

# THE WETSET



VOLUME 19 • ISSUE 8

October 1999

## CAFFEINE and EXERCISE PERFORMANCE

By Lawrence L. Spriet, Ph.D., and Terry E. Graham, Ph.D.

Caffeine may be the most widely used stimulant in the world. It is found in a variety of plants, dietary sources (including coffee, tea, chocolate, cocoa, and colas), and non-prescription medications. The average caffeine consumption in the United States is approximately two cups of coffee per day (200 mg); 10 percent of the population ingests more than 1,000 milligrams per day. Caffeine is a socially acceptable, legal drug consumed by all groups in society.

Caffeine is often referred to as a nutritional ergogenic aid, but it has no nutritional value. Ingested caffeine is quickly absorbed from the stomach and peaks in the blood in one to two hours. Caffeine has the potential to affect all systems of the body, because it is absorbed by most tissue. The remaining caffeine is broken down in the liver and byproducts are excreted in urine.

**Caffeine and endurance exercise performance:** Laboratory studies from the 1970s suggested that caffeine enhanced endurance performance by increasing the release of adrenaline into the blood, stimulating the release of free fatty acids from fat tissue and /or skeletal muscle. The working muscles use this extra fat early in exercise, reducing the need to use muscle carbohydrate (glycogen). The "sparing" of muscle glycogen made more available later in exercise to delay fatigue.

In the 1980s, many studies found that caffeine did not alter exercise metabolism. Without actually measuring performance, the studies implied it had no ergogenic effect. A few reports did examine caffeine and performance during endurance exercise and generally found no beneficial effect. By the end of the decade, it was suggested that caffeine did not alter metabolism during endurance exercise and may not be ergogenic.

*(Continued on page 8)*



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

LISA ADAMEK, CHRIS BOENSE, AARON BROWN, SARAH DODS, BO FOLSOM, DOUGLAS FRAZIER, BILL KRIEGER, CINDY MARTIN, CHARLES MAYER, LOREN MCEWAN, KIRA RICHARDS, LAURA ROOKSTOOL, ALISON SPENCER, SUSAN STEGENGA, AND JOHN WESTERFIELD.

VISIT OUR WEBSITE AT [WWW.SWIMPNA.ORG](http://WWW.SWIMPNA.ORG)

## LEADING OFF

By  
Lee Carlson

I have two subjects to talk about this month. First is the Masters National Convention (including changes that may affect you). The second subject is the Places-to-Swim list.

In mid-September, ten members of the PNA attended the United States Masters Swimming National Convention in San Diego. Attending with me were Kathy Casey, Carolyn Behse, Jeanne Ensign, Sue Dills, Jane Moore, Hugh Moore, Steve Peterson, Walt Reid, and Sally Dillon. Jeanne is the Treasurer of the national organization and Hugh is the Zone Committee chair.

The convention awarded the 2001 Long Course National Championships to the  
*(Continued on page 2)*

### Inside

**Results  
Long Course  
Nationals**



**Masters Events Calendar**

**Page 3**

**Swimming for Life:  
USMS Convention Highlights**

**Page 5**

**Entry Forms**

**GLAD Animal Plus – Oct. 31  
Bangor Tridents – Nov. 21**

# LEADING OFF

By  
Lee Carlson

*(Continued from page 1)*

Pacific Northwest. This meet will be held at the Weyerhaeuser King County Aquatic Center August 16 - 19, 2001. We will need your help and assistance to put on another outstanding meet. This is the third time we have hosted a Masters National Championship at this facility. In August of 1992 and May of 1997, we had very successful national meets. Jane Moore will be in charge of the meet organizing committee and Hugh, who presented our bid to the convention, will be the meet director. We will begin planning for this meet in the next few months, and you will want to reserve these dates. There will be lots for us to do in preparing for and conducting the meet.

Effective January 1, 2000, Masters Swimming will observe the "No False Start Recall" rule for all meets. Competitors who false start will be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer(s) shall be disqualified at the completion of the race. Our (USMS) organization is following the lead of FINA and USA Swimming, attempting to have as uniform a set of rules as is possible while considering the age and other special needs of Masters swimmers.

