

THE WET SET



VOLUME 19 • ISSUE 7

September 1999

Understanding and Preventing Overtraining

By Jane Moore

PURPOSE OF TRAINING

Athletes train to improve conditioning, to perform as well as possible, and to peak at just the right moment. Because the optimal amount of training to reach these goals is unknown, most athletes train hard in order to train even harder. Exercise disturbs the body's base line state causing responses to restore that normal state with a small improvement in functioning. This is known as supercompensation or training adaptation. By repeating training after this adaptation has occurred, an athlete continues to improve. Unfortunately, little is known about the adaptation process. As training volume increases, so does performance, up to a point. After that point, additional training causes decreases in performance. The optimal training zone is poorly understood.

WHAT IS OVERTRAINING?

Overtraining is an imbalance between training and recovery and between stresses (the sum of training and non-training factors) and stress tolerance. Since physical activity disrupts the functioning of the body, the body must have time to recover or stress will exceed its coping capacity. An excessive volume or intensity of training, or both, along with insufficient rest and recovery, results in staleness, burnout, chronic overwork, physical overstrain, and overfatigue. This is referred to as the overtraining syndrome.

On a short-term basis, overtraining is called overreaching. This is frequently planned into the training program of competitive athletes. Recovery is generally seen within a few days and results in improvements in performance. Overreaching results in becoming easily fatigued during exercise, de-

(Continued on page 6)



**WELCOME TO THE FOLLOWING
SWIMMERS WHO HAVE RECENTLY
JOINED THE PNA!**

GEZA BERGER, CHRIS FANTZ, SUSAN FENNER, MIKE GAETA, ANDREW HALLAHAN, HANNES HASE, ANNE HUNDLEY, IAN JOHNSTON, GREGORY KABACY, JENNIFER KABACY, JOHN LEET, DONALD LENGEL, HILLARY MARSHALL, KAREN MCCATHIE, EILEEN McSHERRY, JAMIE MORRIS, KONRAD RIBEIRO, TEA WATERS, RICHARD WILLE, JULIE WILSON, AND CATHY XU

VISIT OUR WEBSITE AT WWW.SWIMPNA.ORG

LEADING OFF

By
Lee Carlson

Can you identify where these were discussed last?

- World records set at the Long Course Zone Meet.
- Short Course Nationals for the year 2000 will be moving from Phoenix; Long Course Nationals for 2001 may be held closer to home.
- What items should be in our Wet-Set?

The Pacific Northwest Association of Masters Swimmers holds monthly meetings to determine how our organization functions. We nurture and approve the schedule of meets, decide on rules we should submit for consideration at the national convention, as well as the newsletter and web site content.

(Continued on page 2)

Inside

Results
USMS TOP-10
ORCA MEET



Masters Events Calendar

Page 3

**UNDERSTANDING AND PREVENTING
OVERTRAINING** By Jane Moore

Page 1,6-7

DONNER LAKE MONSTER By Dan Frost

Page 11

Entry Forms

**PENTHALON / 1999 ANIMAL
PLUS MEET AND TRIDENTS-PNA MEET**

LEADING OFF

By
Lee Carlson

(Continued from page 1)

The committee also budgets how the money raised from dues and meets should be spent. Our Treasurer provides a copy of our financial activities for each previous month and membership is reviewed.

The PNA board meetings are open to every registered swimmer. Each team with eight or more swimmers has one vote. If you're interested in becoming a team representative, talk with your team officers or coach. Monthly meeting schedule is now being added to the Calendar of Events found on page 3 of the WetSet.

It is important that every team have input into the decisions that are made. A team representative can bring back lots of information to your team and provide you with information on opportunities that your team might want to take advantage of such as fitness clinics, opportunities to sponsor a meet, and open water swims.

Here are the answers to the above questions and more information. All these items were discussed at the August Board Meeting:

- The Long Course Zones results are in this WetSet. Please note Zena Courtney's world record swim in the 200 back and **three zone records**. Special **kudos** to **Jane and Hugh Moore** for co-directing another successful swim meet.
- Short Course Nationals for the year 2000 will be moving from Phoenix to Indianapolis because of zoning restrictions. The new dates are April 27-30th. Mark your calendar. Long Course Nationals for

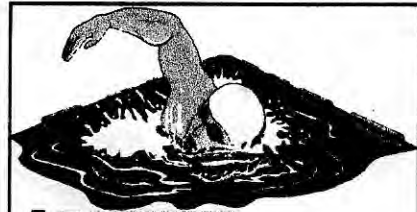
2001 may be held closer to home. What are our chances of getting this meet at Federal Way? Hugh Moore will be presenting a bid from PNA at the United States Masters Swimming Convention in San Diego, September 15-19th where delegates will select from bids for Long Course and Short Course National Championships for the year 2001. PNA has hosted two successful national meets, and has a very good chance of being chosen to host Long Course Nationals in August 2001.

- What items should be in the WetSet? Did you know we have a policy on this? The PNA constitution and bylaws were also discussed. What changes should be made? The WetSet policy and copies of the approved Board Minutes may be found on the web. Please check out the web site at www.swimpna.org Meet entry forms, results, records and upcoming events are also available at this web site.

Our next meeting is at the Bellevue Club on September 28th. We will share information from the United States Masters Swimming Convention and details on upcoming meets and events. Directions to the Bellevue Club follow this article. We will also be holding the second planning meeting after the North Whidbey meet held Saturday, October 2nd in Oak Harbor.

Directions to Bellevue Club: From I-405 take Exit 12 (SE 8th Street). Go west on SE 8th Street. Turn right at 112th. Turn left on SE 6th Street. The Bellevue Club is on the right. Please enter at the Sports Entrance and sign in at the desk. Ask for directions to the room reserved for the PNA Board Meeting

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always has been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.



THE WETSET

Volume 18 • Issue 7
September 1999

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Open Water: Sally Dillon
Safety: Kathy Casey
Social: Jett Vallandigham



MASTERS CALENDAR

CLINICS
MEETS
NORTHWEST SWIMMING, ETC.

