

April

1975



THE WET SET

PNA MEMBERSHIP \$5.00 PER YEAR (OCT-SEPT) INCLUDING SUBSCRIPTION

"WET SET" SUBSCRIPTION \$2.00 PER YEAR (OCT-SEPT) WRITE: Val Boen, 2041 NE 105, Seattle

BOARD OF DIRECTORS

CHAIRPERSON	Steve Engel, 839-8889	RECORDS & TABULATIONS	Janet Russell, 486-8910
SECRETARY	Audrey Gilbert, 772-2438	MEMBERSHIP	Russell Hall, 854-4685
TREASURER	Michael Bryant, 939-2757	AWARDS	Fred Johnson, 885-7964
PUBLICITY	Suzanne Dills, 232-3654	REPRESENTATIVES	Jack Miller, 776-2091
NEWSLETTER	Valerie Boen, 525-1768		Maxine Carlson, 246-2446

Coming Events

- 12, 13 April AAU NATIONAL INDOOR MASTERS DIVING CHAMPIONSHIPS, Seattle - contact Bill Burgesses, 13703 NE 10th Pl. #101, Bellevue, WA 98001
- 16 April PNA MEMBERS MEETING - 7:00 PM at Audrey Gilbert's home, 10415 Forest Ave. South, Seattle, WA (in Lakeridge)
- 2, 3, 4 May REGION XII SWIM MEET & BANQUET - Issaquah District Pool, Issaquah, WA
- 16, 17, 18 May NATIONAL SHORT COURSE CHAMPIONSHIPS, Ft. Lauderdale, FL, contact Steve Engel, 2005 S. 308, Federal Way, WA 98002
- 21 May PNA MEMBERS MEETING - 7:00 PM at Janet Russell's home, 11302 NE 149th, Kirkland, WA 98033
- 25 May PNA CHAMPIONSHIP SWIM MEET & AWARDS BANQUET - Helene Madison Pool, WA
- 25 May OREGON CHAMPIONSHIP SWIM MEET

FROM THE TOP

I hear that some people from the association are planning to go to the nationals at Fort Lauderdale, Florida on May 16, 17, 18. As you already know, the association has voted to enter as one team at the nationals. So I am serving as a focal point in coordinating entries and plane reservations. If you plan to go please contact me. I have all the necessary forms and entry cards. We are suppose to enter as one team if we plan to compete as one team. Also, there may be a possibility of forming some relays. Let do all we can to unite and score as many points as we can for the PNA!

Steve Engel

BOARD MEETING SUMMARY

OLD BUSINESS

1. Bulk Mailing Rate - Report sent by Mike Bryant that application for permit sent.
2. Regionals (May 2,3,4)
 - a. Location has been changed from Totem Lake to Issaquah. Sponsors will be the Issaquah Parents Booster Club.
 - b. Decision was made by the board to award Team Trophies at Regional Meets. Inland Empire and PNA have agreed to standardize and present larger and better awards.
 - c. Decision was made to hold a banquet for the Region XII meet. See Entry.
 - d. Because of PNA's financial condition, Steve made the following money-making idea: Sell sponsorships to individuals and businesses in the area, and also to PNA members, making it possible for them to buy an ad or sponsor an event.
3. Splashmasters Meet - PNA was well represented. Much enthusiasm was engendered because of PNA Team participation. PNA won the meet by 42 points -- trophy forthcoming. It was reported that their banquet was well attended and highly successful.
4. Snoline "Y" Meet - Jack Miller reported the following: There were timing problems due to inexperienced volunteers. This could be alleviated with a head timer. There were many late entries and this caused a time lag. The meet ran too late and it was felt that a 1650 event should not be run on the same day as the 500.
5. Publicity - Sue Dills sent a report that no article was published. She called the Times and found out that they will take PNA records and National times by phone, but that meet results will have to be submitted in person on the afternoon of the meets.
6. Heat Sheets - A suggestion to be passed on to Meet Directors: Place letter code at top indicating age group -- saves time typing and space.
7. Auburn Meet (April 6) - Vote on constitution and by-laws. Vote on whether PNA can swim as a team for Regional championships. Present nominations.

