

SPLASHMASTER

Volume 7 Number 4

2003 USMS Newsletter of the Year

November 2004

Challenge Yourself!

BY KEITH GRAVEL

Everyone needs to challenge themselves once in a while! Whether it is a simple challenge to just get into better shape, to lose weight, or to compete in some event.

Theodore Roosevelt once said, "Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure, than to rank with those poor spirits who neither enjoy much nor suffer much, because they live in a gray twilight that knows not victory nor defeat."

On the eve of September 1, 2003, marking the month I would turn 30, I signed up for Ironman Coeur d'Alene. This wasn't some spur of the moment decision. During college I had written down future goals that I wanted to achieve before turning 30. So far I married the most wonderful person, who loves to exercise as much, if not more, than I do. We have started a family. I have a rewarding career and have become a licensed engineer. The Ironman was the only thing I could think of that I hadn't checked off. Years of soccer left my ankles and knees in poor condition

for long distance running. So I had given up on the idea of competing in an Ironman after a few long runs had left me in pain.

My interest in Ironman competition sparked again when my high school friend Jon finished the June 2003 Coeur D'Alene Ironman. Jon and I had spent countless hours swimming together during high school. Jon went on to swim in college and I went on to Washington State University for the engineering program and started swimming masters.

College was also the time when I started doing international distance triathlons and was hooked. It didn't take long to get Jon hooked as well and we were competing with each other

again. So now I couldn't let Jon outdo me! If Jon can finish an Ironman so can I!

So on September 1, 2003, had 42 weeks to get ready. I first asked Dana for her support on the whole undertaking. It was going to be a strain on both of us, and our six-month old son Ryan. I had to juggle being an engineer for 50 hours a week, training from 10 to 20 hours a week, being a loving husband and daddy, and finding time to sleep.

With any big goal or challenge you should always set little goals along way to keep motivated and to check progress.

see CHALLENGE on page 3



Inland NW Masters Calendar

November 1, 2004

Registrations taken for 2005 calendar year, renew your membership today, renewal form on page 11. Team registrations due to Sue Dills by January 1.

December 1, 2004

Entry forms due postmarked for Fall Classic Swim Meet to be held at Sandpoint West Athletic Club on December 11 entry form on page 5

December 11, 2004

Fall Classic Swim Meet (SCM)
Sandpoint West Athletic Club, Sandpoint, ID
Deck entries taken

December 31, 2004

All 2004 memberships in USMS expire

January 1, 2005

Happy New Year, have you renewed your USMS registration?

January 12, 2005

Entry forms due postmarked for New Years Splash Meet to be held in Wenatchee on January 23 entry form on page 8

January 23, 2005

New Years Splash Meet (SCY)
Wenatchee High School, Wenatchee, WA
Deck entries taken.

February 12, 2004

February Frolic Swim Meet at Spokane Club, entry form in next issue of the *Splashmaster*

March 25 & 26, 2005 (tentative)

Inland NW Masters Champs (SCY)
Gibb Pool, Pullman, WA, entry form in the next issue of the *Splashmaster*

April 9 & 10, 2005

NW Zone Short Course Yards Champs
King County Aquatic Center, Federal Way, WA entry form in the next issue of the *Splashmaster*



Inland Northwest Masters

Local Masters Swimming Committee Board and Team Representatives full contact information available online www.InlandNWMasters.org

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Volume 7 Number 4

November December 2004

www.InlandNWMasters.org

Published irregularly by: Washington State University
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GE04018

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Email Communication and Web Site

Get on the information highway with the Inland NW Masters email list. All swimmers whether registered with Inland NW Masters or not can sign up to get the free Inland NW Masters email announcements. These messages will come approximately five-six times a year, and will contain information about up coming events and important deadlines. You will be able to sign up, change your email address or drop off the list anytime you desire, as the list is automated. In addition, this is a no spam list. The list will be managed by a few members of the Inland NW Board, and will not be sold



for any purpose. Only messages with relevance to Inland NW Masters swimming will be communicated through this list. **To sign up for this list, just visit the Inland NW Masters Web site at www.InlandNWMasters.org and click on Email Announcements.**

In addition to the email announcements feature, the Inland NW Masters Web site has been rennovated. New sections have been added to contain the Inland NW records for all three swimming courses, links to the Sandpoint Long Bridge Swim, and the Steve Omi Swim, and the Inland NW Masters Constitution, Bylaws and sanctioning requirements.

