

the  
WET  
SET



PACIFIC NORTHWEST ASSOCIATION  
OF  
MASTERS SWIMMERS

PRESIDENT

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THE PNA NEWSLETTER

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BOARD MEETING

The SEPTEMBER Board meeting will be held  
SEPTEMBER 27, 1988, 7:00 P.M.

DAVE ADDLEMAN'S - 4030 S 158TH LANE, SEATTLE  
206 246-9540

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September 1, 1988

Dear PNA Swimmers;

For most people, January is the time for resolutions. For me, it is September. I resolve all my unfinished tasks by crossing out the heading "To Do in Summer '88" and writing "To Do in Summer '89". It has worked for twenty some years, and I see no reason to change now! This way I don't need to change my list either.

One thing has remained on the list for the last eight years; Make every workout! I always begin this way, and this year I am determined to be there. Not only do I not have my lane position anymore, but my coach will have to introduce me to the rest of my team. I suppose I'll have to start in the lane where swimmers learn turns so they can do a 50. I'll be the one saying "I'll follow you." Sad for a swimmer who, a few years ago, was in the fast lane. People I used to know well will be explaining what a descending 200 is, offering advice on how I can better my stroke. I think I'll get a pair of those glasses with the nose and moustash, so I don't have to explain how I got into this predicament!

We have lots of promising meets this season, and I am planning to be there. I have taken a course in time management so I won't get behind on the laundry and housework. Without these excuses, I feel I have a better chance of success. I really felt swimming was an option for me, but yesterday in the supermarket, I realized just how much my shape had in common with those fifty pound bags of Walla Walla onions, and I had to face facts.

I hope to see all of you at the meets this season. If you could just hold off asking me my times for a while and let me slide unnoticed back into shape, I would be ever so grateful. I can say from experience "The future is that time when you'll wish you hadn't done what you are doing now."

Love,

Ronda



PNA BOARD MEETING  
August Minutes

The August 30, 1988 PNA board meeting was called to order at 7:10 p.m. at the Addlemans' house. Those in attendance were: Lowell Johnson, Walt Reid, Dave and Debbie Addleman, Dorothy and Warren Kleist, Tom Taylor, Forest Brooks, Joann Brislin, Bobby Gallegos, Hugh and Jane Moore and Debbie Lewis. The minutes were approved as presented.

COMMITTEE REPORTS:

Treasurer: Jane reported everything is fine. Motion was made and passed to accept the Treasurer's report.

Awards: The awards chairperson will have to ensure that someone remains at the meets until all the events have been completed to sell awards.

Meets: PNA now has a complete 1988-89 schedule for meets. The schedule for the season: October<sup>#1</sup> hosted by Highline Swim Club, November<sup>#2</sup> hosted by North Kitsap, December<sup>#3</sup> hosted by Fidalgo Islanders, January<sup>#4</sup> hosted by Husky Swim Club, February - Animal meet hosted by Husky and 1 day meet hosted by Bangor, March - Pentathlon meet hosted by Clover Creek and a meet hosted by South Kitsap, April - PNA Champs hosted by Husky at Foster Pool, June - hosted by South Kitsap (long course meet). Motion was made and passed to accept the meets bids as presented for the 1988-89 PNA swim season. Short course nationals have been moved to May 4,5,6,7 at Boca Raton, Florida. Short course regionals will be April 29,30 and May 1 in Oregon. Ellensburg short course meter meet will be held October 29 and 30.

Fitness: Jane is working on another Swim Across the PNA. The new one will go from Chehalis to Port Angeles via the Olympic Peninsula. This is approximately 150 miles. It will go from October 1 to March 30 and the entry fee is \$5.00.

Newsletter: PNA budget for 1988-89 season will be printed in the newsletter.

Nominating: Committee expects to have a slate of candidates for presentation at the December board meeting.

Membership: There are currently 530 members. Hugh will take over the registration/membership function.

Records: Walt must receive copies of birth certificates from any PNA swimmer who has set a world record. This is necessary for certifying the swimmer's age.

Constitution/Bylaws: Lowell is still working on the bylaw changes. He expects to have it ready for the October newsletter so voting can take place during the new registration period.