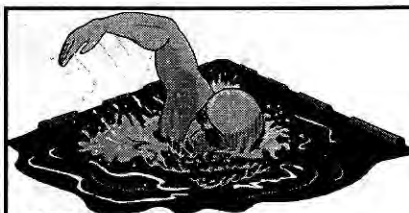
The convention delegates decide on a long range plan for United States Masters Swimming and accept or reject proposed rule changes, primarily through the work of over twenty committees such as Open Water, Championship, Legislation, and Coaches. The committees report on the past year's activities and determine future actions. The locations and hosts for the short course and long course national meets two years from now (The year 2001 in

this case) are chosen. A summary of the committee reports will be included in the next *WetSet*.

It's not all work. During the convention, we had workouts available each morning. These were led by some of the nation's best coaches. About 110 of the 250 delegates took part in one or more of three pool workouts. We worked on both sprint and distance sets plus lots of drills. An added feature was a morning ocean swim hosted by the La Jolla Cove Swim Club. Sad to report, however, PNA's new delegates failed to appear for the annual Australian Rules Football competition conducted by the USA Swimming Social Committee...

The second subject and one of the most common questions I am asked is "Where can I swim?" This issue has a listing of places to swim and contact people for registered teams in the Pacific Northwest area. Our website at [www.swimpna.org](http://www.swimpna.org) has the same list. A listing of all pools in the Northwest is available on the web at [www.usms.org](http://www.usms.org). A hard copy of Places To Swim is available for \$8.00 from the USMS National Office at PO Box 185, Londonderry, NH 03053-0185, (603) 537-0203.

Finally, we will be offering a coaches and swimmers clinic in the next year as well as implementing our planning activities. Please let your team representative or any board member know what we can do to make your Masters Swimming experience better or more meaningful for you. Your officers are very energized after a great national convention.



## THE WETSET

Volume 18 • Issue 8  
October 1999

**Brad Palmer**  
1020 Seneca St. No. 516  
Seattle, WA 98101-2750  
(206) 223-9359  
E-mail: [thewetset@yahoo.com](mailto:thewetset@yahoo.com)

### PNA OFFICERS

#### President

**Lee Carlson (206) 232-3916**  
2913 70th Ave SE  
Mercer Island WA 98040  
[leedee@home.com](mailto:leedee@home.com)

#### Vice President

**Carolyn Behse (425) 747-3889**  
[cbehse@yahoo.com](mailto:cbehse@yahoo.com)

#### Treasurer

**Jeanne Ensign (206) 324-6768**  
[treasurer@usms.org](mailto:treasurer@usms.org)

#### Secretary

**Steve Peterson (360) 692-1669**  
[speterson@bandwagon.net](mailto:speterson@bandwagon.net)

#### Board Members at Large

**Kathy Moore (253) 854-8715**  
**Kathy Casey (253) 588-4879**

### PNA VOLUNTEERS

#### Registrar

**Suzanne Dills (206) 779-3654**  
1101 N Northlake WY  
Seattle WA 98103

Awards: Sally Dillon  
Coaches: Barb Gundred  
Computer Apps.: Jim McCleery  
Constitution & By-Laws: Jane Moore  
Fitness: Carolyn Behse  
Historian: Tom Foley  
Meets/Sanctions: Hugh Moore  
Publicity: Brad Palmer  
Records/Top Ten: Walt Reid  
Officiating: Jan Kavadas  
Open Water: Sally Dillon  
Safety: Kathy Casey  
Social: Jett Vallandigham

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.



# MASTERS CALENDAR

OPEN WATER  
POSTAL SWIMMING, ETC.  
MEETS  
CLINICS

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

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

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

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

November 13  
Nanaimo SCM meet  
Nanaimo BC  
Darlene Higgins (250)758-0407  
E-mail: higginsd@mala.bc.ca

November 13 – 14  
Ashland SCY meet and swim clinic  
John Weston & Erin Coke (541) 488-2547  
Look for entry form at [www.swimoregon.org](http://www.swimoregon.org)

November 13 – 14  
Total Immersion Freestyle Clinic  
Seattle  
Call (800) 609-SWIM or see information at  
[www.totalimmersion.net](http://www.totalimmersion.net)