NEW BUSINESS

1. Newsletter - Val presented a report on the purchase of paper for the Newsletter. The board made a decision to purchase a year's supply of paper and stencils at an approximate cost of \$135.48.
2. Bill-Form (Statement) - Since statements will need to be sent for membership dues and a variety of other reasons a statement form is needed. Copy of a suggested format was submitted to the secretary to mail to Russ Hall, Membership Chairperson.
3. Existing Teams Within PNA - Letter received from Harry Lewis requesting team name and number information. The secretary was requested to answer the letter, send a copy of our by-laws, advising him that when our constitution is ratified we will be registering teams. We will send information to him then.
4. Regional Organization Meeting (3 Voting Members) - PNA-Inland Empire-Oregon region will hold a meeting during the weekend of May 2,3,4. Connie Wilson will represent Oregon, Harry Lewis - I.E., and Steve Engel - PNA. There will also be another person invited to record the minutes. The present plan is to have 2 meetings a year. Steve will be host at this meeting and find a place. The following will be discussed at the first meeting:
 - a. Standardizing the 3 regions
 - b. Meet format
 - c. Rotation system between regions with meets set up 3 to 4 years in advance
 - d. Awards, Banquets, and types of Trophies.
 - e. Meet fees.At summer regional meets, yearly schedules will be worked out.
5. County Pool Report - The county can no longer provide pools to Masters for their meets at no charge and now need full funding of \$14.00 per hour of pool use. Ways to offset this cost are: a. Cut sur-charge to meet hosts; b. Form Booster Club from spouses and teens of Masters Swimmers to run meets; c. Give more volunteer member help to assist at meets; d. Charge \$2.00 surcharge for regionals.

the Relay Race



AS ENDURED BY JACK MILLER (OR JACK MILLER -
SUPERMAN ! AS EDITED BY STEVE ENGEL)

All PNA swimmers who missed the recent "Good Times" Spokane meet lost an opportunity to test themselves both physically and financially. Spokane and PNA decided to duel it for the team trophy. Since PNA was out numbered, the rivalry got so strong that it became a race to see how many winning relays could be formed to win those precious points needed. Steve Engel impressed everyone with his creativity in developing teams for our side and getting the participants to lay out the money for them. By late Sunday it was clear that the winner of the trophy would be the association with the biggest bankroll! We won the trophy — the Spokane treasury won the battle. Now I know how Spokane will fare without Expo — they'll just run more swim meets!

"NOW WHERE WAS THAT FINISH LINE ! ?"

All kidding aside, that was the most fun I've ever had at a swim meet, even if I did go home in a barrel. At the end of the meet, I was so punchy that I didn't know what was going on. (Jack swam 14 events!) The banquet was great, so was the half case of "refreshment" John Downey and I drank before eating. I'm sure glad I didn't go out and jive around Saturday night! I would hate to ruin my image! (Jack went out dancing with "the girls" and then sat up with John til the wee hours finishing the rest of their "refreshments".) The long drive home Sunday night reminded me of something I had forgotten to do during the weekend — SLEEP! Oh well, at least I was able to blame the chlorine for my red eyes when I got home. (He left early Saturday morning with John driving 40 MPH in his old Volkswagon to Spokane and drove it 40 MPH back to Seattle on Sunday night. At least that was better than the swimmer from the Downtown Y who missed his ride and had to hitch-hike his way just in time to make his first event on Saturday.)

A good time was had by all. Many thanks to Harry Lewis and fellow Splashmasters for the fine time! (Same goes for me and the rest of PNA.)

MEET SPONSORSHIPS FOR REGIONAL

Masters Swimmers are faced with higher costs in swimming unless some plans are made to cut these costs. The sponsorship plan is being implimented for the regionals to allow the swimmer to swim more events, pay less per event, and receive outstanding awards.

Here is how it works. You are allowed to get as many sponsors as you want per event. If all the heats are taken in the event your sponsor has paid for, then the sponsor's name and address will be moved to the next event. (Remember, each event is divided into men's and women's — so you have plenty of sponsor space.)

Example: EVENT NO. 9 500 YARD FREESTYLE
HEAT 1 (WOMEN)

SPONSORSHIPS FOR HEATS WILL BE

SPONSORED BY:
Speedy Eats, 21 Ant St., Seattle

\$5.00 PER HEAT PER EVENT.