OLD BUSINESS:

Motion was made and passed to spend \$250.00 to buy "No Diving" signs for use during meets to prevent people from diving during warm ups.

Insurance costs per swimmer are increasing \$4.00 more per swimmer. Since this is an insurance policy that is obtained at the national level, each PNA swimmer is affected. Motion was made and passed to increase the individual registration fee by \$4.00 to cover the increased costs.

NEW BUSINESS:

The 1988-89 proposed PNA budget was presented. Motion was made and passed to accept the 1988-89 proposed PNA budget.

September board meeting will be held on Wednesday, September 28th. The October meeting will move back to the regular 4th Tuesday of the month.

The meeting was adjourned at 8:50 p.m. The September 28th meeting will be at 7:00 p.m. at the Addlemans'.

*Debra Lewis*



## FEE INCREASE & 1989 PNA OPERATING BUDGET

As most of you are aware, the cost of liability insurance has been rising steadily over the years. USMS and its sister organization United States Swimming have shared a policy in the past. However, United States Swimming has been particularly hard hit during the last three years. The annual premium cost of a \$1,000,00 policy has risen to \$1,000,000. As a result they have decided to become self-insured, forcing USMS to investigate other options for maintaining their policy. The lowest bid resulted in significant increase in cost, forcing the executive committee to raise national fees from five dollars per person to nine dollars. The PNA board investigated options to avoid raising the registration fee at the LMSC level. None of the alternatives presented proved to be feasible. As a result the registration fees for 1989 will be raised \$4 per person.

Remember that the Registration year begins November 1st and runs through October 31st. Registrations received after October 1st will be applied to the 1989 year. You may begin sending in renewals on October 1st. All entrants in meets in November and December must be registered for 1989.

At the August PNA board meeting an operating budget for the 1989 fiscal year (October 1st - September 30th) was accepted. It is presented on the following page, along with the 1988 budget and year to date actuals. The budget is based on an anticipated 500 members. The differences in meet expenditures and income is due to a policy change in meet entries. In the past the PNA has handled all funds. The host organization received a check for a percentage of the meet fees following the completion of the meets. The host organization will now handle the receipts and forward twenty percent to the PNA. If you have any questions or comments regarding the budget, refer them to your team or at-large representative.

### UNITED STATES MASTERS SWIMMING, INC.

REGISTRATION APPLICATION - NOV 1, 1988 to OCT 31, 1989

**FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS**

PLEASE PRINT OR TYPE INFORMATION

THIS IS A

RENEWAL MY 1988 USMS NO. IS \_\_\_\_\_  NEW REGISTRATION

PLEASE NOTE THE CHANGE(S) FROM MY 1988 REGISTRATION:

ADDRESS  NAME \_\_\_\_\_  CLUB/DIST. \_\_\_\_\_  
 OTHER \_\_\_\_\_ (PREVIOUS)

LAST NAME FIRST NAME INIT

--	--	--

STREET ADDRESS

--

CITY STATE ZIP CODE

--	--	--

AREA CODE + TELEPHONE DATE OF BIRTH AGE SEX

--	--	--	--	--

LOCAL AFFILIATION DATE OF APPLICATION

TEAM	UNATTACHED <input type="checkbox"/>	
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CLUB (NATIONAL LEVEL ONLY)

PNA <input type="checkbox"/>	HUSKY <input type="checkbox"/>	UNATTACHED <input type="checkbox"/>
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OFFICIAL USE ONLY

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THANK YOU

MAKE CHECK

PAYABLE TO: PNA MASTERS SWIMMERS

MAIL TO:

HUGH C. MOORE  
 29920 2nd Place NW  
 Federal Way, WA 98023  
 (206) 941-3100

USMS FEE	LMSC FEE	TOTAL FEE
\$9.00	\$10.00	\$19.00

SENIORS (65+): \$14.00

I hereby agree to abide by and be governed by the rules and regulations of USMS and the Local Masters Swim Committee.

APPLICANT'S SIGNATURE





## DRUG USE IN SWIMMING

David P. Tempest, M.D.

