

Pacific Northwest Association of Masters Swimmers

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COMING EVENTS

June 3, Sat., at Enumclaw Forward Thrust Pool, Entry included in this letter. MAIL SOON! Meet times from this meet will be considered for this year's Top Ten Times if they reach Harry Lewis by June 15.

ALSO, June 3 SPECIAL OLYMPICS at Fort Lewis -- Can you help if not swimming in our meet? Call Tom Foley 937-5585

June 6, Tuesday - PNA BOARD MEETING at Susan Dearborn's home, 3401 E. Mercer Seattle at 7:30PM. All members welcome. We would be delighted with some more attendance and assistance! Info. call Sue at 324-4945....

July - Long Course currently scheduled in Portland in JULY. Connie Wilson will arrange.

Aug. 20-30, 1st Senior Age Div. Competition (International) in Canada. Write for info. to 559 Jarvis Street, Toronto, Canada M4Y 2J1

A Eugene, Oregon meet this summer? Maybe June 25?

FUTURE MEETS

PNA Regional meet Long Course - 1979  
 Inland Empire Short Course, - 1979  
 Oregon Regional Short Course - 1980

The Nationals' Entourage - At San Antonio, Texas from May 19-22. Seven PNA members are heading south to Texas for the very large short course meet of the year. Those going: Carolyn Behse, Dawn Musselman, Susan Dearborn, Tom Long Ron Taylor, Kirk Adams and John Koruga - & one mystery member may also be there Saturday if his entry is permitted! We hope its warm and sunny, competition keen except in our events and age groups AND we're goin' hav a ball! \* SD \* (A report will be forthcoming upon their victorious return)

News Notes

Local: PNA Championships held at Mercer Island! An excellently run meet with large attendance by PNA members. Our competition delighted everyone; even Kirk Adams who reportedly flagged down the freeway traffic recruiting, well into the predawn hours prior to meet-entry time. Area results: Tigers (880), TOT (590), Lynnwood (452), Newport (450), Highline (375), Seattle Swim (213) Ft. Steilacoom (114), Skagit Valley (85), Sumner Smelt & Seattle Tennis (both 64), Bellingham (57), Renton (10), Downtown Y (5). Following the events, Janet Twilight set up the PNA Banquet at the Northwest Passage -- gala event, reasonable price, good food, with Russ Hall in good form as MC for the evening. Special "new swimmer" awards (for 1 & under age group) were presented to the proud parents of our future PNA Masters relay - were: Gary & Cindy Ladd, Steve & Aileen Engel, Paul & Sue Murphy, and Mr/Mrs Tom Cooper - (also recognized was the offspring of Charlies & MaryMartha McIntyre. Congrats! to pops & moms. Voted "Inspirational Swimmer of the Year" Janet Twilight and Russ Hall were presented well-deserved and hard-earned trophies in recognition of their dedication to the Masters swim program. Featured speaker was Ron Taylor with jokes and risque treadmill stories. Did you miss this biggie? Come next year--maybe the same jokes? \* SD \*

Region XII Short Course Championships --- were of course, terrific! Over 180 entries were received with about 150 actually swimming. The meet was superbly run with Neville Johnson directing and fine assistance by the Highline Swim Team. Regional scores ended up with PNA-2189, OREGON-1003 and INLAND EMPIRE-792 which just proves that our neighbors are getting stronger all of the time in this regional competition. Following events on Saturday, a banquet was held at The Hyatt House, attended by a strong band of forty, who enjoyed company, food but unfortunately missed the entertainment -- hooray! for Bob Musselman anyway. Next time the show light will be just fine! Thanks to Russ Hall for making the arrangements on short notice.

NOTE About Awards - Fifteen to twenty swimmers not receiving their gold medals at Regionals will receive them as soon as they are obtained.

JUST PONDERING? - by Janet Twilight

DC Masters Swim Club had a note in the last Swim-Master which noted their concern about whether swimmers would get discouraged when their times deteriorated with age--some researchers have noted a 1% per year decline in oxygen uptake and other performance measures. DC Masters noted that some of them have been swimming since 1972 and have achieved their best times in the most recent year.