IN ADDITION every PNA member is asked to participate in selling ads for the Region XII Swim Meet PROGRAM. The price range and size of ads are as follows:

- \$7.50 buys a 3½" X 4" (1/6 page) ad
- \$10.00 buys a 4" X 5½" (½ page) ad
- \$15.00 buys a 5½" X 8½" (½ page) ad
- \$25.00 buys a 8½" X 11" (full page) ad

To make it more interesting, clubs can compete by selling sponsorships & ads to the community. Teams selling over \$50.00 worth will get will get a free team membership with the PNA Masters Swimmers for the year. Teams selling over \$100.00 worth will get a free team ad in the Region XII Meet Program. Individuals doing simular results will receive acknowledgments in the program. Contact Val Boen for more details.



Congratulations

Tony Canlis &

Bob Miller

1974 AAU All-Americans
Masters Swimming

EXERCISE POUNDS AWAY

BY GEORGE SAUER - Chicago Tribune Service

The next time you sip a martini, think of this: To work it off, you'll have to spend 27 minutes walking briskly, 22 minutes bicycling, or 16 minutes swimming. And that's just for a martini, not the olive and hors d'oeuvres that usually go with it.

As if you don't have enough to worry about when it comes to dieting, now there's yet another diet guide to put on the shelf next to your caloric counter, water diet, and low carbohydrate diet books: "Exercise Equivalents of Foods" (Southern Illinois University Press, \$6.95). Written by Frank Konishi, chairman of the department of food and nutrition at SIU, it details 600 foods and the amount of exercise needed to expend their calories.

From milk to macadamia nuts, the list looks bleak. If you want to really indulge yourself with a banana split, be prepared to jog 59 minutes to work it off. Even a nutritious four ounces of orange juice takes 10 minutes of walking to get rid of, calorically.

If you're engaged in hard physical labor, you can consume more than 6,000 calories a day without gaining weight. But most people are behind desks or grocery carts not shovels; so this book offers some practical advice for nearly everyone. For instance, a 22-year-old woman who weighs 130 pounds can have only 2,000 calories a day - not 6,000 - if she wants to maintain her weight.

IF YOU'RE GAINING, not maintaining, first determine your ideal weight. Don't go by the charts put out by insurance companies. Those are average weights, not ideal; that's why they're so generous. Dr. Konishi says your ideal weight is "what you should have weighed at 22 years of age." Unless you were overweight then, take that weight as a goal (if you felt good at that weight, that is).

Dr. Konishi's ideal weight chart seems like a good balance between the too-heavy insurance charts and the too-thin books of fashion models.

For example, a woman who is 5 foot 5 should weigh 116 pounds if she has a small frame, 125 if medium, or 135 if large. "Unfortunately, a precise, simple method of estimating the size of the body frame has not been established; so it still remains your prerogative to select your own body size," Dr. Konishi writes. But don't cheat and say you have a large frame just so that you can soothe your conscience about those extra 10 pounds.

Also, take your age into account when determining your eating patterns. "One reason many people become overweight as they grow older is that they continue to eat as much as they did when they were 22," he says.

THE MAJOR REASONS a person becomes overweight, according to Dr. Konishi, are reductions in the rate of metabolism, overeating habits, and a decrease in the amount of exercise. He doesn't propose that exercise alone will slim you down. That's "a very inefficient and discouraging process." Instead, he recommends a combination of sensible exercise and caloric restriction.

"Exercise Equivalents" includes charts suggesting diet-exercise programs and how long it will take to lose weight when combining them. For instance, it would take 27 days to lose five pounds if you walked briskly (about four miles an hour) 30 minutes a day and reduced your daily food intake by 400 calories.

To lose five pounds, it would take 25 days if you bicycled (at seven miles an hour) 30 minutes and cut out 400 calories a day; 24 days of stepping up and down a seven-inch step for 30 minutes at 25 steps a minute; 23 days of swimming about 30 yards a minute for 30 minutes; and 21 days of jogging 30 minutes per day.

He has chosen walking, bicycling, stepping, swimming, and jogging as the exercises to tabulate for calorie equivalents because they are simple to do, you can do them in your home or neighborhood, and they're not too strenuous.

HERE ARE SOME of the exercise equivalents of calories in his chart:

An 8-ounce glass of beer, 115 calories, takes 22 minutes of walking to wear off, 18 minutes of bicycling, 15 of stepping, 14 of swimming, and 12 of jogging.

A daiquiri, 125 calories: 24 minutes of walking, 19 of bicycling, 17 stepping, 15 of swimming, and 13 of jogging.