Quality Swim Adjustment Proposed as Emergency Rule Change

103.13.3 – Adjusted Official Time

A time adjustment standard shall be applied to each swim based on the following:

In Water Time Adjustment, will rate each swim based on the following:

- Good stroke mechanics (body rotation, stroke/kick timing, etc.)
- Smoothness in water
- Body position while swimming
- Clean entry at start
- Generally looks good in the water
- Goggles and cap staying on (Note: wandering back and forth in the lane will not be considered negatively since the swimmer is already covering more than the allotted distance)

Out of Water Time Adjustment, will rate the swimmer on the following:

- Style of swim wear
- Beer belly hold-in (ability to hold in stomach prior to the start of the race)
- Swim suit seam alignment
- Location and style of any tattoos
- Pre-race routine behind blocks
- Amount (or lack of) body hair (size of cuts from shaving shall be considered)

- Amount of money donated to the USMS Endowment Fund (receipt must be submitted to the judges prior to the swim)

Judging—there shall be ten judges assigned as follows:

- Four (4) swim coaches
- Four (4) swimmers entered in meet
- One (1) swim wear distributor
- One (1) “certified” official (to be a certified official one must have 20/20 vision in both eyes, have a pulse and not be swimming in the meet).

Judging is based on a point system basis from -10 to +10 in .5 increments. The high and low scores will be dropped and the remaining eight scores will be averaged. The “in water” and “out of water” scores will be combined and subtracted (or added) from/to the final swim time to determine the final (adjusted) time.

Justification: To help promote masters swimming, swimmers should not only be able to swim fast but look good while doing it (in and out of the water). The Quality Swim Time Adjustment (QSTA) will be used as a tool to help swimmers look better while helping to influence more people to join Masters Swimming (to look good as well).

—David Diehl



CHALLENGE from page 1

So I signed up for the Tempe Soma Half-Ironman in November, the Phoenix Rock-N-Roll Marathon in January, and a final tune-up an international distance triathlon, the Tempe Challenge in May.

With work, training time was limited. So I put in what I called base miles with speed and strength work. I would do a spinning class two to four times a week with a four to six mile run before class and an occasional swim after class. On the weekends I would go for long bike rides and runs.

In the Soma Half-Ironman I finished with a time of four hours 36 minutes and placed sixth in my age group and 18 overall.

After the Half Ironman, I changed my focus to running and getting ready for the Rock-N-Roll Marathon. I had nine weeks to be ready. With the training I had been doing I already had a good base. I kept my spinning classes during the week but dropped the long bike rides on the weekends and just increased the run miles.

Meeting the Challenge

BY KEITH GRAVEL

What an Awesome Experience. The first swim loop I felt like I was in a washing machine. The second loop was much nicer. The first bike loop I was a little excited and took it out a little to fast, but relaxed on the second loop and felt pretty good starting the run.

The first 10 miles on the run went good I was nice and steady. I was only walking a little bit through the aid stations. Then I hit a wall, mile 14 to 20 really sucked. I did a lot of walking. I was trying to do every 6 miles under an hour so far so good. I hit mile 20 at about 3hr 10 minutes. At mile 21 my calves started to cramp up. I stopped and stretched and started going again. My watch said it was 5:10 pm so I had 50 minutes to do 5.2 miles in order to break 11 hours. I got back to my routine of only walking through the aid stations and jogging between them. The sun was starting to drop and it was cooling off.

I was keeping pace with another runner when we noticed with one mile to go we had 8 minutes to finish in under 11

hours. We decided to hammer it home. Making the last turn on to the final straight away (which looked very long but was down hill) I just started to fly, the crowd was cheering and I could hear the announcer saying we had just over a minute to break the 11 hour mark "lets get these guys in" I was the last one to cross under the 11 hour mark.

Hearing "YOU ARE AN IRONMAN" choked me up and the fact that I had just sprinted a quarter mile and was trying to catch my breathe.

I went out to dinner with two high school buddies. Everything sounded good until it hit my stomach. Then I wasn't so sure about it. My body was still in shock. It wasn't sure what to do with real food.

We went back to the race and watched the last athletes to come across the finish line. By this point I could barely walk, my calves were in a lot of pain and my quads were starting to get sore as well. My friends helped me back home. I'm not sure how I got out of bed Monday morning. It was a long flight home! Too long to be sitting down.

Four weeks before the marathon I did my longest run at 20 miles. I had some good soreness in the knees but knew I would be able to go the distance. Next I tapered.

On January 11, 2004, I completed the Rock-N-Roll Marathon, my first ever, and finished in three hours, and 30 minutes.

After the marathon I was back into training. I was teaching a spinning classes four days a week, and shifted my focus to building leg strength for the rest of January and February. I would lift on Tuesday and Thursday and do a four to six mile run on Wednesday and Friday before spin class and an occasional swim after class. I dropped long runs to give my knees a break and started adding back the long bike rides on the weekends. In late April I rode my first century in five hours and 20 minutes.