Events in Washington, Oregon, British Columbia, Idaho, and Alaska, plus USMS Championship events.
PNA Events are listed in **BOLD**. All events subject to change.

May 15 - September 30
USMS 5k & 10k Postal Championship
Jane Moore (253) 925-0803
Entry Form in past 2 issues of the WetSet
and is available on the web.

September 1 - October 31
USMS 3000 yd & 6000 yd Postal Championships
Marie Hutinger (727) 521-1172

October 2
Oak Harbor - SCM - PENTATHLON
John Vanderzicht Memorial Pool
Sally Dillon (360) 679-5038
E-mail: salswmmr@oakharbor.net
See meet entry this issue of *The WetSet*

October 2
Following the Oak Harbor Pentathlon
meet will be a PNA Board Planning Meeting.
All registered PNA members are invited to attend.

October 9-10
Pacific Masters Swimming Championships - SCM
Walnut Creek CA
Kerry O'Brien (925) 943-5856 day (925) 934-5657 eve

October 17
Tualatin Hills SCY Pentathlon
Beaverton OR
Ed Ramsey (503) 614-2544
E-mail: tkramsey@worldnet.att.net

October 26
PNA Board Meeting
Federal Way Regional Library (1st Ave.)
7:00 PM Contact the Library
at (253) 838-3668 for directions.

October 31
GLAD 1999 Animal Plus Meet
Shoreline Pool, Shoreline WA
Jennifer Leland (206) 283-4358 (B-4 9 PM
Please)
E-mail: Jenleland@hotmail.com
See meet entry this issue of *The WetSet*

November 13-14
Ashland OR SCY meet and clinic
John & Erin Weston (541) 488-2547

November 22
MWR-NSB Bangor TRIDENTS SCY meet
Marilyn Girndrod (360) 535-5941 Pool
E-Mail: speterson@bandwagon.net
See meet entry this issue of *The WetSet*

December 4-5
Northwest Zone SCM Championships
Portland OR / Multnomah Athletic Club
Sean Taylor
E-mail: staylor@themac.com

December 4
Reno Winners Meet SCY / Reno NV
Gwen Shonkwiler (702) 327-5010 day
(702) 323-2174 evenings

January 15, 2000
H2OSnow Festival Meet 2000 / ORCA
Swim Team
Helen Madison Pool, Seattle WA
Brad Palmer (206) 223-9359
E-mail: orcanews@yahoo.com
Look for meet entry in future issue of *The WetSet*

USMS SC Nationals
MOVED to INDIANAPOLIS
New Dates: April 27-30, 2000 Look for information on
this and other National/International meets on the web
at www.usms.org

CLINICS: LOOK FOR FUTURE
INFORMATION ON STROKE
AND TURN CLINICS. Here are two
items happening in the Northwest Seattle/
Tacoma area this month.

NORTHWEST SWIM COACHES CLINIC -
Sept. 25, 1999 (Sat)
Sponsored by Speedo America and Northwest
Swim Shop in cooperation w/the University of
Puget sound, PNS, TSC, ASCA & the Washington
Interscholastic Coaches' Assn. Director: Dick
Hannula. Registration to: Billie Lasby, 2917 So.
19th Tacoma WA 98405. (postmarked by 9/13)
accepted through 9/15-Advance \$30.00 ASCA/
NISCA members, \$35.00 non-members. On site
registration \$40.00 and \$45.00 per above members
and non-members. Where: Univ. of PS, McIntyre
Hall. Rms 103, 003, and Pool. Tentative Schedule:
07:45-Registration. Coffee and Bagels. 08:45-
Introduction/Announcements. 09:00 Team Building
& Evaluation Talent with Mike Bottom
[former Olympian, sprint coach at the Univ. of
Calif., and other topics with speaker: John Collins
[Badger Swim Club, NY] whose swimmers halve
broken world, American and Olympic Records.
Session run to approx. 5:00 PM finishing with
Technique Tips-4 strokes and IM-John Collins.
Contact Kathy Casey (253) 588-4879 for further
information.

NUTRITION & EXERCISE WORKSHOP
Sept 17-18th, Seattle WA, Oct 1-2nd Portland OR
Leaders: Nancy Clark, MS, RD, sports nutritionist;
William Evans, Ph.D., Univ. of AK, director Nutrition
& Exercise Program. Intensive workshop provides
the information one should know about how to
optimize energy & athletic performance, as well
as invest in future health. Contact: Sports Nutrition
Workshop, SportsMedicine Brookline, 830 Boylston
St., Brookline MA 02467 or E-mail fisherelizabeth@exchange.uams.edu, or see web site at
www.nanceyclark.com

For further information on Masters events, call or mail the point of contact, the WetSet editor, or any of the following newsletter editors... (also, see The Final Lap for World Wide Web addresses)

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NEWS ABOUT PNA SWIMMERS



No Last Swims Here By Judy Wagner (From the Gulf Masters Newsletter, June, 1999)

Fellow swimmers and friends this is a part of a speech I made at the Texas Swim coaches Convention in April. I thought I would share it with you. This is the story about the young high school swimmer I talked to at the high school regional meet I helped run up here in College Station last February. I was officiating at the meet and during the break I began to talk to a young man who was waiting to swim. He was very upset and in a true state of panic.

He told me he was a senior and that this was his "last swim." That was a red flag for me. I talked to him a little while and after he swam his coach came up to me and said: "What the heck did you say to that young man, he just did a performance of a life time." I told the coach I had asked the young man why he swam and got him to admit he swam because he liked it and that swimming was fun. I told him to look at me. I said I am older than dirt and I still swim and compete on a regular basis. I reminded him he could swim for the rest of his life. I told

the young man this was just one more swim and to go out there and have fun!!! I said look to the right and to the left, smile at the competition, and Kick Butt.