Eight-ounce glass of Pepsi-Cola, 105 calories: 20 minutes of walking, 16 of bicycling, 14 of stepping, 12 of swimming, and 11 of jogging.

Twelve-ounce milk shake, 420 calories: 81 minutes of walking, 65 of bicycling, 56 of stepping, 49 of swimming, and 42 of jogging.

One slice of whole wheat bread, 60 calories: 12 minutes of walking, 9 of bicycling, 8 of stepping, seven of swimming, and six of jogging.

A PIECE OF CHOCOLATE fudge, 118 calories: 23 minutes of walking, 18 of bicycling, 16 of stepping, 14 of swimming, and 12 of jogging.

One cup of buttered popcorn, 82 calories: 10 minutes of walking, 8 of bicycling, 7 of stepping, 6 of swimming, and 5 of jogging.

(continued on next page)

1975 BOARD OF MANAGERS BALLOT (TWO YEAR TERM)

PRESIDENT: [] Steve Engel [] 1 ONLY []

SECRETARY: [] Audrey Gilbert [] 1 ONLY []

VICE-PRESIDENT: [] Wallace Hampton [] 1 ONLY []

TREASURER: [] Jack Miller [] 1 ONLY []

* * * * *

REPRESENTATIVES AT LARGE BALLOT

TO BE VOTED ON BY UNATTACHED PNA MEMBERS AND THOSE ON MASTER SWIM TEAMS OF LESS THAN EIGHT (8) PNA MEMBERS. (TWO YEAR TERM)

3 ONLY [] Valerie Boen [] [] Russell Hall

[] Tom Foley []

NAME _____

PNA NO. _____

(THIS INFORMATION IS FOR IDENTIFICATION PURPOSE ONLY AND IS CONFIDENTIAL) BALLOT MUST BE IN HANDS OF SECRETARY, AUDREY GILBERT, 10415 Forest Ave. S., Seattle, WA 98178 BY MAY 10, 1975.

Exercise Pounds Away (cont.)

One slice of Melba toast, 15 calories: 3 minutes of walking, or two of bicycling, swimming, stepping, or jogging.

One cup of plain yogurt, 122 calories: 24 minutes of walking, 18 of bicycling, 16 of stepping, 14 of swimming, and 12 of jogging.

Two strips of fried bacon, 90 calories: 17 minutes of walking, 14 of bicycling, 12 of stepping, 11 of swimming, and 9 of jogging.

THREE OUNCE SIRLOIN steak, broiled, 175 calories: 33 minutes of walking, 26 of bicycling, 23 of stepping, 21 of swimming, and 18 of jogging.

One cup of chili, 334 calories: 64 minutes of walking, 50 of bicycling, 44 of stepping, 40 of swimming, and 33 of jogging.

Half a chicken breast, broiled, 105 calories: 20 minutes of walking, 16 of bicycling, 14 of stepping, 13 of swimming, and 11 of jogging.

One tablespoon of mayonnaise, 100 calories: 19 minutes of walking, 15 of bicycling, 13 of stepping, 12 of swimming, and 10 of jogging.

A hamburger sandwich, 350 calories: 57 minutes of walking, 52 of bicycling, 47 of stepping, 42 of swimming, and 35 of jogging.

Peanut butter and jelly sandwich, 290 calories: 55 minutes of walking, 45 of bicycling, 39 of stepping, 35 of swimming, and 29 of jogging.

Dr. Konishi's list goes on and on (he even lists baked raccoon). So if you feel guilty about that pizza you ate last night and want to work it off, "Exercise Equivalents of Foods" will tell you how far to walk (probably to Indiana).

CORRECTION ON THE NATIONAL RANKING ARTICLE IN MARCH ISSUE

Some confusion arose due to the wording the article. The National Rankings I list during the year are theoretical because meet results come from all over the country. I take the times of our swimmers and compare them to the 1974 Top Ten and fit them in accordingly. The purpose of this is only to give our swimmers a general idea of how they compare with Masters swimmers from the rest of the U.S. Some of our swimmers didn't realize how fast they were!

A reminder to those swimmers who swim in Masters meets outside of our region or in regular AAU meets - if you swim your best time of this year, ask the meet official for your time card. Send the time card to me along with the name and date of the meet. It will be recorded as such and credit if a PNA record. JANET RUSSELL

MEN 45-49 CONT.