**November 21**  
**MWR-NSB Bangor Tridents Swim Team**  
**SCY meet**  
Bangor WA / Naval Sub Base pool  
Marilyn Girndrod (360) 535-5941 (Pool)  
E-Mail: speterson@bandwagon.net  
See entry form in this issue of *The WetSet*

December 4 –5  
Northwest Zone SCM Championships  
Portland OR / Multnomah Athletic Club  
Sean Taylor (503) 285-3860  
E-mail: staylor@themac.com  
Look for entry form at [www.swimoregon.org](http://www.swimoregon.org)

December 4  
Delta SCM meet / Delta BC  
Ted Moens (604) 572-8081

December 18  
Montana Masters SCY meet / Missoula MT  
Ellen Mills  
E-mail: ellenmm@montana.com

January 1 – 31, 2000  
USMS One-Hour Championship Postal Swim  
Look for information and entry form at [www.usms.org](http://www.usms.org).

**January 15, 2000**  
**ORCA Queen City Splash & Ski-2000**  
Seattle / Helen Madison Pool  
Brad Palmer (206) 223-9359  
E-mail: orcanews@yahoo.com  
Look for meet entry in a future issue of  
*The WetSet*.

January 16, 2000  
UBC Masters SCM Meet  
Vancouver BC / UBC Aquatic Center  
Ivan Szasz (604) 734-4455  
E-mail: iszasz@interchange.ubc.ca

January 29, 2000  
Eugene SCY meet / Eugene OR  
Pam Himstreet (541) 593-9101  
E-mail: him@cnc.net  
Look for information at [www.swimoregon.org](http://www.swimoregon.org)

February 1 – 29, 2000  
February Fitness Challenge (Postal fitness event)  
Bill Volckening (503) 533-5567  
E-mail: volckening@aol.com  
Look for information at  
[www.barracudas.portland.or.us/swim/](http://www.barracudas.portland.or.us/swim/)

**February 20, 2000**  
**Bellingham Masters SCY meet**  
Look for entry form in a future issue of  
*The WetSet*

March 5, 2000  
Victoria Masters LC meet  
Victoria BC / Saanich Commonwealth Place  
Rod Carmichael (250) 598-5289

**March 12, 2000**  
**Mercer Island Redwoods SCY meet**  
Look for entry form in a future issue of  
*The WetSet*

March 25, 2000  
Cowichan Aquaniss Masters SCM Meet  
Duncan BC / Cowichan Aquatic Centre  
Nancy Hamilton (250) 746-0450

**April 7 – 9, 2000**  
**PNA Championships (SCY)**  
Federal Way WA / King Co. Aquatic Ctr.  
Look for entry form in a future issue of  
*The WetSet*

April 27 – 30, 2000  
USMS Short Course Nationals (SCY) *MOVED TO*  
Indianapolis IN / Indiana University Natatorium  
Look for information on this and other National /  
International meets on the web at [www.usms.org](http://www.usms.org).

April 28 – 30, 2000  
BC Masters Provincial Championships (LC)  
Richmond BC  
Cheryl Miniato (604) 946-1597

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)

**Pacific Northwest**  
Brad M. Palmer  
1020 Seneca St. No. 516  
Seattle, WA 98101.2750  
(206) 223-9359  
[thewetset@yahoo.com](mailto:thewetset@yahoo.com)

**British Columbia**  
Vanda Stocks  
PO Box 149 Strn Main  
Duncan BC V9L 3X1  
(250) 748-4628  
[vstocks@mail.island.net](mailto:vstocks@mail.island.net)

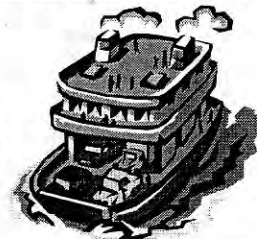
**Oregon**  
Dave Radcliff  
(Northwest Zone Representative)  
5832 SE Woll Pond WY  
Hillsboro OR 97123  
(503) 648-7141  
[therads@integrityonline.com](mailto:therads@integrityonline.com)

**Inland Northwest**  
Doug Garcia  
P.O. Box 145  
Albion WA 99102  
(509) 332-1621  
[dagarcia@wsu.edu](mailto:dagarcia@wsu.edu)