Ever since Rick DeMont lost his Olympic Gold medal in the 1972 Munich Games for inadvertant use of an asthma medicine, the issue of drugs in swimming has taken on a new interest. The recent disqualification of a 1988 Olympic swimmer (3 event winner and American record holder Angel Myers?) reminds us the problem is still here.

Now, Master's swimmers are a pretty mellow bunch. In spite of this we all run into questions about the use and effects of drugs in competitive swimming: not only the use of (illicit) drugs to enhance performance but also the use of medications we need for our legitimate medical problems.

In this issue of the newsletter we'll look at illicit drug use.

According to the International Olympic Committee (IOC), "Doping is the administration to, or the use by, a competing athlete of any substance foreign to the body or any physiological substance taken in abnormal quantity or by an abnormal route of entry into the body, with the sole intention of increasing in an artificial and unfair manner his performance in competition."

Drugs used to help performance in swimming include four major categories: anabolic steroids, stimulants, nonsteroidal anti-inflammatories and recreational drugs. The first two categories are banned or regulated by the IOC. The later two are not.

Anabolic steroids are hormones, either natural or synthetic, used by athletes involved in events of strength or power in order to build up lean muscle mass. They do not increase the aerobic power swimmers need. While often abused by the young athlete blinded by competitive pressure and convinced of his/her immortality, master's swimmers are usually only too cognizant of the body's frailty. Risks of elevated cholesterol, premature atherosclerosis, impotence, liver disease and baldness coupled with the lack of benefit in swimming performance would suggest a real failure of rationality of any master's swimmer partaking of this class of drug.

Stimulant drugs include illegal (amphetamine--except for rare legitimate prescription--and cocaine) as well as legal (caffeine, many asthma medicines and decongestants) drugs. Amphetamines may have some effect to increase endurance though most of their effect is felt related to their



"revving-up" the psychological state: fostering a feeling of energy, vigor, alertness. They have also clearly been associated with several deaths, even in Olympic caliber athletes (indeed, even in the Olympics). More commonly they cause longer term problems of withdrawal depression and may become psychologically addicting not to mention precipitating attacks of heart rhythm disturbance, cardiac pain (angina pectoris), seizures and stroke. Cocaine has effects similar to amphetamines only more so. We've all been well exposed to the risks of use of this dangerous drug. Who needs it?

Recreational drugs for the purpose of this discussion include alcohol and marijuana. The majority of us probably partake of alcohol socially and wisely, though in a group our size there are undoubtedly those with abuse/misuse problems. Our fitness in no way protects us from the consequences of this misuse (ask Olympic caliber diver Bruce Kimbal after his tragic car accident). Its use by some marathon runners as a carbohydrate and electrolyte source has raised the question of potential usefulness in competition lasting long enough to deplete those substances (None of our standard master's swim races are long enough for this). The clear deterioration in coordination and concentration associated with its use would preclude its use before or during competitive events. Marijuana has the same drawbacks on performance without any of its theoretical advantages. The IOC doesn't even bother to ban these two.

Although the IOC can measure levels of nearly all banned drugs on its list it has been unable to effectively monitor for "blood doping": i.e., donating blood to one's self. Red blood cells stored frozen are transfused back to the donor after his/her body has compensated for the withdrawn cells. This gives a marked increase in RBC mass around the time of competition. Research suggests this may be effective in increasing aerobic power and endurance. No deleterious effects have been seen in elite athletes but that's no guarantee for the rest of us in whom theoretical "sludging" of the thickened blood is a concern. Although not a drug, transfused blood is a clear violation of "doping" as defined earlier.

Master's swimmers are health seeking people. They tend to have better perspective on the value of training and competition to their quality of life than those for whom athletics is an all-consuming vocation. One hopes drug abuse for performance or otherwise will not taint our sport. If abuse is present one hopes the individual and those aware of the problem will utilize the effective treatment programs available.

## IN THE SWIM:

There were 529 paid memberships in the PNA for 1987-1988. A new year starts November 1st, so start thinking about renewing and recruiting...our membership chairman would like to 600 in 89!