I did my best at the coaches convention to encourage all the coaches to quit talking to their swimmers about training for that "Last Swim"; Tags, Junior Cut, State Meet, Olympics, whatever There is no such thing as a Last Swim until you die. I told them about Fred Wiggins who died swimming the 400 IM at nationals a few years ago. I reminded them that Fred's wife said that was the way he would have wanted to go. I encouraged the coaches at all levels to recognize the most important thing they are doing is teaching a way of life, a healthy life, and that is more important to any kid than winning any particular race. I figure it is more important to add 10 years to someone's life than to win a race. I encouraged them to keep it fun after all "Swimming is a Lifetime Sport." Happy Laps!

WetSet Subscription / Change of Address Form

The WetSet is PNA's official newsletter. It is produced 10 times a year and is delivered free of charge to PNA members. Non-members may purchase an annual subscription to The WetSet for \$12, payable to "PNA MASTERS SWIMMERS". To request a change of address or a new subscription, please send this completed form to:

Suzanne Dills
PNA Registrar
1101 N Northlake WY
Seattle WA 98103

IMPORTANT NOTICE - The WetSet is sent via Bulk Mail, and is NOT forwarded by the U.S. Postal Service.

- CHANGE OF ADDRESS
- NEW SUBSCRIPTION

If you would like to become a PNA member or renew your membership, and receive The WetSet and Swim Magazine, please use the Member Registration Form on the back cover of this newsletter.

AFFIX ADDRESS LABEL HERE	
NAME _____	
ADDRESS _____	
CITY/STATE/ZIP CODE _____	
PHONE _____	USMS #36 _____

(Continued from page 1)

creased maximum performance, and poor competition. Recovery is rapid and performance improvements or supercompensation occur after a period of rest. If the response to overreaching is to increase training, more serious problems may occur. Overreaching is a stage in a continuum that starts with acute fatigue, progresses gradually through increased training to overreaching, and ends with the overtraining syndrome.

Overtraining causes a decrease in exercise capacity, especially for high intensity exercise. There is a clear and constant decrease of performance causing poor results in competition and inability to handle usual training speeds or distances.

CAUSES OF OVERTRAINING

Overtraining is induced by continuing to increase exercise intensity. The increased exercise intensity may be from exercising more often, longer training sessions, or higher intensity of exercise. It may also occur with repetitive competitions. The motivation to overtrain is usually due to the athlete's desire to reach his or her competitive goals. Recovery from full overtraining syndrome requires a prolonged time of very low activity.

Training alone is seldom the primary cause of overtraining. Psychological and social stresses increase the risk of overtraining as well. Some studies have shown that overtraining can develop by increasing training volume while limiting dietary food intake, especially carbohydrates. Other studies have shown that overtraining syndrome can develop even with increased dietary intake. There is a shifting border between adaptation to training and decreased function. There is also individual variability in necessary recovery time, exercise capacity, non-training stress factors, and stress tolerance.

EFFECTS OF AGING

As people grow older, aging progresses resulting in structural and functional losses. These losses result in gradual impairment of all parts of the body with decreases in reserve capacity. It becomes progressively more difficult to compensate for stress, illness, and injury. Healing is slower, and rehabilitation and recovery take longer. Inactivity accelerates the rate of these normal age related changes. The ability to compensate for training errors decreases. Such errors include competing too frequently, training too long or too hard, training inconsistently, not allowing adequate rest and recovery time, and avoiding flexibility training (stretching). The variation in the individual rate of adaptation to training stress is greater in older athletes. Rest between training sessions is even more critical than at a younger age.

Exercise creates stress that causes tissue breakdown. Repair and adaptive responses occur during the recovery phase and improve future performance. When breakdown exceeds repair, injury occurs. The amount of rest necessary for recovery is an individual variable, but in-

creases in everyone as they get older.

RECOGNIZING OVERTRAINING

Symptoms of tiring easily, sleeping longer, and difficulty concentrating may indicate overtraining. Heaviness in the muscles may be felt at low exercise intensities. Mood disturbances develop with decreases in energy, motivation, confidence, and concentration. Increases in tension, depression, anger, fatigue, confusion, anxiety, and irritability may also occur. These changes may be related to changes in the body's hormones.

Because the only treatment for the overtraining syndrome is rest, it would be good to find a way to detect overtraining early, before a full overtraining syndrome develops. Unexplained losses during competition or unsuccessful seasons may be due to overtraining. Performance may decrease before physical symptoms appear.

There is no gold standard for recognizing or diagnosing overtraining syndrome. An individual suspected to have overtraining syndrome should be evaluated for illness and disease. However, there is no current consensus on the exact changes seen with overtraining syndrome. Signs of overtraining may include an increased resting heart rate, decreased maximum heart rate, increased recovery heart rate, decreased maximum oxygen uptake, and decreased performance. Weight loss with a decrease in body fat may result from a decreased appetite. Blood pressure at rest increases. Postural hypotension, the drop in blood pressure with a sudden change in position, may be exaggerated. This can cause light-headedness with quick changes in position such as standing up. Exercise of a usual intensity may seem harder than previously and exhaustion may occur quickly. Recovery from exercise sessions is slower than usual. A run down feeling with loss of motivation may occur. Disturbed sleep or insomnia, loss of competitive desire, depression, and increased irritability and restlessness may occur. Chronic muscle soreness, increased injuries, increased illness, decreased aerobic power, and decreased muscle strength are seen. All this may occur as a result of trying to do too much too fast.

AVOIDING OVERTRAINING

Overtraining syndrome is common. Many coaches and athletes think that if training leads to increased performance, more training should lead to even better per-

FIGURE 1

RECOGNIZING OVERTRAINING

- Monitor performance during training and at meets.
- Listen to your body for sore muscles, fatigue, or stiffness.
- Evaluate your mood. Are you stressed out, unmotivated, anxious, irritable, or angry?
- Keep track of your exercise RPE or heart rate training score.

(Continued on page 7)

(Continued from page 6)
 performance. The instinctive response to deteriorating performance is to increase training. When fatigue from overreaching causes a transient performance decline, the single most inappropriate response is to increase training.