The Tempe Challenge in early May was the next goal towards meeting my challenge. For most people this is a tough event. I was looking at it as a sprint. My goal was to go all out on the bike so my

legs would feel tired on the run—that's what I did. After cruising the swim at 25 minutes, I posted the third fastest bike split averaging 23.4 miles per hour. I cruised the run holding 7:15 miles for a 10k time of 45 minutes. The overall time was two hours 17 minutes, placing third in my age group and eighth overall.

On May 16 -17 I did a little cross training and hiked the Grand Canyon Rim to Rim to Rim, covering 48 miles and 20,000 feet of elevation change in approximately 30 hours. I stayed the night on the North Rim—great mental preparation for the Ironman. I was on my feet for 10 hours on back to back days.

Having trained for 40 weeks, logging over 34 hours (63.3 miles) of swimming, 188 hours (3534 miles) of biking, and 94 hours (630 miles) of running, I was ready to meet the challenge. On June 27, 2004 I completed my challenge, and finished Ironman Coeur d'Alene in just under 11 hours!

What is your next Challenge?

VIEW FROM THE CHAIR

Susanne Simpson, Inland NW Masters Chair

Greetings fellow lovers of chlorine! I hope you are having a fabulous fall and this edition of *Splashmaster* finds you happy and well.

This summer I had the opportunity to travel to Riccione, Italy and compete in the 2004 FINA World Masters Championships. It was an exhilarating experience to travel so far away from home and compete against swimmers from all over the world. The meet



From left, Laura Winslow of Arizona Masters, Susanne Simpson of Inland NW Masters, and Nadine Day, of Central Masters

was a beautiful example that the passion for swimming crosses all boundaries and borders. There were over 8,000 athletes participating in the five aquatic disciplines: competitive swimming, open water swimming, synchronized swimming, diving and water polo.

The FINA rules state that regardless of the country of origin for a meet, and prior to the start of a race, the command will be "Take your mark" in English. When I was preparing for a race in Italy, five young Italian men approached me and asked, "what is it they say at the beginning of each race and what does it mean?" It seemed ironic that here I was in their country for a swimming competition and they were asking me what was being said at the beginning of each race. I should have been asking them.

The camaraderie and friendships that I have gained since joining USMS are rewarding and invaluable. Two individuals, one a close friend from Arizona, and another a new friend from Great Britain, earned the lions share of credit for my gold medals in Italy.

Right before my 400 meter freestyle race, my dear friend, Laura from Arizona (who had just competed in the event herself), asked me if it would help me if she gave me some sort of sign if it looked like I had a chance to win. My competition was primarily the two women who had already annihilated me in the 800 meter freestyle. The winner of the 800 was right next to me in lane 2 (I was in lane 1). The second place finisher in the 800, Charlotte from Florida, was way over in lane 7; so she might as well have been on the moon considering my pool visibility.

I really didn't think I had much of a chance of beating these two pool sharks, but I appreciated Laura's positive outlook. At the 200 mark I realized I was pulling away from lane 2, although lane 7 was still a mystery. I was so surprised when I flipped at the 300 meter mark. Laura and another friend were flapping their arms like crazy birds and jumping up and down like they were on a trampoline.

I couldn't believe she was telling me that I had a chance to win! I felt all of Laura's energy and enthusiasm and swam my fastest 100 of the race. Charlotte was one half second ahead of me at the 300 and I passed her in the final 10 meters. Charlotte congratulated me at the end and said, "I didn't even see you." I told her I didn't see her either, but Laura did. If it wasn't for Laura, I would not have won.

My 200 meter butterfly race also had an interesting twist. A new friend from Great

Britain came up to me about an hour before the race and said, "Susanne, remember we really need to look out for Beatriz from Brazil." I didn't even know who she was talking about! It was the last day of the meet, I was tired and seeded first by over 15 seconds. I was planning on just swimming to win the heat. So now who was this person I was supposed to look out for? I was completely in the dark.

Beatriz had entered a time of 3:38, a time much slower than her actual ability. Although 40 years old, she was seeded with 65-69 year olds. Imagine how petrified I was to watch her swim a 2:34! Thanks to Debbie from Great Britain, I now knew I had to swim for the fastest overall time, not just to win my heat as I had originally planned. I barely won the event with a 2:32 and immediately after I got out of the water Beatriz came over to introduce herself and congratulate me. Her previous best time was what I had just swum.

Her plan to surprise the 40-44 year old group almost worked. Once again, a friend and fellow competitor helped me win. I told Debbie that I owed her the gold medal. I learned an important lesson, it doesn't matter what you are placed before the race.

Meeting swimmers from around the world, competing in a world competition and being part of the excitement and energy surrounding a world competition is an experience of a lifetime. And guess what! If you haven't already heard, the 2006 FINA World Masters Championships are in our own backyard. USMS is hosting the competition in Stanford California in August 2006. It is rumored to be the largest world masters competition yet, with over 10,000 athletes expected to participate. I encourage you to be one! The time standards for Worlds are much easier than our Nationals. You can look up the 2004 standards on the USMS web site. Stanford in 2006 is an event you shouldn't miss! I hope to see many from the Inland Northwest there. So, put it on your calendars now and go jump in the pool!