50 YARD BUTTERFLY

Barrie Simonson

MEN 50-54

50 YARD FREESTYLE

Warren Milliken

MEN 55-59

50 YARD FREESTYLE

Leonard Longman

John Downey

100 YARD FREESTYLE

Leonard Longman

John Downey

200 YARD FREESTYLE

Leonard Longman

50 YARD BACKSTROKE

Fred Wiggin

100 YARD BACKSTROKE

Fred Wiggin

200 YARD BACKSTROKE

Fred Wiggin

100 YARD IND. MEDLEY

Fred Wiggin

RELAYS

WOMEN

200 YARD FREESTYLE RELAY

35 & UP

Red Shield Tigers 2:45.1

N. McKinney, M. Carlson,

S. Lehman, L. Keller

200 YARD MEDLEY RELAY

25 & UP

B.E.S.T. 2:49.0

S. Henderson, P. Dotson,

C. Behse, J. Estep

35 & UP

Red Shield Tigers 2:53.0

N. McKinney, M. Carlson,

S. Lehman, L. Keller

COED

200 YARD FREESTYLE RELAY

20 & UP

Red Shield Tigers 2:12.7

P. Smothers, S. McQuiston,

E. Reese, T. Foley

25 & UP

B.E.S.T. 2:20.9

J. Estep, L. Longman,

S. Henderson, C. Greene

200 YARD MEDLEY RELAY

20 & UP

Downtown Y 2:14.3

S. Smith, J. Bone,

M. Kennewick, J. Miles

Red Shield Tigers 2:22.5

P. Smothers, E. Reese,

S. McQuiston, T. Foley

Snoline Y 2:32.6

C. Eaton, J. Bonaro,

R. Corwin, J. Miller

COED 200 YARD MEDLEY RELAY

25 & UP

Totem Lake Swim Team 2:20.0*

B. Miller, J. Moon,

C. Scott, J. Ross

B.E.S.T. "A" 2:23.5

D. Behse, C. Behse,

M.L. McElroy, M. McElroy

B.E.S.T. "B" 2:46.0

J. Estep, L. Longman,

S. Henderson, C. Greene

MEN

200 YARD MEDLEY RELAY

20 & UP

Downtown Y 2:00.3

M. Kennewick, L. Schwartz,

J. Woodruff, L. Johnson

25 & UP

Downtown Y 1:56.2*

D. Webber, J. Beach,

C. Ludwig, J. Miles

SPECIAL EVENT

200 YARD 2-PERSON RELAY

WOMEN

20 & UP 2:27.5

P. Smothers, S. McQuiston

25 & UP 3:05.7

J. Twight, L. Kulchinski

MEN

20 & UP 2:00.4

J. Miles, M. Kennewick

25 & UP

R. Harris, S. Smith 2:00.0

B. Miller, C. Scott 2:03.4

ATTENTION PNA SWIMMERS !

Due to several changes instituted recently, I feel it is time to re-cap what the facts and policies are concerning your PNA Masters Swimmers Association membership. First off, if you were a member of PNA Masters on or before January 1, 1975, your term of membership has been extended from June 1, 1975, to September 30, 1975. If you have joined and paid \$5.00 since January 1, 1975, you are entitled to a refund. This is due to a recent board decision to begin the membership year on October 1st and to pro-rate the membership fee out on a quarterly basis as follows: Oct. 1 to Dec 31=\$5.00; Jan 1 to March 31=\$3.75; April 1 to June 30=\$2.50; and July 1 to Sept 30=\$1.25. If you are entitled to a refund, please contact me as soon as possible so that we can balance our accounts. A PNA Masters Swimmers Association membership is not required in order to swim in the swim meets (an AAU membership is required). However, a PNA Masters membership does entitle you to reduced entry fees at the meet as well as putting your name on the mailing list for this newsletter and any other mailings from the Association.

Several people have inquired concerning their AAU memberships. Due to AAU's recent change in fees and application forms, the new membership cards are taking longer to process this year than has been experienced in the past. It is expected that the AAU will be sending out the new AAU cards in the next few weeks. The PNA Masters Swimmers Association has been chartered with AAU as a team which entitles us to a rebate on each AAU membership sent in from our team (association) so we request that everyone who has not already done so send your completed form to the membership chairperson so that we will get credit for it. If you have any questions, comments, suggestions, etc. concerning memberships, please contact me either at the meets or at my home.

RUSSELL H. HALL, 12518 S.E. 232nd, KENT, WA 98031 - 854-4685