**FIGURE 2
 AVOIDING OVERTRAINING**

- Limit weekly training increases
- Alternate hard training sessions with easy training sessions
- Cross train
- If you feel run down, take it easy

Overtraining syndrome can be avoided by adhering to a well balanced, progressive training schedule. There should be no increases in combined frequency, intensity, and duration of exercise of more than 10% per week. This is especially important for older athletes. Training should be organized in phases. Times of high training load to improve performance should alternate with times of low training load to allow recovery. The risk of overtraining increases with daily training time, especially if all of the training is the same sort. Cross training may improve performance while decreasing the risk of injury because different muscles are used in different types of training. This allows unused muscle groups to rest while maintaining or enhancing strength. Nonspecific, low intensity training allows active regeneration and enhances recovery from a strenuous workout by increased blood flow to the arms and legs. There must be sufficient energy intake (food) to restore energy stores used in training. Good hydration through adequate water intake is also necessary.

Training can be monitored to watch for early decreases in performance. Suggested ways of monitoring include: an endurance time test every four days following a rest day; completion of a four point mood state scale daily on awakening; evaluating muscle soreness, stiffness, and complaints daily on awakening; or measuring basal catecholamine (adrenaline and related compounds) secretion every one to two weeks. Some of these tests are only reasonable for elite athletes. A regular self-assessment of fatigue, stress, muscle soreness, and sleep pattern may be helpful. Increased fatigue, resulting in an increased need for sleep, may precede decreased performance. For an overtrained athlete, particularly an older athlete, the normal taper before a major competition may not provide adequate recovery time.

The global intensity of an entire training session can be rated on a modified Borg rating of perceived exertion (RPE) scale. This RPE rating is determined as if answering a question from a close friend: "How was your workout?" A numerical value between one and ten is assigned for session RPE. One is a very easy session and ten is the hardest imaginable. The duration of the training session in minutes, including warm up, cool down, and recovery intervals is multiplied times the

session RPE to calculate the session load. Multiple sessions in one day are added together to create a daily training load. Daily loads are then summed for the weekly load. The daily average and the average of the daily deviations from average are calculated. The daily average divided by the average deviation is called monotony. The weekly load times monotony gives training strain. Increases in training load, monotony, or strain of more than 10% per week may predict overtraining and potential illness or injury.

Training load can also be calculated by monitoring heart rate during exercise using a heart rate monitor. A training score is then calculated based on the amount of time spent in various heart rate ranges or zones. Zone 1 is 50-60% of maximum heart rate, Zone 2 60-70%, Zone 3 70-80%, Zone 4 80-90%, and Zone 5 90-100%. The time in minutes spent in each zone while exercising is multiplied by the Zone number. Numbers are added together for a training score. The training score correlates well with RPE. Weekly training loads, monotony and strain can be calculated as described above.

**TABLE 1
 MODIFIED BORG SCALE**

Rating of Perceived Exertion (RPE)	
1	very, very easy
2	
3	easy
4	
5	moderate
6	
7	hard
8	
9	very, very hard
10	

DAY	TRAINING	TRAINING DURATION (minutes)	EVALUATION RPE	DAILY TOTAL	DEVIATION FROM MEAN
SUNDAY	bicycle 15 miles	60	3	180	294
MONDAY	swim	90	8	720	246
TUESDAY	weight training	45	4	180	294
WEDNESDAY	swim	60	6	360	34
	walk 2 miles	40	2	80	
THURSDAY	weight training	45	4	180	294
FRIDAY	swim	90	8	720	246
SATURDAY	hike 6 miles	180	5	900	426
WEEKLY TOTAL				3320	1834
DAILY MEAN LOAD			Weekly total / 7	474	
AVERAGE DEVIATION			Sum of deviations / 7	262	
MONOTONY			Daily mean / average deviation	1.81	
WEEKLY LOAD			Sum of daily loads	3320	
STRAIN			Weekly total x monotony	5977	

Avoiding overtraining will help maintain top performance. Declines in performance and severe fatigue are symptoms to be respected, not problems to be overcome. Learn to monitor your training and listen to your body.

PACIFIC NORTHWEST MASTERS

SHORT COURSE METERS -



PENTATHLON

SATURDAY, OCTOBER 2, 1999

Sanctioned by: Pacific Northwest Association for USMS, Inc. #993609
Hosted by: North Whidbey Masters

Time: Warm-up 9:00 am **LOCATION:** John Vanderzicht Memorial Pool
Meet Starts 10:00 am 85 SE Jerome ST, Oak Harbor WA 98277
Check in: by 9:45 am (360) 675 - POOL

Directions: Take Hwy 20 to Oak Harbor. Turn East onto Whidbey Avenue. Proceed 1/2 mile to SE Jerome St. Turn right onto Jerome - the pool will be on the right.

Facility: Six lane, 25m course. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1 - 5 will be used for competition. A hot tub and sauna are also available.

Rules: Current USMS rules will govern the meet. All 1999 registered Masters swimmers age 19 and over as of October 2, are welcome to participate. Age for this meet is determined by your age as of 12/31/99.

Entries must be received by the meet director by Saturday, September 25 with the following exception: RACE DAY ENTRIES WILL BE ACCEPTED UNTIL 9:30 AM FOR AN ADDITIONAL \$5.00 LATE FEE.

DIRECTOR: Sally Dillon (360) 679-5038 email: <salswmmr@oakharbor.net>

SPECIAL PENTATHLON FORMAT

THE PENTATHLON: Swimmers should enter the five events that "complete" a pentathlon, but may enter fewer. The Pentathlon categories are:

- "SPRINTER'S CHOICE" DIVISION 50 each of fly, back, breast and free plus a 100 IM
- "MIDDLE MASTERS" DIVISION 100 each of fly, back, breast and free plus a 200 IM
- "ANIMAL" DIVISION 200 each of fly, back, breast and free plus a 400 IM

There will be a short break after each stroke. Pentathlon "results" will be calculated by adding the total seconds swum in the five events. Swimmers competing in the pentathlon will have a "time penalty" if they are disqualified in an event. It will be assessed as follows: ADD 5 seconds for 50's, ADD 10 seconds for 100's, ADD 20 seconds for the 200's and ADD 40 seconds for the 400. Swimmers who try to abuse the disqualification system will be eliminated from the Pentathlon competition. Entry forms for the Minnesota Masters Postal Pentathlon will be available at the meet.

