


the **PACIFIC NORTHWEST ASSOCIATION**
WET SET  **OF**
MASTERS SWIMMERS

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THE PNA NEWSLETTER

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Hello,

Congratulations to those who competed in the Washington State Centennial Games.
Steve Peterson - 1st 100 breast, 4th 100 free
Steve Freeborn - 1st 100 free, 2nd 100 back, 2nd 100 fly, 3rd 50 free, 4th 200 IM
Zena Herrmann - 1st 100 back
Also participating were Brian Langlais, Chuck Larrabee, Mike Evans. They all swam in the 19 and over age group.

Our meet schedule is now firm. We'll have seven PNA meets in a little over 6 months starting October 15 in Lynnwood. Time to think about ways of improving last years times.

I keep getting cards and letters to forward to members of PNA who went to North Dakota and swam at Long Course Nationals. It's great to see. Means you're out there making friends and spreading fellowship. Way to go!! Thanks for representing PNA in such an honorable fashion.

Lastly, it's convention time again. Portland's Hotel Marriott will be the site for this year's USMS National Convention. Right in our back yard. I would like to urge any and all to show up and see what it's all about.

Bye for now.

10/27/77 b.

Pacific Northwest Association
Board Meeting
August 22, 1989
Pearl Street YMCA, Tacoma

President Bobby Gallegos called the meeting to order at 7 p.m. at the Pearl Street YMCA. Those attending were Steve Freeborn, Bobby Gallegos, Rob Gjertsen, Karen Jost, Jan Kavadas, Hugh Moore, Jane Moore, Frank Newquist, and Steve Peterson.

Corrections to the minutes of July 25 meeting: Jane Moore chaired the Sports Medicine and Research Committee USMS. The discussion of fees should have clarified that there would be a one dollar surcharge per meet per swimmer that would go directly to the PNA.

TREASURER: Jane reported that there was little change from the previous month's report, as there had been virtually no activity. The balance is still over \$3000. The PNA still owes Jan Kavadas \$50.50 for meet bid stuff. A motion was made and passed to approve that expenditure to Jan.

MEMBERSHIP: Hugh reported that the membership is still at 580 and holding. He is not accepting any new applications until September 1, which will then cover the applicants for 1989/1990.

MEETS: Jan reported that we do not have meets for October 1989 and January 1990. Mukilteo is interested for October. A motion was made to let Jan use her discretion for setting up the October meet. That motion was passed. It was important to do that, as we needed to get an entry blank into the September newsletter.

A motion was made and passed to approve Enumclaw for the December meet, conditioned on Anacortes moving their meet to January.

A motion was made, amended, and discussed regarding meets for February, March and April. There was considerable interest in moving regionals to the new aquatics facility in Federal Way. Steve Peterson contacted Marilyn Grindrod, who agreed to hold off on the Bangor bid until next month to allow the aquatics facility to set up the regional meet. The motion to approve Team Orca for February, South Kitsap for March, and the Huskies for the PNA champs, late in March was approved.

RECORDS AND TOP TEN: Rob Gjertsen, the new chair for this committee, advised that the Bellevue Athletic Club had lost the results cards of the June meet, and there would therefore be no official results. Any records set will not be credited, as they cannot be verified; however, an unofficial results sheet will be published.

NEWSLETTER: Editor Karen asked for a policy regarding publishing results of out-of-schedule meets.

Hugh provided the group with a short history of sanction fees that affect the publishing of the results. He stated that a ten-dollar sanction fee had been approved by an earlier board for meets not in the regular schedule. This is in contrast to the 20% that the PNA normally receives from the host committee putting on the meet. That is, 20% of the revenues generated from the registration fees. Because of the low fee of ten dollars, there is not enough money there to cover the cost of publishing results.

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A motion was made, seconded, and passed that unsolicited sanctioned meets will not have entries or results published in The Wet Set.

It was clarified by Bobby G. that part of Rob's new job as records chair was to extract PNA results from out-of-PNA meets.

Karen further reported that Foss High School, hopefully, will do the folding, collating, stapling, and bulking for the newsletter.

Bobby G. reported that Scott had researched the possibility of another printer for our newsletter, but that bid had come in even higher than our current cost.