Some of our local swimmers also have not slowed down. John Allen 's (age 45) best time in the 1975-76 season was 8:17 in the 500; 29.07 in the 1650 and 44.2 in the 50 back. In 1976-77, John's best time was 7:48 in the 500 free, 26.45 in the 1650 and he learned he doesn't swim the 50 back! In 1977-78, John did the 500 in 7:43 and he has now dropped that again. His best 1650 time in 1977-78 is 26:42. He did a personal best in the 50 back on a relay in 1978, about 36.4. He has dropped from 3:18 in the 200 back to 2:58, to 2:52 in 1978. Don Rehfeldt (43) did a 100 fly in January 1976 in 1:23 and in 1978 did it in 1:18. He has dropped his 50 fly from 39.7 in 1975 to 35.6 in 1978.

Two PNA swimmers have participated in every meet since we began in 1972. Tom Foley is presently in the 40-44 age group. He swims longer distances. His times from 1975 to present in the 200 back are: 3:17, 3:17, 3:17 and 3:12; the 200 breast 1976 to present--3:46, 3:42, 3:26; the 400 fly 1975 to present--8:35, 7:33, 7:18, 6:54; the 200 fly 1975 to present--4:25, 4:02, 3:42 and 3:53 (I believe he did a 3:43 in the last meet). Maxine Carlson has also swum in all our meets. She now swims 55-59 and holds top ten ranking in several events. She set the PNA record at 1:48.8 in 100 breast in 1975 and has maintained a consistent 1:52 since. She set the 200 breast record at 4:07 in 1975, dropped to 4:09 in 1976 and did 4:04 again this year. She swam the 50 fly in 56.0 in 1975 and in 1977 did a 54.7. In 50 free she did 46.2 in 1975, 44.6 in 1976 and 45.4 in '77. Maxine also has perfected her excuses for not doing well, but these figures belie her words!

Personally, I did several of my best times in 1975; 1:42.5 in 100 breast. But the last meet, I got to 1:42.8 and I intend to catch that old mark. In the 100 fly I started out at 2:11 in 1975, 2:08 in 1976 and 1:53 in 1978. In 1974 I did 11 minutes in the 500; 1975 I did a 10-minute and a 9:54; 9:11 in 1977 and 8:40 in 1978. Of course I am the living example of my best advice - if you want to improve, start out with really lousy times.

I think that late entries to competitive swimming have the most exciting time drops. Those who competed in their college years still compete against those times in many cases. Bumpy Jones has a one-lane pool in his back yard in Florida and at the age of 45 can still beat his 100 free Olympic times, but that is not the usual case.

Recent studies were reported at the White House Conference on Aging which tend to support the above time drops with increasing age. Training was cited in some studies as maintaining the heart rate at its maximum into old age. The usual figure for your maximum is 220 less your age; maybe that's not the case according to these studies. Dr. Hutinger feels that if you can maintain a heart rate of 180, your times will also be maintained. Another study cited by Dr. Hutinger from the White House Conference reported tests on masters (runners) in 1975 which showed that loss of physical work performance measured by oxygen uptake decreased in trained individuals at .3% per year rather than 1% per year.

Perhaps these results and studies will encourage some of you. I recall hearing Duane Pulsifer note that the performance measure in swimming is a clock and not some umpire or untrained referee. But maybe the clock will lie about your age!

\* \* \* +++++ \* \* \*

SWIMMERMAN - we haven't heard much about him for quite a while - but at a recent meet, Swimmerman with his notorious appetite for impossible feats found himself a member of two relays swimming in adjacent lanes. What did he do to save the day? He made the logical choice and took the first one in.... the other unfortunate team "did not finish". All in fun & he is still our HERO.

May 2 and  
BOARD MEETING HI-LITES (April 11, 1978)

\*Membership is at 217 - May 2 at 239..

\* Swim-A-Thon - February's Masters Swim-A-Thon netted \$5013. earned by 36 participants. This was presented to Capri-Pulmonary Research Institute (CAPRI) to Steve Morris at the PNA Banquet. A great contribution from all who gave their efforts - it was warmly and appreciatively received by CAPRI.

\* Top Ten Times will be compiled after each championship meet (May to May).

\* It was stressed that members should use their full names when filling out meet entry forms (no nick names)

\* Increased cost of purchasing awards has necessitated increase to \$1.25. This was Gary's last board meeting. HE AND CINDY WILL BE MOVING FROM THE AREA. GOOD LUCK - WE WILL ALL MISS YOU!