**Alaska**  
Janet Rumble  
P.O. Box 33336  
Juneau AK 99803  
(907) 364-3106  
[janmr@fishgame.state.ak.us](mailto:janmr@fishgame.state.ak.us)



# NEWS ABOUT PNA SWIMMERS



## PNA SWIMMERS DO WELL AT LONG COURSE NATIONALS

MINNEAPOLIS MN  
AUGUST 19 - 23, 1999  
LONG COURSE METERS  
P = P.N.A. RECORD  
Z = NORTHWEST ZONE RECORD

-----  
WOMEN 45-49  
-----

50 M. FREE  
**DEBBIE GLASSMAN** 46 # 4 Z 29.71  
100 M. FREE  
**DEBBIE GLASSMAN** 46 # 4 Z 1:07.82  
200 M. FREE  
**DEBBIE GLASSMAN** 46 # 8 2:39.90  
50 M. FLY  
**DEBBIE GLASSMAN** 46 # 2 Z 32.05  
100 M. FLY  
**DEBBIE GLASSMAN** 46 # 1 Z 1:15.96  
200 M. FLY  
**DEBBIE GLASSMAN** 46 # 1 Z 2:55.97

-----  
WOMEN 50-54  
-----

200 M. FREE  
JEANNE ENSIGN 53 3:31.59  
400 M. FREE  
JEANNE ENSIGN 53 # 9 7:17.46  
800 M. FREE  
KATHRINE CASEY 51 # 2 12:14.65  
JEANNE ENSIGN 53 # 9 15:04.91  
1500 M. FREE  
JEANNE ENSIGN 52 # 7 29:00.43  
50 M. BRST  
KATHRINE CASEY 51 # 3 44.32

100 M. BRST  
KATHRINE CASEY 51 # 4 1:41.68  
50 M. FLY  
**KATHRINE CASEY** 51 # 4 P 38.63  
200 M. I.M.  
**KATHRINE CASEY** 51 # 1 P 3:11.46  
400 M. I.M.  
KATHRINE CASEY 51 # 1 6:55.22

-----  
M E N 35-39  
-----

50 M. BACK  
MATTHEW LIND 35 # 5 34.12  
100 M. BACK  
MATTHEW LIND 35 # 6 1:17.03  
200 M. BACK  
MATTHEW LIND 35 # 4 2:45.00  
50 M. FLY  
MATTHEW LIND 35 32.82

-----  
M E N 50-54  
-----

100 M. FREE  
FRANK WARNER 50 1:04.41  
200 M. FREE  
**FRANK WARNER** 50 # 5 P 2:20.54  
50 M. BACK  
FRANK WARNER 50 # 5 34.02  
100 M. BACK  
FRANK WARNER 50 # 7 1:16.53  
200 M. BACK  
FRANK WARNER 50 # 5 2:46.91

-----  
M E N 55-59  
-----

50 M. FREE  
SONNY GARRETT 55 30.71  
50 M. BACK  
WALT REID 59 # 9 40.04  
100 M. BACK  
WALT REID 59 # 7 1:28.27  
50 M. BRST  
WALT REID 59 # 8 40.13  
100 M. BRST  
WALT REID 59 1:34.12  
200 M. BRST  
WALT REID 59 # 8 3:30.72  
50 M. FLY  
**SONNY GARRETT** 55 # 5 P 32.28

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

200-239  
**PNA #2 P 2:20.13**  
FRANK WARNER 50  
KATHRINE CASEY 51  
SONNY GARRETT 55  
DEBBIE GLASSMAN 46

### 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.

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

# MASTERS Swimming For Life

**USMS CONVENTION** - MASTERS *Swimming for life* was the theme of the convention held in San Diego, Calif. September 15-19, 1999. The convention is held in conjunction with United States Aquatic Sports and there were over 1300 in attendance - 182 were Masters delegates. We all needed to carry a property map of the Town and Country Resort Hotel to help find our meeting rooms and it was a little tough. The convention went very well with only one little 'glitch'.

**BREAKOUT GROUPS** - At the first House of Delegates meeting, we separated into five groups - Fun, Leadership, Communications, Public Relations and LMSC Events. Many interesting suggestions came out of these groups.