SANDPOINT WEST ATHLETIC CLUB MASTERS

Fall Classic Swim Meet

SATURDAY DECEMBER 11, 2004

Date/Times: Saturday, December 11, 2004. Warm-up starts at 8:30 am, Meet starts at 9:00 am, second warm-up at 10:00.

Sponsor: Sandpoint Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United State Masters Swimming Inc. (USMS) Sanction number 3541211.

Eligibility: All swimmers must be currently registered IWMSC/USMS swimmers. New registrations (found in the *Splashmaster*) 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 December 1, 2004. Incomplete or late entries will be treated as "deck entries."

Fees: \$8.00 for entries sent before December 1, \$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.

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.

Directions: Take I-90 east or west to US Highway 95 in Couer d'Alene. Go north on Highway 95 to Sandpoint. Cross the long bridge into town traveling on First Street. Stay on First Street through town, staying in the left lane. First Street turns left onto Cedar, continue on Cedar through stoplight at Chevron station and turn left (south) onto Division. Turn right onto Pine and look for Sandpoint West Athletic Club on the left. For more information call Mike Brosnahan at (208) 263-6633.

Postmarked by: December 1, 2004
Mail Entries to: Margaret Hair
 408 Vista Drive
 Coeur d'Alene, ID 83815
Entry Fee: \$8.00 prior to December 1
 \$12.00 for Deck Entries
Checks payable to: IWMSC

Name _____ Male Female Birthdate _____ Age _____
 Address _____ City, State, Zip _____
 Phone _____ USMS # _____ Team _____

Meter Times Please • Maximum of 5 Individual and 3 Relay Events.

- | | | |
|--|--|---|
| 1) 400 M Ind. Medley _____
2) 800 M Freestyle _____
Second Warm-Up at Approx. 10:00 am
3) 200 M Freestyle Relay
<p style="text-align: center;">10 Minute Break</p> 4) 50 M Freestyle _____
5) 100 M Breaststroke _____
6) 200 M Backstroke _____ | 7) 50 M Butterfly _____
8) 200 M Ind. Medley _____
9) 400 M Mixed Freestyle Relay
<p style="text-align: center;">10 Minute Break</p> 10) 100 M Freestyle _____
11) 200 M Breaststroke _____
12) 50 M Backstroke _____
13) 100 M Butterfly _____ | 14) 200 M Medley Relay
<p style="text-align: center;">10 Minute Break</p> 15) 200 M Freestyle _____
16) 50 M Breaststroke _____
17) 100 M Backstroke _____
18) 200 M Butterfly _____
19) 100 M Ind. Medley _____
20) 400 M Freestyle _____ |
|--|--|---|

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.

Your Signature _____ Date _____

MEMBER PROFILE



Name: Ryan Hite

Age: 20

Team: WSU Masters

How long swimming masters:
9 months

Occupation: WSU student studying
Kinesiology

Favorite event: 500 freestyle, or the
crazy relays at the end of the meet

Favorite movie: Dumb and Dumber

Favorite book: Nancy Clark's sports
nutrition guidebook

Favorite food: Gelati (italian ice
cream... its the best)

Little known fact: I've bungee
jumped off the highest bungee in
europe (140m)

Before a race I: like to eat my mom's
homemade energy bars

After a race I: look forward to the
next race... they are addicting

Editors note: Ryan played soccer
in high school and is from the
Spokane area. He came to the
sport of swimming in college.
Ryan's technique and times have
improved dramatically since he
first start swimming with WSU
Masters in March.

Spokane Club Masters Produces National, International Champions

Susanne Simpson (44, SCM) won two events at the FINA Masters World Championships held in Riccione, Italy, June 3-13. The championships are like the Olympics for masters competitors and are held every two years.

Susanne competed in five events over seven days of competition. The first day was the 800 meter Freestyle with Susanne finishing third in a time of 9:41.90, a personal record (PR). On the third day she won the 400 meter Freestyle in stunning fashion—passing the second place finisher in the last 15 meters to win by less than a half second; again a PR of 4:39.93. The following day, she was second in the 100 meter Butterfly in a time of 1:07.61. She just missed winning the 200 meter Freestyle, on the sixth day being touched out by 3 tenths of a second with a time of 2:13.65. On the final day, Susanne won her signature event, the 200 meter Butterfly, in a respectable 2:32.57—winning by almost 2 seconds.