The new year as far as officers and committees are concerned start in May 1989. Hugh Moore is the nominating committee chairman and would like all of you to think about where and how you can serve the PNA. Don't wait for him to call you, volunteer so Jane can practice her heart attack revival techniques!!!  
(His telephone number is 206 941-3100)

ALOHA and HANG LOOSE... some of our swimmers recently swam in the Maui Channel Relay. KATHY CASEY, JAN LEHMANN-SHAW, ANN GINDROZ, APRIL GERLOCK, ARLENE PROEBSTINE, and INGRED MISKOW-Hawaii swam in the Mau Channel Relays which is 9-10 miles rough water. Also swimming in this relay meet was SUE DEARBORN, CAROLYN BEHSE, CLAIRE GARDEN, JACK AKAMINE, DEAN BEHSE, and SHERRY GRINDERLAND swimming a mixed relay. This meet is held every year and sounds like a blast, every person swims 30 minutes during the first round then ten minutes for succeeding rounds. Last year there were 47 teams entered.

Also the same Labor Day weekend is the Waikiki Rough Water Swim. Our "representatives" this year are MARION CHADWICK, SUE DEARBORN, CAROLYN AND DEAN BEHSE, CLAIRE GARDEN, JACK AKAMINE, AND SHERRY GRINDERLAND. This swim is 2.4 miles and last year 1086 swimmers participated.



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FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED:

INLAND EMPIRE  
ELIN ZANDER  
E 1922 15TH  
SPOKANE, WA. 99203  
509 534-7509

OREGON  
BERT PETERSON  
2051 NE 137TH  
PORTLAND, OR. 97230  
503 252-6081

IDAHO  
RICHARD COOKE  
SAWTOOTH MASTERS SWIMMING  
1915 STATE STREET  
BOISE, ID 83702  
208 939-8289 / 208 336-0606

BRITISH COLUMBIA  
DENIS CROCKETT  
BC MASTERS  
1531 W 4TH AVE  
VANCOUVER, BC V6J 1L6  
604 736-7645

FOR INFORMATION ON ANY MEET WITHIN THE OCEANA ZONE (WASHINGTON, OREGON, ALASKA, CALIFORNIA, IDAHO, HAWAII) CONTACT THE OCEANA ZONE CHAIRMAN KATHY CASEY 11114 111TH ST SW, TACOMA, WA 98498, 206 588-4879 OR, IN AN EMERGENCY, DOROTHY KLEIST 206 838-1555.

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CONTACT THE FOLLOWING **H.O.S.T.** WHEN YOU WISH TO STAY IN ANOTHER SWIMMER'S HOME DURING AN OUT OF TOWN MEET:

INLAND EMPIRE	MARIAH CLARKE	509 926-2597
OREGON MASTERS	ANDY SCHRAG	503 254-9400 HOME 254-9916 WORK
SOUTHERN OREGON	TERRY & JUDY MC CURDY	503 673-3673
CORVALLIS, OREGON	MARK & LAURA WORDON	503 753-9352
SNAKE RIVER	JANET WOOD	208 345-8843 HOME 339-7229 WORK
PNA	MARIETTA HUNZIKER	206 564-9517
	ANN GINDROZ	206 272-1854

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TENTATIVE P N A MEET SCHEDULE

OCT 15	HIGHLINE (FIRM - SEE ENTRY)
NOV 19-20	NORTH KITSAP (FIRM - SEE ENTRY)
DEC 9, 10 OR 11	FIDALGO ISLAND - ANACORTES
JAN 13-14	HIGHLINE (FOSTER OR EVERGREEN POOL)
FEB 11	HUSKY ANIMAL MEET - EVERGREEN
FEB 19	BANGOR
MAR 5	CLOVER PARK PENTATHALON
MAR 19	SOUTH KITSAP
APR 6-8	SHORT COURSE CHAMPS - FOSTER POOL
MAY	REGIONALS
JUN 3 OR 4	BELLEVUE ATHLETIC CLUB - LONG COURSE
JUN 25	SOUTH KITSAP - LONG COURSE