AWARDS Special awards will be presented to the fastest 3 swimmers in each age group for each type of pentathlon. No separate awards will be given for individual events but PNA medals will be available for purchase.

SEEDING Slow to fast with ages and sexes mixed. All events will be deck seeded and check-in is required.

TIMING Manual timing will be used.

CONCESSION Light snacks will be available for purchase. Some swim equipment (caps, goggles) will also be available.

SAFETY NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.

**PACIFIC NORTHWEST MASTERS SHORT COURSE METERS - PENTATHLON
SATURDAY, OCTOBER 2, 1999**

- | | | |
|---------------|--------------|---|
| 1. 200 fly | 10. 200 free | ENTRY LIMIT: 5 Individual events. |
| 2. 100 fly | 11. 100 free | |
| 3. 50 fly | 12. 50 free | "Animals" enter events # 1, 4, 7, 10, 13 |
| 4. 200 back | 13. 400 IM | "Middles" enter events # 2, 5, 8, 11, 14 |
| 5. 100 back | 14. 200 IM | "Sprinters" enter events # 3, 6, 9, 12, 15 |
| 6. 50 back | 15. 100 IM | |
| 7. 200 breast | | A short break will occur after each stroke. |
| 8. 100 breast | | |
| 9. 50 breast | | |

Swimmers not registered with Pacific Northwest LMSC Must attach a photo-copy of their current USMS Or MSC registration card.

ENTRY FEE: \$10.00 (\$14.00 Canadian)

Swimmers 65 and older may pay a reduced entry fee of \$6 (\$8.50 Canadian)

**RACE DAY ENTRIES WILL BE ACCEPTED AT THE POOL UNTIL 9:30 AM
FOR AN ADDITIONAL \$5.00 ENTRY FEE.**

**MAKE CHECKS PAYABLE TO NWAC AND MAIL WITH COMPLETED ENTRY FORM TO:
SALLY DILLON PO BOX 845 OAK HARBOR WA 98277**

-----DETACH HERE-----

PRE-ENTRIES MUST BE RECEIVED BY SEPTEMBER 25

Name: _____ Male ___ Female ___ Age on 12/31/99 _____

Local Team: _____ Club: _____ LMSC: _____ Date of Birth: _____

Address: _____

State: _____ Zip: _____

*USMS or MSC registration number: _____ - _____ Entry fee enclosed: _____

AGE GROUP [CIRCLE ONE / determined by your age as of 12 / 31 / 99]

19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59

60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95 - 99

EVENT NUMBER	EVENT NAME	ENTRY TIME (for short course meters)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Liability Release: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature: _____ Date: _____

The Donner Lake Monster

By Dan Frost

Open Water swims come in many varieties which, to some extent, gives the sport some of its appeal. Swimming across Lake Washington in a wetsuit is much different than swimming across the English Channel covered mostly with grease. But, they are both challenges in their own ways.

While each open water swim has its own degree of challenge, few present such a unique set of obstacles as the Donner Lake Swim, recently conducted for the 20th consecutive year. Current PNA member Sally Dillon was the original founder of the event.

Donner Lake is located on the outskirts of Truckee, California. Truckee is a well-known name to astute weather observers, for on any given Winter's day it is frequently named in your newspaper's weather section as the coldest city in the contiguous United States. The lake and the town are serenely nestled right behind the crest of the Sierra Nevada Mountains. In winter, Donner Lake freezes over. Come summertime, however, the water temperature warms up into the sixties.

The traditional early-August date for the Donner Lake Swim is when the conditions are most favorable: The air is warm, the water is at its warmest, and calm morning winds. Besides the light winds, the mid-morning start time keeps the rising sun at the swimmer's backs, and allows the swim to proceed before

afternoon clouds and thunderstorms develop.

To successfully swim the full length of the lake, the swimmer is faced with three major challenges: The distance, the cold water, and the altitude. The lake is 2.7 miles long, or 4750 yards, which is quite a long workout. The concept of the swim is simple, swim from one end to the other, from east to west. There are no turns to make, and no buoys to pass. Somewhere along the opposite shoreline amidst a backdrop of the Sierra Crest and a forest of towering pine trees is a fluorescent banner at the finish line, said banner being the only artificial aid to navigation.

As standard with all Pacific Masters open water events, swimmers who wear wetsuits are ineligible for awards. Therefore, most Donner Lake Swim participants wear standard swimming outfits.

At about 6000 feet above sea level, Donner Lake sits above every mountain pass you could drive in Washington. It's a mile high, and then some! Compared to sea level, the air pressure at Donner Lake is about 15 percent less. It guarantees that your swim, no matter how long, will become a hypoxic workout. (Note: When I was a high-school cross-country runner, my team came up to Donner Lake during the

(Continued on page 21)

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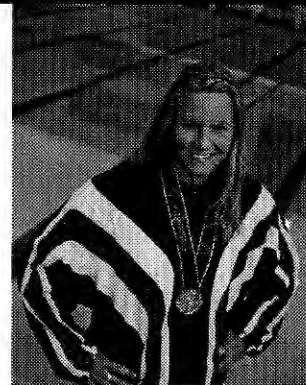
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1999 ANIMAL PLUS MEET

Hosted by Green Lake Aqua Ducks (GLAD)

Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 993610

TE: **Sunday, October 31, 1999**

MEET: Warm-up: **8:00 AM**, Meet starts: **9:00 AM**

ACE: Shoreline Pool, 19030 1st Ave N.E. Shoreline, Washington
Phone: (206) 362-1307

MEET DIRECTOR: Jennifer Leland (206)283-4358 (before 9 PM please)
Jenleland@hotmail.com

FACILITY: Competition pool: 25 yards, 6 lanes
Warm up pool: separate shallow end
Water temperature: 85 degrees F

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: All 1999 registered Masters swimmers age 19 and above as of October 31, 1999 are welcome to participate. **Age groups determined by the swimmer's age on October 31, 1999.**

Seeding: Slow to fast

TIMING: Manual

AWARDS: Ribbons first through sixth. Medals available for \$2.00 each. Something special for those individuals who enter all 5 events. Wiggin Memorial perpetual plaque for the individual closest to the PNA record for the 400 I.M.

