

JULY 1977

THE WET SET

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS AAU

Board of Directors

President Tom Foley 937-5585
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Fred Wiggin 542-4857
Russ Hall 631-6685

Committees

Awards Gary Ladd 932-4850
Finance Paul Murphy/Russ Hall/
Neville Johnson
Fitness Sue Dills/Audrey Gilbert
Jim Miles
Meets Fred Wiggin/Janet Twilight
John Thompson
Membership Janet Russell/Shirley
Lehman
Nationals SUE DILLS 232-3654
Publicity Judy Harrison/Paul Murphy
Newsletter Susan Dearborn/Kirk Adams
Records Juanita Correa/Karen Koehler

Team Representatives

Best - Janet Russell
Claus Meats Inc. Kenneth Visser
Downtown YMCA - Wally Hampton
Elliott Bay Stokers - Jerry Gent
Fidalgo Flippers - Dan Meyer
Highline - Paul Murphy
Newport Hills - Juanita Correa
Seattle Swim Team - Janet Twilight
Red Shield Tigers - Gary Ladd
Seattle Tennis Club - Robert Dorse
No. Snohomish County Sharks -
James Davies
Skagit Valley Y Chinooks - Ed
Johnson
The Other Team - Kirk Adams
Totem Lake - Dennis Donovan

WE HAVE A LARGE MEMBERSHIP NOW--
PLEASE, PLEASE HELP US ON
COMMITTEES. IF YOU WISH TO
JOIN A TEAM, CALL SHIRLEY
Lehman (246-1372) and she will
give you team reps phone no.s.
Shirley will also give committee
person numbers.

COMING EVENTS

COLMAN MEET JULY 29,30
ENTRY THIS NEWSLETTER
SEND IN QUICKLY!

BOARD MEETING TUES AUG 2, 77
7PM SUSAN DEARBORN'S, 3401
E. MERCER ST. SEASIDE.

- August 12,13,14, 1977 - - - - - Portland
REGIONAL LC CHAMP. * MT. HOOD C.C.
- August 21, 1977 - - Coffenbury Lk. Run/Swim.(Rd. Runners)
- August 25,26,27,28, 1977 - - - - - Spokane, WA
NATIONAL LONG COURSE CHAMP.
- Sept. 5, 1977 - - - - - Hood River, OR
ANNUAL COLUMBIA RIVER SWIM
- November 1977 - - - - - Puerto Rico
FIRST WORLD CHAMPIONSHIP

REMEMBER: CALL CONNIE WILSON, 771-1663 FOR ENTRIES TO

SUMMER NOTES

Paul Murphy tells me there's been a terrific response among swimmers in the area for getting and staying in shape AND planning to go to Nationals in Spokane. Colman is available for workouts, both mid-day and evening hours and hopefully more people will be taking advantage of the facility as well as swimming in the Colman meet July 29 and 30--that's Friday night and Saturday morning. Entry enclosed and due in to Gary Ladd July 25.

Our board has been contacted by Ed Barker who is interested in organizing an enthusiastic task force for a 50 meter pool swimming center for the Seattle area. He is welcoming the work and support of Master swimmers on the committees for the project and hopes more will volunteer talent and experience. In areas of budget and finance, resource recruitment, aquatics surveys, fund raising, design, publicity, site evaluation, he'd like to hear from our membership. Many have already volunteered!

Ed Barker, 12615 S.E. 63rd St., Bellevue, Wash. 98006.

Those of us who went to Ft. Lauderdale loved it. The women were fifth in team scores out of 53, the men 33rd out of 71 and our combined team score was 13 out of 42 listed. Really not bad for a small band of NW ducks.

For those of us who wished to see and swim in a beautiful NW 50 meter pool--we did at Mountain Park--a well run meet by the Oregon Association some weeks ago.

That's it for today--come and swim!

SOON ! The end of August is really not so terribly far away and 50 meters is no duck pond--is it?

SD
* Look for 76 Nat. Rec. TIMES
in this letter! 50 meter pool

Harry J. Lewis IEA MEET INFO.
Mailing Address: E.944-39th Ave. Spokane, WA 99203

OREGON AAU MASTERS COMMITTEE

Connie Wilson, Chrm. 771-1663 home
10315 S.E. 82nd 644-0161, x 634 w
Portland, OR 97266

Earl Walter, V.Chrm. 292-1611
Alice Zabudsky, Records 630-6542
Doug Crichton, Trond Williams
Committee Members

ROUGH WATER SWIMMING ENTHUSIASTS !!!

Rough water racing is on its way to the PNA. A small, but very enthusiastic group of rough water swimmers is forming. We are intending to have competitive swims of from 1/2 mile and UP in some of the surrounding lakes.....and, perhaps, even in parts of Puget Sound.

If you are interested in participating....or have suggestions to make...please contact:

FRANK NEWQUIST
7405 84th St E
Puyallup
845-0877

Review by Neville Johnson

If you enjoy "expert" approval of your activities, you will be interested to know that swimming has received high marks from a panel of medical experts.

The President's Council on Physical Fitness and Sports asked seven medical experts to evaluate 14 sports and exercises in terms of their contribution to physical well-being. Each activity was scored on a scale of 0 to 3. Thus, a rating of 21 for an exercise means that it offers the most benefit, since all seven experts gave it a score of 3. The scoreboard, as tabulated in "Resident & Staff Physician," a monthly publication:

	PHYSICAL FITNESS					GENERAL WELL-BEING				Total Score
	Stamina	Muscular Endurance	Muscular Strength	Flexibility	Balance	Weight Control	Muscle Definition	Digestion	Sleep	
JOGGING	21	20	17	9	17	21	14	13	16	148
BICYCLING	19	18	16	9	18	20	15	12	15	142
SWIMMING	21	20	14	15	12	15	14	13	16	140
SKATING (ice or roller)	18	17	15	13	20	17	14	11	15	140
HANDBALL/SQUASH	19	18	15	16	17	19	11	13	12	140
SKIING—Cross Country	19	19	15	14	16	17	12	12	15	139
SKIING—Downhill	16	18	15	14	21	15	14	9	12	134
BASKETBALL	19	17	15	13	16	19	13	10	12	134
TENNIS	16	16	14	14	16	16	13	12	11	128
CALISTHENICS	10	13	16	19	15	12	18	11	12	126
WALKING	13	14	11	7	8	13	11	11	14	102
GOLF	8	8	9	8	8	6	6	7	6	66
SOFTBALL	6	8	7	9	7	7	5	8	7	64
BOWLING	5	5	5	7	6	5	5	7	6	51

It's important to note that the ratings are based on vigorous exercise of from 30 minutes to an hour at least four times a week. Don't forget to take it easy at first if you are not used to exercise. And check with your doctor first, especially if you are over 30, are overweight or have other health problems.

(From U.S. News & World Report).