AWARDS AND SOCIAL: The chairpeople for these committees were not present, and there were no reports made.

FITNESS: Jane reported, on behalf of Ian Thompson, that Ian had decided not to try for an all-around swimmer award.

Jane also reported that Betty Russ had won the Dawn Musselman award at Long Course Nationals. This is an annual award, sponsored by the PNA, for the winner of the women's 100-meter free in the 60 to 64 age group. (A note to newcomers to the PNA: This award was established to honor the late Dawn Musselman, who was a great swimmer, strong supporter of the PNA, and represented the PNA extremely well at national meets.)

OLD BUSINESS: Bobby G. reported that he is being driven absolutely nuts by what he is going through in moving his home.

Next, Steve Freeborn reported that the bulk mail has not been moved to Tacoma due to minor technicalities, but he will get that completed.

Bobby G. reported that Carol Virak is a good contact for the Goodwill Games. She is the volunteer coordinator and can be reached at the Federal Building in Seattle. Bobby is encouraging PNA swimmers to work as volunteers at the Goodwill Games. His purpose is to provide exposure for masters swimming.

A discussion arose regarding the possibility of a ⁵⁰ ~~100~~ surcharge per meet per senior (65+) swimmer.

Hugh made a motion to make the registration fee for seniors at \$19.00. The motion was seconded and passed. This motion does not affect the one-dollar surcharge per swimmer per meet.

USMS CONVENTION: Bobby stated that the five delegates representing the PNA will discuss the proposals for amending the rules and the legislative proposals. There were also letters from Tom Boak, current president of USMS, and from Dorothy Donnelly, current secretary for USMS that will also be discussed by our delegation.

Hugh mentioned that one of the main issues to be discussed at the convention would be the issue of policing "mega" teams. Hugh feels that policing such teams is virtually unenforceable.

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NEW BUSINESS: Jane read a letter from Doug Stevens, a PNA swimmer. He made some points regarding possible changes in the PNA. All of the points he made in his letter had previously been discussed at prior board meetings. Jane will draft a letter of response to Doug.

Bobby stated that he was quite interested in having meet host representation at future board meetings. He will monitor and discuss the situation and will report to the board at a later date.

The next board meeting was scheduled for September 26 at the Pearl Street YMCA.

Respectfully submitted,

FMN: kbm

Frank M. Newquist
Recording Secretary
(substituting for Kathy Casey)

* * * * *

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

09/17 Steven Peterson	09/29 Charles Roth	10/06 Herbert Thomas
Nancy Lewis	Debra Pohlman	Joan Davis
09/18 Sue Booth	Stephen Magee	Miriam Rabitz
Cathleen Lambert	Vernon Bryant	Mark Bickford
09/19 Richard Ristau	09/30 Tani Thortenson	10/07 Rocky Phoenix
Charles Beek Jr	10/01 Max Ward	10/08 Patrick Bohnert
09/20 Beverley Camp	Judy Harrison	10/09 Donald Miles
John Kokes	Dennis Dacey	10/10 Joan Duffell
James Norris	Warren Lindblad	10/11 James Henry
Kain Papes	Ruth Powers	10/12 Katherine Danese
09/21 Steven Lay	10/02 Marion Chadwick	Anne Marston
09/23 Warren Kleist	10/03 Donna Huss	10/13 Matt Kearney
09/25 Manuel Chaus	Kerri Hunt	Denise Dragovich
Karen Crogan	Carter Morgan	Bill Castner
09/26 Bobby Gallegos	10/05 Donna Phelan	Donald Elmer
09/27 Elizabeth Prince	Katherine Casey	10/14 Scott Mac Intire
Rachel Stewart	Steve McCaffray	10/15 Stephen Bergmann
	Harold (Hal) Young II	Susan Kulsa
	William Holley	Susan Dearborn

SWIM the P.N.A.

Celebrate Washington's Centennial

PARTICIPATE in the annual P.N.A. fitness event!

SWIM in your own pool at your regular workout time. To reach the centennial year, you'll need to average 1350 yards per day, or 7000 yards per week.

KEEP a log of the number of yards you swim from October 1, 1989 through March 31, 1990.