DIRECTIONS:

(a) NORTHBOUND I-5: Take the 175th street exit, head west (left) under the freeway. Turn RIGHT on Meridian Ave N. Turn RIGHT on N 185th St. Turn LEFT on 1st Ave NE. The pool is just past the tennis courts.

(b) SOUTHBOUND I-5: Take EXIT #177 NE 205 St. Lake Forest Park. Off the exit ramp turn right, heading west. Get into the left lane soon. Turn LEFT on 1st Ave NE (at the light). The pool is .7 mile on the left.

(c) EDMONDS/KINGSTON FERRY: Travel right (south) off the ferry dock on highway 104. Follow Highway 104 which will become Edmonds Way. After you go under Highway 99 (Aurora Ave N.) Edmonds Way ends and feeds into NE 205th St. Follow NE 205th St. eastbound. Turn RIGHT on 1st Ave NE (at the light). The pool is .7 miles on the left.

Breaks: There will be breaks between events. The length of the breaks will depend on the time line.

Safety First!

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

ORDER OF EVENTS	
1	200 Butterfly
2	200 Backstroke
3	200 Breaststroke
4	400 Individual Medley
5	1000 Freestyle

1999 ANIMAL PLUS MEET

Hosted by Green Lake Aqua Ducks (GLAD)

Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 993610

NAME: _____ M F AGE as of 10/31/99: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____ - _____

TEAM _____ or UNATTACHED _____ LMSC _____

AGE GROUP (Circle one - determined by your age as of October 31, 1999):

19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59

60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: FIVE INDIVIDUAL EVENTS

EVENT NUMBER	EVENT	SEED TIME (LC Meters)

ENTRY FEE: \$ 6.00 Surcharge
\$ _____ T-shirts @ \$15 each - indicate size (M ___ L ___ XL ___)

Individual Events: + _____ \$1 per event for swimmers under age 65.
No charge for swimmers 65 or over.

Total: \$ _____

Please make checks payable to: **JANIE LAYMAN (206)542-1845**
Mail this entry form and fees to: **19505 22 AVE NW FAX (206) 542-2759**
SHORELINE, WA 98177 LAYMAN@NWLINK.COM

Please send entries postmarked no later than Thursday, October 21, 1999.

Include a copy of your Masters registration card if you are not a PNA member.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____

PNA LOCAL MASTERS SWIMMING COMMITTEE

SHORT COURSE YARDS MEET: November 21, 1999 (Meet Sanction #993611).

Hosted by the MWR-NSB Bangor TRIDENTS Swim Team

ORDER OF EVENTS (#3)	
#	Event
1	1650 Free
2	400 IM
Warmup Break	
3	200 Free Relay
4	200 Fly
5	200 Back
6	50 Breast
7	100 Free
5 minute break	
8	200 Mixed Free Relay
9	200 IM
10	50 Fly
11	100 Back
12	200 Breast
13	50 Free
5 minute break	
14	200 Medley Relay
15	100 Fly
16	50 Back
17	100 Breast
18	200 Free
19	100 IM
5 minute break	
20	200 Mixed Medley Relay
21	500 Free

DATE: **Sunday**, November 21, 1999
 TIME: Warmup: **8:15 AM**; Meet starts **9:00 AM**
 Warmup after Event #2; resume **10:30 AM**
 PLACE: Naval Submarine Base Bangor Pool
 Phone: **360-535-5941**
 MEET DIRECTOR: **Marilyn Grindrod**

FACILITY: 360-535-5941 (pool) 360-779-7796 (home)
 25 yd x 25 m (10 lanes) plus diving tank
 Warmup: Lanes 1 - 4; Meet: Lanes 5 - 10
 Water temperature: ~ 82 degrees F

CONCESSIONS: Bowling alley adjacent, video games. McDonald's is nearby, too. BRING THE KIDS for (Masters) Family Swim AFTER the meet until 5 PM!

RULES: Current USMS Rules will govern the meet
 ELIGIBILITY: Open to all USMS 1999 registered swimmers, 19 and above as of the last day of the meet.

SEEDING: Slow to fast TIMING: Electronic
 RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.

NOTE: Please try to list everyone riding in your vehicle. We will create a Gate List to permit base entry.

DIRECTIONS: **From Tacoma**, take Route 16 to Bremerton, then Highway 3 North (Silverdale, Bangor, Poulsbo). Continue to the NSB Bangor Trigger Avenue gate exit (which occurs first) or the Main Gate exit (Luoto Road)... **From Bremerton Ferry**, depart ferry terminal, turning RIGHT onto Washington Street. Move into the LEFT lane, which becomes 11th Street. Follow 11th across town, turning RIGHT at the last light onto Kitsap Way. Take Highway 3 north to the NSB Bangor Trigger Avenue or Main Gate exits...

From Bainbridge Island (Ferry), go north on Highway 305 and continue through Poulsbo. Go straight through all 6 lights to enter Highway 3 (South). Continue south to the

NSB Bangor "Ordnance Annex" exit (just after Milepost 49). Turn RIGHT onto Luoto Road to Main Gate...

From Kingston (Ferry), follow Highway 104 from terminal, through 3rd light (which becomes Bond Road, Highway 307). Continue toward Poulsbo; turn RIGHT at the Highway 305 intersection (9.3 mi). Continue straight through next light for Highway 3 (South) from left lane. Continue south to the NSB Bangor exit just after Milepost 49 (14.4 mi)...