**CHAMPIONSHIP COMMITTEE** - Surcharge for Nationals is increased to \$30. All swimmers will be required to sign a safety waiver form upon check-in. No copy of USMS card will be required with entry. Meet hosts may eliminate phone call check-in but allow check-in up to the morning of the event. 20% of SC entries and 23% of LC entries were Internet entries. 2001 SCY at Santa Clara, May 17-20 and 2001 LCM at Federal Way, Aug. 16-19. A survey will be made of Top Ten swimmers to help identify possible areas of improvement for Nationals. New designs for the National Championship Patch will be solicited.

**COACHES** - The Coaches Manual will be available as a PDF file in the USMS website. Will develop a method of registering and identifying coaches and develop a group of LMSC Coach Reps. Still have USMS Mentor Clinics, NIKE Champions Clinics and beginning to offer Open Water clinics. The Olympic Training Center Camp was a huge success and the goal is to run two or three a year. There is a Video Library and a Book Library for rental. The MACA News comes out bi-monthly as an e-mail PDF file. Ron Johnson was the 1999 recipient of the Coach of the Year award. Considering subsidizing a Coach for Munich World Championships.

**COMPUTER ON LINE** - Technology is moving so fast that everyone should at least have e-mail. Requesting the Executive Committee to draft a privacy statement to place on our web site. Recommend changing the Webmaster position to a contract position. Schedule a web site demonstration for next year. Discontinue offering new personal aliases unless a replacement volunteer can be found. On line database thru Hy-Tek can now be shown on the web site. Missing data on 70% of 3000 All Americans (please help). A registration area is under test that refers the swimmer directly to the LMSC registration web page and a PDF registration form for the LMSC.

**CONVENTION** - All new delegates should be assigned to the committee. (We need help!) Closing the Hospitality suite during meeting hours next year will depend on the availability of local volunteers.

**FINANCE** - Cash and cash equivalents as of 9/15/99 are \$785,610. We come out a little ahead each year. Some of the reserves might be used for USMS committee projects, the USMS Endowment Fund or for our insurance reserves. A monthly report will be sent to each registrar as so many are not paid up. An investigation will be made as to why USMS has not received payment for the past two years.

**FITNESS** - Currently there are two USMS Fitness events: The Postal Pentathlon and the Check Off Challenge. New events proposed are the Y2K Triathlon and the USMS 500 Swim. The Fitness Committee Quarterly was renamed Fitness Tips. The goal is to send out four a year to the LMSC Newsletter editors.

**INSURANCE** - The Policies are extended to 1/1/2001 from various dates. Voted to conditionally approve Foreign Accident coverage. Voted to increase policy liability coverage Director and Officer limits from \$500K to \$1M. Secondary Accident Insurance changes effective 1/1/2000: Deductible now \$100 (was \$250); Reduced from \$.60 to \$.55 per swimmer; \$250 per tooth limit eliminated; Chiropractic

and Physical therapy limited to a maximum of \$1,000 each.

**1998 INTERNAL AUDIT** - Research revealed that the 1998 financial records of the organization are in excellent order. Reimbursements are now being made in a timely manner. Advised sending a monthly report to registrars.

**INTERNATIONAL** - The USMS Executive Secretary to send letters to venues that might be interested in bidding for the 2002 or 2004 World Masters Championships. We have compiled a list of USMS International Contacts and eventually it will be on our web site. We need an article in Swim Magazine on the starting command procedure and false start rule for International meets. The entry book for Munich is available from Tracy Grilli for \$3.

**LEGISLATION** - All recognition's shall be signed by the LMSC's authorized representative. Entry forms shall contain the language of the liability release as stated but may be modified by naming the sanctioning LMSC, sponsoring USMS club(s) and/or addition insured(s) following "UNITED STATES MASTERS SWIMMING, INC." The Board of Directors of USMS include: Each member of the Executive Committee; Each zone rep; Past presidents; the chairmen of all standing committees; the internal auditor; the controller; and the liaison from USA Swimming. All standing committees have been revised. No final report from this committee as yet.