RECEIVE an award! All participants will receive an award. Results will be listed in the newsletter.

THIS YEAR the goal is to celebrate Washington's centennial and swim to the future. Record below the date you complete each mile. One mile puts you one year closer to the present. After 100 miles, you'll reach 1989. But don't stop! Swim to the future!

Miles	Year	Date completed	Miles	Year	Date completed	Miles	Year	Date completed	Miles	Year	Date completed
1	1889										
2	1890										
3	1891										
4	1892										
5	1893										
6	1894										
7	1895										
8	1896										
9	1897										
10	1898										
11	1899										
12	1900										
13	1901										
14	1902										
15	1903										
16	1904										
17	1905										
18	1906										
19	1907										
20	1908										
21	1909										
22	1910										
23	1911										
24	1912										
25	1913										
26	1914										

(continue miles and years on next column)

Return by April 8 to:
PNA Fitness Committee
c/o Ian Thompson
1514 Fairview
Bellingham, WA 98226

MEN 65-69

200 M. FREE		
GILBERT YOUNG	67 DREG	3:12.25
50 M. BACK		
GILBERT YOUNG	67 DREG	46.91
100 M. BACK		
GILBERT YOUNG	67 DREG	1:46.85
200 M. BACK		
GILBERT YOUNG	67 DREG	3:50.35
50 M. FLY		
EARL WALTER	68 DREG	41.61
100 M. FLY		
EARL WALTER	68 DREG	1:41.71
200 M. FLY		
EARL WALTER	68 DREG	4:02.54

MEN 85-89

50 M. FREE		
JOHN ROBINSON	85 PNA	56.22 R
100 M. FREE		
JOHN ROBINSON	85 PNA	2:23.89

1989-90 INLAND EMPIRE MASTERS SWIM MEET SCHEDULE

DATE	HOSTING TEAM
Sept 30-Oct 1	INLAND EMPIRE YMCA - AT EWU POOL
Oct 28-29	ELLENBURG (REGIONAL SCM CHAMPS)
Nov 18-19	SANDPOINT WEST ATHLETIC CLUB
Dec 9-10	WENATCHEE VALLEY MASTERS
Jan 13-14	SPOKANE MASTERS - AT SHADLE HIGH SCHOOL
Feb 10-11	FAIRCHILD AFB - SPOKANE
March 10-11	CENTRAL WASHINGTON MASTERS (YAKIMA)
April 6-8	IEM CHAMPS

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	(206) 254-9400 H
		(206) 254-9916 W
Southern Oregon	Terry and Judy McCurdy	(503) 673-3673
Corvallis, Oregon	Mark and Laura Wordon	(503) 753-9352
Snake River	Janet Wood	(208) 345-8843 H
		(208) 339-7229 W
PNA	Ann Gindroz	(206) 272-1854
	Marietta Hunziker	(206) 564-9517

NOTE ! ! ! If you would like to host a fellow swimmer in your home, please contact your local representative. This is an excellent way to meet new friends and cement old friendships!

* * * * *

FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED

INLAND EMPIRE	OREGON	IDAHO	BRITISH COLUMBIA
Jerry Scheibner	Kathleen Buck	Richard Cooke	Denis Crockett
Route 1, Box 204	31925 NE Canter Ln	Sawtooth Masters	BC Masters
Spangle, WA 99031	Sherwood, OR 97230	1915 State Street	1531 W 4th Ave
(509) 245-3532	(503) 625-5747	Boise, ID 83702	Vancouver, BC V6J 1L6
		(208) 939-8289	(604) 736-7645
		336-0606	

Wet Set Fitness Column

September 1989

Dave Tempest, M.D.

Fatigue

Fatigue in a race or workout is usually defined as the onset of a decrement in ability to produce work. For our intent it can be defined as a loss of speed. What causes fatigue and what can we do about it? The answer varies with the distance of the race.