From Hood Canal Bridge, go south on Highway 3, which changes from 2-lane to 4-lane at Poulsbo. Continue on to the NSB Bangor Main Gate exit just after Milepost 49...

From Main Gate: Go straight on Trident Blvd., turn LEFT at 3rd light onto Trigger Avenue. Turn LEFT at Ohio (2nd light) and park in front of Bldg. 2700 on your left.

From Trigger Avenue Gate: Proceed up Trigger to 1st light. Turn RIGHT onto Ohio and find Bldg. 2700 on your left.

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

PNA LOCAL MASTERS SWIMMING COMMITTEE

MEET ENTRY FORM: November 21, 1999 Meet Sanction #993611

Hosted by the MWR-NSB Bangor TRIDENTS Swim Team at the NSB Bangor Pool

NAME: _____ M F AGE as of 11/21/99: _____
 ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____
 TEAM _____ or UNATTACHED _____ LMSC _____

AGE GROUP (Circle one - determined by your age as of November 21, 1999):

19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
 60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME (for SC YARDS)

GATE LIST: Driver: _____
 All Passengers: _____

ENTRY FEES: \$ 9.00 (includes LMSC and \$3 electronic timing surcharges)
 Individual Events: + _____ \$1 per event for swimmers under age 65.
 No charge for swimmers 65 or over.

Total: \$ _____

Please make checks payable to: **STEVE PETERSON**
 Mail this entry form and fees to: **11165 CENTRAL VALLEY ROAD NW**
speterson@bandwagon.net **POULSBO WA 98370-8197**
 360-692-1669 (h)

Please send entries postmarked no later than Thursday, **November 11, 1999**.

Include a copy of your Masters registration card if you are not a PNA member.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____



HAPPY BIRTHDAY

TO THE FOLLOWING PNA SWIMMERS!

09/15 David Walton	09/21 Roger Rudolph	10/05 Andrew Wood
09/15 Michael Schnitzius	09/23 Richard Breuhaus	10/05 Cathy Cooley
09/15 Daniela Ahmed	09/23 Gerry Plunkett	10/05 Harold (Hal) Young
09/15 Francesca Drum	09/23 Ann Cooke	10/05 George Gonzalez
09/15 Sara Wahl	09/24 Jamie Whitney	10/05 Kathrine Casey
09/15 Michael Scott	09/25 Manuel Chau	10/06 Joan Davis
09/16 David Austin	09/26 Alan Cardwell	10/06 Michele Porter
09/16 Brian Bannon	09/26 Bobby Gallegos	10/06 Jeff Stride
09/16 Timothy Gilmore	09/26 Tom Sherry	10/07 Ronald Rauch
09/16 Steven Marshall	09/28 James Shields	10/08 Kenneth Simons
09/17 Steven Peterson	09/28 Michael Vrbanc	10/08 David Goldman
09/18 Vaughn Bigelow	09/28 Kirsten Gagnaire	10/08 Kathleen Blanchard
09/18 Thomas Jowett	09/30 Barbara Shelton	10/08 Karen McCathie
09/18 Francis Langlois	10/02 William Brown	10/08 Jennifer Sampson
09/19 Patrick Sullivan	10/02 Marion Chadwick	10/09 Carlye Peterson
09/20 Rick Almberg	10/02 Sharon Marcoe	10/09 Stuart Scarff
09/20 John Kokes	10/03 Sally Reed	10/09 Janie Layman
09/21 Mark Pribis	10/03 Phil Brennan	10/09 Julia Bent
09/21 Alison Dillow	10/03 Donna Huss	10/09 Douglas Thompson
09/21 Michael Lamb	10/04 Jeffrey Paradee	10/11 Tammi Snook
09/21 Michelle Petrick	10/04 Denise Kliskey	10/12 Richard Foxlee
		10/13 Ruth Afflack
		10/14 Reb Cobb
		10/14 Robert Petris
		10/14 Eric Smith
		10/14 Scott MacIntrire
		10/14 Michelle Ball
		10/14 Jennifer Johnston
		10/14 Brad Mott

FITNESS TIP - Workouts by David Grilli

There can be something boring about moving up and down a lane 7 ft. wide and 75 ft. Long. I am a big fan of pool toys. They help break up the boredom as well as enhance the work done by targeted muscle groups. The following workout uses three of my favorites, namely paddles and pull buoy, fins and a bungy chord.

1] Warm up, 4x75 free, 4x50 free, 3x100 IM all done on a 20 second rest interval.

2] Pull Set: Pyramid 100, 200, 300, 200, 100. All free pulling with paddles and pull buoy. Swim equivalent interval per 100 yards swum less 5 seconds. For example: If the usual interval for 100 yards is 1:30, pull the 100s on 1:25. The 200s on 2:50 and the 300 on 4:15.

3] 3x100 kicks continuous, 100 free kick, 100 fly kick and 100 back kick. (Kick boards are optional) Don not push this set too hard. Use it more to loosen your ankles and warm up the Achilles tendons.

4] 2 x through with fins, 100 fly, 100 back, 100 free, with a 15 second rest interval after every 100 yards.

5] Swim a 300 with fins and paddles (It's fun to go fast.)

6] 4x50 on 2:00 pulling the bungy chord down & getting pulled back. You can use fins for this set if you wish but DO NOT USE PADDLES!

7] Cool Down: 4x50 on 1:15 under water dolphin kick down (try to hold your breath all the way down) easy back stroke back. (Fins Recommended.)

Total yardage = 3300

Past Issues of SWIMMING WORLD Magazine available to "a good home".