Suzanne Dills Qualifies for World Masters Championships

Suzanne Dills, (59, SCM) competed at the USAT Triathlon National Championships in Shreveport, LA, September 18. This Olympic distance triathlon (1.5k swim, 40k bike, and 10k run) brings the best in the United States to one venue for high-level competition. The top six competitors in each age group qualify to represent the United States in the World Championships the following year.

Sue, competing in the 55-59 age group, was first out of the water in a swim that "seemed considerably longer than 1.5k". She maintained her first place position through the bike and went out on the run feeling strong. About halfway through the run, two women in her age group passed her and would go onto finish first and second. Sue continued on, maintaining her pace and position, and finished third to qualify for next years champs in Hawaii.

Larry Krauser Wins Three National Open Water Championships

Larry Krauser, (51 SCM), competed in four National Open Water Championships winning his age group in three. Masters Open Water National Championships are open to all masters swimmers and are held in five distances (1 mile to 10k) in different areas of the country during the summer months. Wet suits are not allowed for any of the National Championship Swims.

The 5k National Championships were held in the Atlantic Ocean at Amelia Island, Florida, June 12. Larry won his age group by close to a minute and placed second overall with a time of 1:09:49.

The 2-Mile Cable National Championship was held Eagle Creek Park near Indianapolis, Indiana, June 26. The course consisted of a quarter mile straightaway swum continuously for two miles. Larry was second in his age group and fourth overall; his time was 42:33. The top six swimmers were all within 30 seconds of each other.

The following day Larry traveled to Wildwood, New Jersey, for the 1-mile National Championship (which was 1.4 miles). This swim was in the Atlantic Ocean with the water temperature a brisk 64 degrees. Larry, finished first overall with a time of 28:16; second place was a 22-year old who was 28 seconds back.

The final National Open Water Championship was a 3.5k lake swim at Applegate Lake on the Oregon/California border, July 17. The conditions were perfect with Larry finishing first overall in a time of 42:23. The top two swimmers were together for the entire race until 300-400 yards from the finish when Larry pulled away for the win.

Governance of USMS to Change with 2005 Elections

New Vendor Selected for National Publication

BY DOUG GARCIA

The United States Masters Swimming Executive Committee, Board of Directors and House of Delegates held its annual meeting in Orlando this past September. Many items were on the table for discussion including the contract for producing the official publication, and the reorganization of USMS's governance, among other issues.

In a hotly contested issue, the USMS Executive Committee recommended to the House of Delegates the organization not renew its contract with Sports Publications Inc. (SPI),—the publisher of *Swim Magazine* for the past 12 years. The Executive Committee strongly suggested the organization approve selecting Douglas Murphy Communications (DMC) as the new production company, with USMS becoming the publisher of a new magazine with a working title of *USMS Swimmer Magazine*.

Representatives of DMC were in attendance at the convention and presented mock-ups of the proposed publication. In their presentation DMC indicated they could produce a magazine more cheaply than SPI, thus saving USMS money as part of the deal.

Unlike the relationship with SPI, under the agreement with Douglas Murphy, USMS would become the publisher of the magazine. This would allow USMS to retain full rights to the magazine including content direction, reprint rights as well as most of the income from advertising.

Some of the issues called into question included: the process in which the Executive Committee utilized to put forth the recommendation, the financial and legal ramifications of the deal, and the fact that DMC had no swimming expertise.

It was apparent from the vote taken and the discussions held there was a significant affinity for SPI, particularly considering that many of SPI employees are registered Masters Swimmers in contrast to DMC. After all the discussions were completed, the House of Delegates voted 97-89-3 to

approve, a vote of 95 votes was required to pass the proposal. USMS members will begin receiving the new publication with the March/April 2005 edition.

Governance

The other major topic of discussion at the convention was the future governance of the organization. The Planning Committee put before the House of Delegates a proposal to reduce the Board of Directors from 40+ members to 17, and to change the composition of the Executive Committee to include four vice presidents.

Under the proposal approved by the House of Delegates the new Executive Committee would have in place of the current vice president and zone chair, four vice presidential positions (vice president of member services, vice president of community services, vice president of national operations, and vice president of location operations).

The composition of the Board of Directors under the new alignment would include all voting members of the Executive Committee, and a director from each of the eight zones to be nominated by each of the zones and elected by the House of Delegates.

Other Actions

The House of Delegates approved a measure to allow all USMS members to compete in all sanctioned competitions. Starting in 2005, anyone 18 and above will be eligible to join and compete in the organization.

USMS presented a number of volunteers with a variety of awards at the annual meeting. Receiving the Speedo Coach of the Year was Scott Williams of the Olympic Club in San Francisco, Newsletter of the year honors went to Oregon Masters Aquamaster and editor Dave Radcliff, National Championship Award to Hill Carrow of North Carolina, David Yorzyk Award to Barbara Dunbar of San Diego, the Fitness Award went to Jody Wellborn of Oregon Masters, and finally 15 Dorothy Donnelly

USMS Service Awards were presented to volunteers from all over the country.