25-50 yards/meters: Speed drops within 4-5 seconds of an all out swim. This probably reflects a depletion in the immediately available muscle energy stores (creatine phosphate--CP--and adenosine triphosphate--ATP). Perhaps 80% of energy for the race comes from these stores (which do not require any time-consuming "burning" of sugars or fats). To delay fatigue here requires increasing ATP or at least CP stores and the enzymes that help with energy flow through them. Theoretically this is best done with very intense ("95% race pace"), very short (12 1/2 to 50 yard repeats with complete recovery between swims. eg: 20x12 1/2 with 30" rest between up to 5-20x50's with 2min between...

100 yards/meters through middle distances: Fatigue here seems most closely related to lactic acid accumulation. At the intensity of the race pace there's not enough oxygen delivered to the muscles to "burn" sugar (and fats) all the way up. Energy comes from incomplete burning of muscle sugar supplies resulting in acid production (lactic acid) which slows the sugar-to-energy conversion process further leading to slowed muscle contraction rate and to pain. In a 100-200 yard swim 1/2 to 2/3's of the energy for the race may be supplied in this way: as much as 20% even in a 1650. Reducing fatigue and improving performance here requires either 1). increasing the muscles ability to produce energy from the lactic acid pathway. This will give more energy but will also produce more lactic acid to deal with. 2). decreasing lactic acid accumulation by either using more oxygen in the muscle so it produces less lactic acid at the same intensity of effort or by removing the accumulated lactic acid faster through improved blood circulation and other means. 3). Buffering the acid in the blood better.

Training implications for these distances will include:

A. Maximizing oxygen utilization through sets that push the body intensely enough to stress oxygen delivery (heart, blood vessel and lung adaptations) and utilization (muscle adaptation). Theoretically these would be fairly intense (80-90% race pace) sets of swims 3-7 minutes long with enough rest to allow removal of lactate in between or shorter swims with less rest.

examples: 100's with 10-30 sec rest between swims and 2-4
200's minutes between sets

300-500's with 2-3min between swims

600-800's with 3-4 minutes between swims...

B. Raising Anaerobic Threshold --AT ("That exercise intensity at which the rate of lactic acid production exceeds its removal"). Maximum oxygen utilization rate is an important factor in preventing lactic acid buildup, but not the only one. For 2 swimmers with the same oxygen utilization rate there may well be a difference in lactic acid levels (and hence fatigue) if they race at the same pace. This may reflect stroke efficiency (hence the need for attention to biomechanics) but also may reflect that one swimmer more efficiently removes lactic acid from the body as it is produced. The AT may occur at 50% of the maximal oxygen utilization rate in

untrained subjects, at 60-70% in non-endurance trained athletes and at as much as 70-90% for endurance trained athletes. As you might suspect, training to raise the anaerobic threshold is similar to that to improve oxygen utilization but, since the AT occurs at a level of intensity substantially less than the maximum oxygen uptake, the intensity of the swims and the rest intervals tend to be less since lactic acid doesn't need to accumulate for training to occur.

examples: 25's-100's with 5-10 sec rest at 65-90% effort depending on AT
 150's-200's with 10-20 sec " " " " " " " "
 300-600's with 10-30 sec " " " " " " " "
 1650's with 1-2min " " " " " " " "

C. Increasing Lactate Tolerance (by improving blood and muscle buffers for the acid). This one hurts since it requires raising the lactic acid concentration to maximal levels, albeit for short time periods. It should be used in masters swimmers with great caution in face of the stress placed on the cardiovascular system. In theory, sets of swims approximately one minute in length at maximum effort with 4-5 minutes in between and breath-holding sets will do this and improve the swimmers ability to tolerate higher lactic acid concentrations while "bringing the race home". Even age group swimmers are put through these sparingly. Their use in masters swimmers is controversial, particularly as we head into the age of (occult?) cardiovascular disease.

"Distance" Events. For you distance aficionados who carbohydrate load under the assumption that fatigue in the 1650 is do to depletion of muscle carbohydrate stores--not so fast. It's not clear if this is true. Thus, carbohydrate stores are found in most muscles even after an hour of very strenuous exercise, and marathoners don't "hit the wall" until mile 18-20. None-the-less, 65-80% of stores can be depleted in 6-30 minutes and further use of remaining stores may be inhibited at that point. Depletion can certainly be seen in you folks going 2-a-day and long intense workouts (ugh). A high carbohydrate diet is indicated in this setting.