I have most issues dating back to 1974 and would like to donate them to a team or individual. Please contact me at <salswmr@oakharbor.net> or 360-679-5038 if you're interested in any (or all) of the collection. Sally Dillon - Oak Harbor, WA

Short Course Meters Pentathlon

Oak Harbor, Whidbey Island

Saturday, October 2

Competition is scheduled to begin at 10:00 AM

In a pentathlon, swimmers compete in five events. The printer's choice event is a 50 of each stroke plus a 100 IM. The "middle masters" will swim 100 of each stroke plus a 200 IM. And this year, the North Whidbey Masters have added the animal" division for swimmers who would like to swim a 200 of each stroke and a 400 IM. The times for each swim are added together and the swimmer with the lowest cumulative time is declared the winner. If a swimmer is disqualified, a time penalty will be added so they aren't completely eliminated from the competition. Special awards will be presented to the top three finishers in each age group. Swimmers can use their results from the Oak Harbor meet to enter the Minnesota Masters annual postal pentathlon". The entry forms will be available at the meet. Race Day entries will be accepted before 9:30 AM for an additional \$5.00 entry fee. If you'd like to enjoy Whidbey Island for the weekend, recommended motels are:

The Auld Holland Inn (360-675-2288), The Best Western Harbor Plaza (360-679-4567), The Coachman (360-675-0727).

Look for an official entry form elsewhere in this issue of the WetSet!

THE FINAL LAP



The Donner Lake Monster

By Dan Frost

(Continued from page 11)

summer for altitude training.)

Usually, those are the only significant hazards for the participants to battle. This year, over 250 people including myself came to challenge this three-headed beast of a swim. The challenge begins at the shoreline on the eastern end of the lake, within walking distance of the camp where some of California's earliest emigrants got stuck during the winter, froze to death, and were cannibalized by the survivors. We were all hoping for a much kinder fate on this August morning.

As we were just about to start, I thought that the conditions could not have been more favorable. As zero hour approached, however, so did a few puffy clouds. The water felt warm enough to my hands an hour earlier, but when I immersed my whole self for a brief pre-race warm-up, I began to feel like I had just walked into a meat locker without my clothes on. I never thought that 70 degrees would feel so cold, until I learned that it was really only 63 degrees.

At the appointed moment, beneath the shadow of a cloud, we sprinted into the water and started on our way. For the first few minutes, we all sought to settle down into a good pace and position

ourselves into some clear water. Then as we started moving towards the middle of the lake, we started getting pounded by choppy waves. The lake sits at the floor of a narrow canyon, so moving air can bounce around the walls and stir up Donner Lake's waters from many directions. The local swimmers say that about once every four years, such nasty chop will appear on race day.

Some people sped through the chop easily enough. For many, however, it created problems. The numerous little one-foot waves made it harder to see that little fluorescent banner at the western end. Plus, whenever it came time to breathe, there was usually a wall of water there. Sure, it was nice clean mountain runoff water, the type of stuff they use in Colorado to make beer. It was also taking up the oral space of all the air that was really "15% lighter than air" which we were all longing to get.

As we progressed, the chop began to subside, but the clouds kept moving around. Sometimes, the little fluorescent finish banner was lost in the shadow. Other times, the lake itself was in the shadow, making it harder to see the leading swimmers. Through it all, we continued to struggle against the silent enemy that was sucking the warmth out of each of us.

Not soon enough, that little fluorescent banner was standing out and filling up more and more space in the goggle lenses. Soon thereafter, I staggered my way onto my feet and onto the beach. After coming through the finish line, I saw the race time (One hour and 14 minutes – longer than my expectation) and began to wonder if I had really been in the water that long. That was when my body started to give me the answer involuntarily. Once I stopped swimming, my body tried to retain warmth by going into full-shiver mode while I struggled to dry off, dress, and fill my stomach with hot fluids of many varieties.

In 1998, this swim was one of the USMS Long Distance Championship events. Many of the 1998 swimmers returned in 1999, and while a few matched or beat their 1998 times, about 95% were significantly slower, some being over 10 minutes slower. Why? Was it the waves, the winds, or the cold water? Blame it on La Nina, perhaps! (Afterwards, the race director e-mailed Sally to ask if Sally ever had to cancel the race.) Sometimes, the Lake Giveth, but this year the Lake Taketh Away.

WORLD WIDE WEB GUIDE

Check out these sites on the internet for information on Masters swimming, news, events, workouts, and more from throughout the Northwest!

PNA MASTERS SWIMMING

U.S. MASTERS SWIMMING
MASTERS SWIMMING CANADA
OREGON MASTERS
B.C. MASTERS
SAWTOOTH (Idaho) MASTERS
ALASKA MASTERS
BELLINGHAM MASTERS
ORCA SWIM TEAM

www.swimpna.org

www.usms.org

www.compumart.ab.ca/masterssc/

www.swimoregon.org

www.island.net/~bpronk

netron.micron.net/~ricdavis/Sawtooth/index.html

www.alaska.net/~billings/AKMS.htm

members.aol.com/Ariston844/bmsc.htm

www.teamseattle.org/orca

**UNITED STATES MASTERS SWIMMING, INC.
2000 REGISTRATION APPLICATION
Pacific Northwest Association of Masters Swimmers**
REGISTER WITH SAME NAME YOU WILL USE FOR COMPETITION
Please print clearly

RENEWAL My current USMS number is _____ **NEW REGISTRATION**

Name:

Last First Initial

Address:

Street or box number Apt number

City State Zip code

Telephone:

Area Code

E-mail Address:

Date of birth:

Month Day Year

Age:

M/F:

My club is: Pacific NW Aquatics (PNA)
 Unattached
 Sequim (SQM)

My Team is: Team Name _____
 Unattached

If you coach a Masters swim team check here:

2000 ANNUAL FEE Your fee includes a subscription to the WetSet and to SWIM Magazine

Under 65 **\$30** (If after Sep 1, 1999 for 1999: \$15.00) \$ _____
Senior: 65 & over **\$23** (If after Sep 1, 1999 for 1999: \$11.50) \$ _____
Canadian Fee **\$US35**

Optional Donations:

Donation of \$1.00 or (\$ _____) to the International Swimming Hall of Fame \$ _____
Donation of \$1.00 or (\$ _____) to the USMS Endowment Fund \$ _____

PLEASE MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS TOTAL \$ _____

Mail to: **Suzanne Dills, Registrar**
1101 N. Northlake Way
Seattle, WA 98103
(206) 779-3654 (w)

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____

Date _____

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