Finally the 2006 short course yards championships will be hosted by Coral Springs Florida tentatively set for May 4-7. There will be no long course championships in 2006 due to the 2006 FINA World Championship to be held at Stanford University August 7-14. Championships for 2005 were set last year and will be in Fort Lauderdale, Florida, May 19-22 for SCY, and Mission Viejo, Calif. August 11-15 for LCM.

2003-2004 SHORT COURSE YARDS TOP TEN

Jennifer Korhatis (WVM, 30-34)
200 Backstroke, Ninth, 2:19.54

Susanne Simpson (SCM, 40-44)
200 Freestyle, third, 1:58.98; 500 Freestyle, second, 5:22.16; 1000 Freestyle second, 11:03.36; 1650 Freestyle, second, 18:14.68; 200 Butterfly, fourth, 1:00.58; 200 Butterfly, third, 2:13.96

Suzanne Dills (SCM, 55-59)
500 Freestyle, third, 6:22.03; 1000 Freestyle fifth, 13:26.79; 1650 Freestyle, fourth, 22:04.56; 100 Backstroke, seventh, 1:20.36; 100 Individual Medley, sixth, 1:17.58; 200 Individual Medley, third, 2:43.68; 400 Individual Medley, third, 5:54.39

Madonna Buder (UNA, 70-74)
1650 Freestyle, ninth, 33:56.20

David Krueger (VVM, 45-49)
1650 Freestyle, tenth, 18:26.36

Larry Krauser (SCM, 45-49)
50 Freestyle, fourth, 22.68; 100 Freestyle fourth, 49.74; 200 Freestyle, second, 1:49.58; 500 Freestyle, second, 5:05.58; 1000 Freestyle, fourth, 10:38.36; 1650 Freestyle, second, 17:36.81; 200 Backstroke, eighth, 2:14.84

WENATCHEE VALLEY MASTERS PRESENTS

New Year's Splash

SUNDAY JANUARY 23, 2005

DATE / TIMES: Sunday, January 23, 2005. 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 3550123.

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 2005 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

DEADLINE: All entries must be postmarked by January 12, 2005. Incomplete or late entries will be treated as "deck entries."

FEES: \$8.00 for entries sent before January 12, \$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 be propped open.

POSTMARKED BY:	January 12, 2005
MAIL ENTRIES TO:	Margaret Hair 408 Vista Drive Coeur d'Alene, ID 83815
ENTRY FEE:	\$8.00 prior to January 12 \$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. 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 _____

Atkins Diet For Swimmers?

BY ALAN W. ARATA, PH.D.

It is hard to go to the grocery store these days without seeing the word Atkins in nearly every aisle. Whoppers can now be ordered 'without the bun' and sub sandwiches with a wrap instead of bread. The Atkins—or low carbohydrate, high fat and protein—Diet has swept the nation. Undoubtedly some of these Atkins dieters are parents of swimmers, which is why I'm writing this article.

Now, many of my colleagues think that the Atkins Diet is a fad that will disappear

in a few years. As a multi-billion dollar low carbohydrate food industry has already spun up around the diet, it may be more like 10 to 20 years. The Atkins Diet does work. I have seen people lose 75 pounds in a very short time (a couple of months) on Atkins. But is it healthy to lose 75 pounds in a short time eating a high fat diet? No. Then again, is it healthy to be 75 pounds over weight? No.

The truth is that the right way to lose weight 10 years ago is still the right way to lose weight today. Eat a low fat diet and exercise. If people burn more calories than

they take in, they will lose weight—this is universal no matter what diet is used. It is healthy to eat a low fat diet and healthy to exercise. Many people, however, don't take the time to exercise, and it is true that carbohydrates are stored in the body as fat if not burned. So, a low carbohydrate diet works for them. Now the goal of this article is to emphasize the following—the Atkins Diet and exercise of moderate to high intensity (like competitive swimming which is very high intensity) don't go together. Carbohydrates are the energy source burned during high intensity exercise (i.e. swimming) and the Atkins Diet hardly provides enough to make it through a warm-up. This leaves swimmers having to perform on fats, which is like "hitting the wall" or "bonking" before they hardly get started. Fats can only be used as fuel for the muscles at lower intensities—meaning swimmers will have to swim slower. This is neither good for racing nor for training.

My concern is that swimming parents who want to change their own diets to include more fats and proteins, will also change the diets of their swimmers. It's hard not to. Families plan meals at home and usually everybody eats the same thing. This can be detrimental to your swimmer's success. Swimmers need carbohydrates not only for swimming meets but also to a greater extent for practices. So, for you adults who are on or considering the Atkins Diet, make sure that your meals have fats, proteins and carbohydrates. You eat the fats and proteins and your swimmers should eat a balanced diet including lots of carbohydrates (25% fats, 15% proteins and 60% carbohydrates). Think of the old nursery rhyme, "Jack Sprat could eat no fat, his wife could eat no lean, so between the two of them, they licked the patten clean." That can be you Atkins parents out there and your fast-moving, carb-needing swimmers.