**LONG DISTANCE** - The One Hour Postal Swim set a new record with 1838 swimmers. LMSC's have the option of recognizing events when a sanction is inappropriate. Championship bids for 2001 selected as follows: One Hour Postal-PNA January; 5/10 K Postal-Central Oregon May 15-Sep. 30; 3000/6000 Postal-O\*H\*I\*O\*, Sept/Oct; One Mile OW-Empire State July 14; Two-Mile Cable-Greater Indiana June 23; 1-3 Mile OW Central-Oregon Aug 4; 3-6 Mile OW-Florida Gulf Coast April 29; 6+ Mile OW-Greater Indiana (Date TBA). If USMS recognizes an OW event, the USMS swimmers will be fully covered with li-

(Continued on page 9)

**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

DATE: **Sunday, October 31, 1999**  
TIMES: Warm-up: **8:00 AM**, Meet starts: **9:00 AM**

PLACE: 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 175<sup>th</sup> street exit, head west (left) under the freeway. Turn RIGHT on Meridian Ave N. Turn RIGHT on N 185<sup>th</sup> St. Turn LEFT on 1<sup>st</sup> 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 205<sup>th</sup> St. Follow NE 205<sup>th</sup> St. eastbound. Turn RIGHT on 1<sup>st</sup> 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@RWLINK.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: \_\_\_\_\_

# News From The PNA Board

## July Board Meeting, July 27, 1999

The July Board Meeting was held in Tacoma at Jane Moore's office. Eight board members were in attendance. The **Treasurer's** report showed total assets of \$27,894. Expenses of \$456 for zone T-shirts and an authorization to Sue Dills to purchase 1000 envelopes for the re-registration cycle were approved. Sue Dills reported that **membership** is 828 versus 815 for last year.

Guidelines for the PNA **Newsletter** policies were provided by Jane (Transcribed from Dan Frost's earlier editorial guidelines). The emphasis on *The WetSet* will be timeliness and structure. We are targeting a mid-month deadline for materials.

Walt Reid was appointed an At-Large delegate to the United States Masters Swimming convention by Nancy Ridout, USMS President. This means Carolyn Behse will be the PNA's third delegate based on registered swimmers (Six other members are attending based on positions or committee assignments within USMS).

A PNA team handbook outline that Jane Moore and Sally Dillon composed was presented. The authors hope that with the contribution of others the handbook can be finalized by the end of December.

PNA is drafting a Long Course Nationals bid for the year 2001. Hugh Moore will finalize the presentation for the Board before convention.

(A quorum was present at the August 24<sup>th</sup> meeting and the minutes and actions of the board at the July 27 meeting were approved. Details follow with the August report.) Copies of the complete approved minutes are found on the PNA's website at [www.swimpna.org](http://www.swimpna.org).)

## PNA Board Meeting, August 24, 1999

**MINUTES:** The Board approved the July minutes plus all actions not officially accepted for lack of a quorum in July.

**TREASURER'S REPORT:** PNA's Balance Sheet shows total assets of \$28,398 including the Wiggin Fund's \$2,631. LC Zones meet fees have not been paid to KCAC yet. The Board approved reimbursement of \$94.13 to Jane Moore for hospitality expenses. PNA remains within budget.

**MEMBERSHIP:** Sue Dills reported current membership at 834. Just two meets remain in this registration year, October 2 and 31. Sue will mail re-registration notices to current members. Note: Sue has a new phone number (206-779-3654)!

**MEETS:** Hugh Moore reported that the SC Zones pool bill arrived. About 260 swimmers attended. Well-managed heat sheet and T-shirt sales produced a reasonable profit to split between hosts Federal Way and GLAD. The guaranteed meet fee return (minimum \$1.75 per swimmer to host) also helped. This

fee structure favors smaller teams hosting larger meets.

**NEWSLETTER:** Sahara Pirie wants to advertise BioZone products in *The WetSet*. The Board approved allowing the ad with fees per PNA Policy N15. Also, Lynn Hovde wants to advertise her new book on age-group coaching. Sue would like to see the teams listing in *The WetSet*. Brad Palmer asked all to observe the input deadline (Nominally the 15<sup>th</sup> of each month) so that he can produce *The WetSet* on time. Send E-mail to [thewetset@yahoo.com](mailto:thewetset@yahoo.com) for electronic correspondence. The PNA Newsletter Policies were evaluated. Steve Peterson will send the approved minutes to our Webmaster for posting.

