Weather Service.

Avoid the sun: The sun's rays are the strongest between 10:00 and 3:00, so it's important to avoid the sun during those hours. Avoid the sun when the UV index is high. The UV index is a number from 1 to 10+ that indicates the amount of UV radiation reaching the earth's surface during the hour around noon (if you are outside). The higher the number the greater the exposure to UV radiation. This number is forecast daily in many cities by the National Weather Service.

Cloudy skies can fool you! Clouds block out only 20 percent of UV radiation. And UV radiation passes through water, so you aren't safe from it while in the water. Sand and snow reflect sunlight and increase the amount of UV radiation you get. The vast majority of UVA passes through window glass and can cause skin damage (more on UVA and UVB below). UV radiation increases 4 percent for every

1,000 feet increase in altitude.

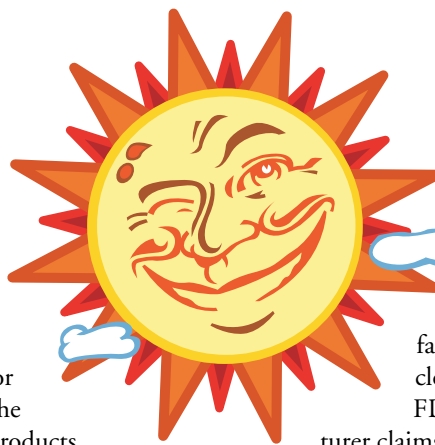
Use Sunscreen: Sunscreens and sun blocks absorb, reflect or scatter some or all of the sun's rays. Sunscreen products labeled "broad spectrum" protect against two types of radiation: UVA and UVB. It was previously thought that only UVB caused skin damage but scientists now believe that both can cause sunburn, damage to the skin and skin cancer.

Some products only protect against UVB, so read labels carefully! The FDA requires labels of all sunscreen and sun block products to state the SPF or sun protection factor. The higher the number the longer a person can stay in the sun before burning. The FDA suggests 30 as the upper limit as anything above that level offers little additional benefits and may expose people to dangerous levels of chemicals.

Wear a Hat: A hat with at least a 3" brim on all sides can protect the neck, ears, eyes and scalp.

Wear Sunglasses: Sunglasses should block 99-100 percent of UVA and UVB radiation. Read the label, don't go by how dark the glasses are. UV protection comes from an invisible chemical applied to the lenses. Larger frames protect more. Children should also wear sunglasses.

Cover Up: Wear a lightweight, long-sleeved shirt and pants or long skirts. Most



materials absorb or reflect UV rays.

A tightly woven fabric is best. Sun protective clothing is regulated by the FDA only if the manufacturer claims it has medical benefits such as preventing skin cancer. Currently no products qualify as sun protective under this policy.

Avoid Artificial Tanning: Many people mistakenly think tanning beds are harmless because they primarily emit UVA rays. UVA can cause serious skin damage too. Sunlamps also increase radiation risk.

Check Skin Regularly: The best time to do a skin exam is after a bath or shower (you can check all areas). Get to know your moles, blemishes and birthmarks so you can tell if they undergo any changes. Look for changes in size, texture, shape and color or a sore that does not heal.

Remember skin cancer is very slow to develop. The sunburn you received as a child may take 20 or more years to become skin cancer. Tanning is the skin's response to UV light. It is a protective reaction to prevent further injury to the skin from the sun. It does not prevent skin cancer. People with higher risk are those with fair skin, Northern European heritage or those with a family history of skin cancer.

Open water season will be here soon and we all enjoy being outside in the sun during the summer—protect yourself from the sun!