For more swimming nutrition and other parent-related swimming information, go to www.swimmingparent.com

2004 Open Water Wrap-up

Omi and Long Bridge Swims set attendance records

The 2004 open water season for the Inland NW area started off on July 18 with the Steve Omi Swim in Lake Coeur d'Alene. This was the 11th year for the Omi Swim which raises funds for Coeur d'Alene area swimmers heading off to college. This year for the first time, participation broke the 100 mark. The day was clear, and the water was perfect for some great swims. The top ten finishers were:

1	Sarah Finley	17	F	20:17
2	Rich Swaboda	38	M	20:18
3	Ian Dahlke	18	M	20:20
4	Pat McChesney	54	M	20:52
5	Paul Brem	22	M	21:25
6	Christian Johnson	15	M	21:40
7	Jonathan Siegler	17	M	22:05
8	Michael Harris	29	M	22:24
9	Caroline Campbell	15	F	22:42
10	Mark Comfort	50	M	22:51

The Sandpoint Long Bridge Swim celebrated its 10th anniversary with over 400 participants completing the 1.76 mile course. The day was perfect, calm waters and water temperature in the low to mid 70s.

The top 10 finishers were:

1	0:34:18	Matthew Benoit	Kent Wa	16	M
2	0:35:18	Nick Blank	Hayden Id	15	M
3	0:35:41	Larry Krauser	Spokane Wa	51	M
4	0:35:45	Marshal Renz	Spokane Wa	16	M



5	0:36:27	Lee Nelson	Spokane Wa	16	M
6	0:37:17	Lyman Drown	Moscow Id	19	M
7	0:37:24	Miranda Moore	Spokane Wa	16	F
8	0:37:29	Summer Morgan	Nine Mile Falls Wa	17	F
9	0:37:30	Brian Gallagher	Ketchum Id	49	M
10	0:38:06	Annie Warner	Spokane Wa	24	F

This Stuff Really Works

Twenty Proven Things that Can Help Your Masters Program

BY BOB BRUCE

This year at the United States Masters Swimming annual convention, the coaches committee presented a clinic directed at aiding coaches and team leaders—though open to all swimmers. Bob Bruce of Oregon Masters Swimming and USMS coaches committee chair presented a session on techniques to help masters programs grow.

1. Develop and use an annual plan for the whole team. This allows for preparation for events, whether the entire team attends or not. Back date from important events to help prepare swimmers.
2. Modify the annual plan to include triathletes. Give triathletes 75 percent of their workouts to Freestyle, but also ask a commitment from triathletes to do 25 percent strokes other than Freestyle.
3. Ask each swimmer to set personal goals every year. This includes fitness swimmers—whose goals could be to feel good, look good, and have fun.
4. Talk with each swimmer at least three times a workout.
5. Challenge every swimmer everyday. Challenges need to be appropriate for the level of the swimmer. Encourage

beginner swimmers not to hang on the wall, more advanced swimmers to focus on good streamlines and turns among many challenges.

6. Eliminate the slow lane. Have a fast lane, a faster lane and a fastest lanes. The reality is, most master swimmers, swim faster than most of the rest of the population.
7. Keep group stroke drills basic and simple.
8. Use regular test sets to keep swimmers improving. For example, 30 minutes of 100s at an interval that allows approximately 10 seconds rest, how many 100s can the swimmer do—anaerobic threshold—and possibly a sprint test.
9. Use videotaping often. If a picture is worth a 1000 words, videotape is worth a million.
10. Hold clinics often (usually lasting two hours). Workouts are spotty for instruction and technique, clinics get people on the same page.
11. Create a program interest list. Most lap swimmers are waiting to be invited to participate in masters swimming.
12. Establish a scholarship fund to provide for college students or those less fortunate.

13. Recruit and develop relationships with local sponsors. The financial goal of having local sponsors is to have the team support their local business, as well as the business supporting the team with equipment and travel costs.
14. Take your local sports editor to lunch. In major metro areas, these people usually are not aware of Masters swimming, you need to help educate them. In smaller markets, most sports editors are looking for something different—Masters Swimming could provide that story.
15. Support other aquatics groups such as USA Teams, water polo clubs, triathlon clubs, etc.
16. Support local charities.
17. Ask permission from swimmers families by asking them to participate not only at social functions but at all events. Open water events are great for family camping!
18. Hold social events often. "Its not the time that you did, its the time that you had." Make every event a party, keep events creative and fun!
19. Make every event a party!
20. Keep it fun!