160+  
 STEVE UNDERBRINK 20 PNA 1:59.34  
 WARREN KLEIST 66  
 JOHN UNDERBRINK 30  
 FRANK NEWQUIST 50

240+  
 WARREN KLEIST 66 PNA 7:01.96 N  
 LEE HOLM 73  
 RICK STAFFORD 41  
 MAXINE CARLSON 68

240+  
 GERALD HUESTIS 68 OREG 2:09.18 R  
 EARL WALTER 67  
 ERIC GUEST 58  
 HUGH RICHARDS 67

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 RELAYS-M E N 200 M. MEDLEY  
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100+  
 STEVE UNDERBRINK 20 PNA 2:05.12  
 STEVE SCHMIDT 26  
 STEPHEN FREEBORN 33  
 JOHN UNDERBRINK 30

280+  
 EARL WALTER 67 OREG 2:47.84 W  
 BOB MORRISON 67  
 HUGH RICHARDS 67  
 HERB EISENSCHMIDT 81

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 RELAYS-MIXED 200 M. FREE  
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120+  
 JOHN UNDERBRINK 30 PNA 2:16.16  
 SUSAN DEARBORN 51  
 STEVE UNDERBRINK 20  
 ANN GINDROZ 50

240+  
 GERALD HUESTIS 68 OREG 2:16.67 R  
 PETEY SMITH 64  
 BARBARA FRID 46  
 HUGH RICHARDS 67

-----  
 RELAYS-MIXED 200 M. MEDLEY  
 -----

160+  
 JULIA MORRISH 65 PNA 2:55.53  
 RICK STAFFORD 41  
 STEVE UNDERBRINK 20  
 CYNTHIA ROSIK 55

240+  
 MARION MUELLER 76 PNA 3:38.74  
 WARREN KLEIST 66  
 JOHN UNDERBRINK 30  
 LEE HOLM 73

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 RELAYS-MIXED 400 M. FREE  
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### NATIONAL AND INTERNATIONAL MASTERS SWIMMING SCHEDULE

Sept. 30-Oct. 2	1988	Masters International Swim Meet, Te Rapa Pool, Hamilton, New Zealand. Contact: Wilma Ennor, Waikato Sports Foundation, P.O. Box 46, Hamilton, New Zealand.
October 8-14	1988	2nd FINA/MSI World Championships, Brisbane, Australia. Contact: Margaret Samson, MSI News, P.O. Box 70366, Pasadena, CA 91107-7366. Phone: 818/793-2582.
October 10-22	1988	World Senior Games (multi-sport), Salt Lake City, UT. Contact: Sylvia A. Wunderli, 1291 S. Wasatch Drive, Salt Lake City, UT 84108. Phone: 801/583-6231.
October 19-23	1988	USMS Annual Convention, St. Louis, MO. Contact: Nancy Ridout, 580 Sunset Parkway, Novato, CA 94947. Phone: 415/897-9221.
May 12-15	1989	USMS National Short Course Championships, Mission Bay, Boca Raton, FL. Contact: Judy Meyer, 10333 Diego Drive South, Boca Raton, FL 33428. Phone: 205/488-2001.
July 23-Aug. 5	1989	1989 Masters Games (34 sports), Aarhus, Denmark. Contact: 1989 Masters Games, Executive Secretariat, Nyhavn 1, P.O. Box 1989, DK-1018, Copenhagen K, Denmark. Telephone: (45) 111-1989. Telex: 55-21311 MALTA DK. Telefax: (45) 157-0193.
August 17-20	1989	USMS National Long Course Championships, University of North Dakota, Grand Forks, ND. Contact: Mike Stromberg, Athletic Department, University of North Dakota, Grand Forks, ND 58202. Phone: 701/777-2766.
September 17-24	1989	USMS Annual Convention, Portland, OR.
October 7-16	1989	Pan Pacific Masters Aquatic Games (all aquatic sports), Indianapolis, IN. Contact: Mel Goldstein, 6456 Broadway, Indianapolis, IN 46220. Phone: 317/253-3652.
August 7-13	1990	3rd FINA/MSI World Championships, Rio de Janeiro, Brazil. Contact: Margaret Samson, MSI News, P.O. Box 70366, Pasadena, CA 91107-7366. Phone: 818/793-2582.
Sept. 30-Oct. 6	1990	USMS Annual Convention, Pittsburgh, PA.
Sept. 15-22	1991	USMS Annual Convention, Louisville, KY.