The above "training implications" are a theoretical model espoused by Maglischo in his Swimming Faster book. I'm impressed he mixes art and some wishful thinking along with his scientific data. Please use the above only as a point of departure in planing workout philosophy with your coach.

DPT

P N A MEET SCHEDULE

Oct 15	LYNNWOOD POOL
Nov 18-19	NORTH KITSAP HIGH SCHOOL
Dec 9	ENUMCLAW
Jan 20	ANACORTES (short course meters)
Feb 17	TEAM ORCA (Mercer Island)
Mar 9-10	SOUTH KITSAP
Mar 30-31, Apr 1	PNA CHAMPIONSHIPS (Husky)

a a

OREGON SWIMMING MEETS

Oct 8	PARKROSE HS (Portland)
Nov 11	ST. HELENS
Dec 2	NEWBURG (SW of Portland)
Jan 13	SWIM CELLAR PENTATHLON - TUALATIN HILLS
Mar 2-4	PORTLAND STATE UNIVERSITY (25 meters)
Apr 6-8	OREGON ASSOC. CHAMPS (Grants Pass)
June	ALBANY (LCM)
July 21-22	MT. HOOD COMM. COLLEGE (LCM)
Aug 3-5	LONG COURSE REGIONALS - TUALATIN HILLS

a a

NATIONAL AND INTERNATIONAL MASTERS SCHEDULE

Oct 7-16	1989 Pan Pacific Masters Aquatics Games Indianapolis, Indiana
Aug 7-13	1990 3rd FINA/MSI World Championships Rio DeJaneiro, Brazil
Sep 30-Oct 6	1991 USMS Annual Convention Louisville, Kentucky

a a

ANNOUNCEMENTS ANNOUNCEMENTS ANNOUNCEMENTS

ASSOCIATION DUES ARE BEING RAISED - Effective November 1, USMS/PNA registration will be \$25.00 per year. This change was discussed at the July Board meeting. The registration form for 1990 is in this issue of the "WET SET".

SWIM THE PNA!! - This year's fitness event for all PNA members, especially those of you who are non-competitors, begins October 1st. Details are on page 9 of this issue. This is a great way to keep track of how hard you really work, and how far you swim each year. I think it's also a super motivator for those of you who are looking for that "kick in the pants" to get you (and keep you) going on the road to fitness. Here's hoping a lot of our members will take advantage of this opportunity!

CANADIAN MEET TO BE HELD OCTOBER 15, 1989 - Several PNA swimmers have received entry forms for a meet at Vancouver YMCA. If you are planning a trip to this area and would like to enter this meet, give me a call (your editor) and I will send you the entry form.

CONGRATULATIONS!! - To Steve Freeborn, Steve Peterson, Zena Herrmann, Brian Langlais, Chuck Larrabee and Michael Evans on their recent participation in the Centennial Games in Spokane.

Also to Kathy Casey and Walt Reid, newlywed on August 12. Best wishes to you both!

PACIFIC NORTHWEST AQUATICS WILL HOLD ITS ANNUAL MEETING ON OCTOBER 15, FOLLOWING THE LYNNWOOD MEET - This Club is a division of the LMSC (Pacific Northwest Association). The other two clubs in the LMSC are Husky and Maranha Tritons. The club will be voting on the By-laws discussed at an earlier meeting this year, and discuss the selection of a slate of officers for the 1990-1991 year. If you still can't figure out what the difference between the Club PNA and the LMSC PNA is, come on over to the meeting, your questions and participation are welcome.

Procrastinator's Corner

- *1* Parkrose HS (Oregon) entries must be **postmarked** by September 26.
- *2* Lynnwood entries must be **postmarked** by October 3.
- *3* Short Course Meters Regionals entries must be **postmarked** by October 15.
- *4* Eisenschmidt Pool (St. Helens, OR) entries must be **postmarked** by October 31.
- *5* North Kitsap entries must be **postmarked** by November 7.

THE CURRENT REGISTRATION YEAR ENDS OCTOBER 31, 1989. YOU MUST RE-REGISTER TO SWIM IN ANY MEETS AFTER THIS DATE - REGISTRATION FORM IS ON PAGE 2.