2005 Inland Northwest Masters Team Registration

Team Name _____ Team City and State Location _____

Head Coach's Name (if different from Team Representative) _____

Team's Web Site if available _____

Street Address _____

Team's 3 letter/numeral code for results _____ Location of Workouts _____

City _____ State _____ Zip _____

Team Representatives Name _____

Phone _____

Street Address _____

Email _____

City _____ State _____ Zip _____

Only currently registered teams are eligible participate in relays and score team points at Inland NW Masters Meets. **Registration fee is \$10 annually**, and includes one copy of the 2005 USMS Rule Book. 2004 team registrations expired on October 31 (the beginning of the Inland NW short course season). Make check payable to: IWMSC and submit to: Sue Dills, 639 N. Riverpoint Blvd. #3W, Spokane, WA 99202

Phone _____

Email _____

United States Masters Swimming & Inland Northwest Masters 2005 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 2005

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 | |

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.

- I am a certified USA Swimming Official
 I am a certified high school swimming official
 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.

2005 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION (Membership will expire 12/31/2005)

Please check appropriate level • You may start registering for 2005 memberships on November 1, 2004

- Individual Registration \$30.00
 Couples Registering together \$55.00
 Senior Registration (age 60+) \$27.50
 Late Year Registration \$18 (for those registering in September-December, to expire on December 31, 2005)

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

United States Masters Swimming Endowment Fund

In addition to my registration fee, I have enclosed \$ _____ for the USMS Endowment Fund

International Swimming Hall of Fame Endowment Fund

In addition to my registration fee, I have enclosed \$ _____ for the International Swimming Hall of Fame Endowment Fund

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
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SPLASHMASTER

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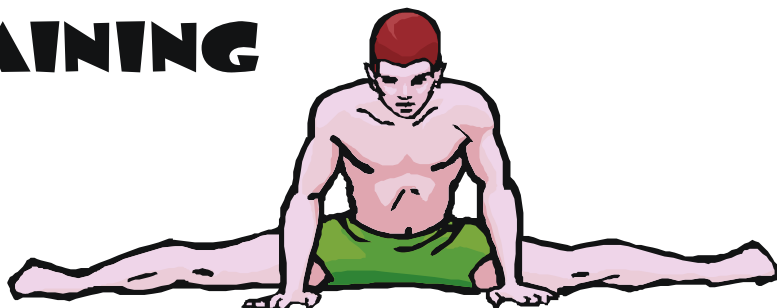
DRY LAND TRAINING

BY DAVID GRILLI

The term "Dry Land" has an interesting connotation. It differs from Cross Training as the latter refers to something we do instead of swimming for general athletic conditioning whereas the former is something we do to augment our swim training and strengthen the swimming specific muscles.

The scope of a good dry land program is to strengthen and stretch the muscles used in swimming. Or at least the ones we are supposed to use. It can involve, weights, medicine balls, stretch chords and the like or it can be as simple as doing certain stretching exercises and sit ups. Most dryland training routines are done after a swimming workout but they could be done before. Dryland training can be done in a group or solo but the group atmosphere may make it more fun.

Start by stretching your shoulders, back and leg muscles. The shoulder muscle stretches involve reaching with a straight arm across your body while pushing on your elbow with your free hand. Another good shoulder stretch is to raise your elbow up over your head while trying to place the palm of your hand on your back. You



can also give your elbow a slight push with your free hand. I like to stretch my back grabbing hold of the starting block with a hand on either side. Place both feet slightly under the starting block and lean your butt away from the block as you lower your head until it almost contacts the starting block. Stretch your legs by placing your heel on the starting block with your toes pointing up, keep your knees straight and lean the upper half of your body forward and down. After you do this, stand up straight with your feet shoulder width apart and bend forward keeping your knees straight.

It's amazing the varying degrees of flexibility people have. Stretching exercises will improve your swimming because it will be easier and consume less energy for you to be in a streamline position. More flexible swimmers tend to be better swimmers.

After your stretching exercises you will want to do your strengthening exercises. I like to use weight or resistance training machines. Most gyms have all kinds of

torture machines these days but if you are a swimmer using the machines for strengthening the good news is you won't be killing yourself. In fact I recommend using very easy weight in the beginning. You can build up gradually but always maintain high repetitions.

A wise old coach once told me to do the weight machines that strengthened the muscles used in the recovery phase of your swimming stroke as opposed to the muscles used in the power phase. I have tried this and found it works. I like to do the rowing type machines, curls and lateral pullovers. I also find that this adds balance to your overall strengthening regimen. We probably do enough swimming as it is for the power phase muscles.

When you first incorporate dryland training into your training cycle you will be a little sore and may actually slow down a bit in the water. It won't be long though before you speed up.