**OFFICIATING:** PNA will request a volunteer Chair from PNSA Jan Kavadas will make contact. Kathy Casey noted that LC Nationals failed to follow the start rule consistently.

**FITNESS:** The appropriateness of advertising certain fitness events (For-profit versus pro-fitness) was weighed, with the Board approving this event being identified as a calendar item in *The WetSet*.

**CONSTITUTION & BY-LAWS:** Jane reviewed the proposed Constitution amendments, and the Board approved deleting Article 2 (Objectives) in favor of Article 2A per discussion from the last meeting. Articles 7 (By-Laws) and 8 (Constitutional Amendments) currently make it easier to alter our Constitution rather than the By-Laws (25% vs. 30% affirmative votes, respectively). Jane recommended leaving the Constitution requirement as is but changing the By-Laws to require a simple majority of 25% of the membership. The Board approved this proposal.

**SAFETY:** Kathy noted that Safety Marshals were O.K. if not plentiful at LCM Zones, covering all ends. The LC Nationals meet director had proposed disqualifying those who dove in, but this would require a rule change. However, she notes, officials could bar violators from the warm-up pool.

**AD HOC OPEN WATER:** Sally Dillon stated that no local bids were submitted.

## OLD BUSINESS:

A. Convention Items: The Board reviewed this year's proposed legislation changes (see results next month).

B. 2001 LCM Nationals Bid: Hugh submitted PNA's meet bid. Since no other bids were made, Jane also submitted one for the One-Hour Postal Swim (January 2001). As no SC Nationals bids were received, do we bid for it? LC Nationals are cost-risky (our breakeven point is 900) and may receive attention from USMS at Convention. Consensus: One-Hour Postal and LC Nationals as bid.

C. By-Laws Review: Postponed to the Planning session.

D. PNA Teams Handbook: Send your contributions to Jane, preferably formatted in MS Word, for distribution with the Y2K registration mailings.

# CAFFEINE and EXERCISE PERFORMANCE

*(Continued from page 1)*

Recent work reported that ingestion of 3 to 9 milligrams of caffeine per kilogram (kg) of body weight one hour prior to exercise increased endurance running and cycling performance in the laboratory. To put this into perspective, 3 milligrams per kilogram of body weight equals approximately one mug or two regular size cups of drip-percolated coffee; and 9 mg/kg equals approximately three mugs or five to six regular size cups of coffee. These studies employed well-trained, elite or serious, recreational athletes. Studies with untrained individuals cannot be performed due to their inability to reliably exercise to exhaustion.

The mechanism to explain these endurance improvements is unclear. Muscle glycogen is spared early during submaximal exercise following caffeine ingestion (5-9 mg/kg). It is unknown whether glycogen sparing occurs as a result of caffeine's ability to increase fat availability for skeletal muscle use. Furthermore, there is no evidence supporting a metabolic component for enhancing performance at a low caffeine dose (3 mg/kg). Therefore, it appears that alterations in muscle metabolism alone cannot fully explain the ergogenic effect of caffeine during endurance exercise.

**Caffeine and short-term exercise performance:** Research suggests that caffeine ingestion improves performance during short-term exercise lasting approximately five minutes at 90 percent to 100 percent of maximal oxygen uptake in the laboratory. This exercise intensity requires maximal provision of energy from both aerobic (oxygen requiring) and anaerobic (non-oxygen) sources. It is unknown if this finding applies to race situations. The reasons for the performance improvements may be direct positive effect of caffeine on muscle anaerobic energy provision and contraction or a central nervous component related to the sensation of effort. Caffeine ingestion does not appear to improve sprint performance, but additional well-controlled laboratory and field studies are required to confirm this conclusion. Sprinting is defined as exercise that can be maintained from a few seconds to 90 seconds where most of the required energy is derived from anaerobic metabolism.

**Practical aspects of caffeine ingestion:** Caffeine is a "controlled or restricted substance" as defined by the International Olympic Committee (IOC). Athletes are allowed up to 12 ug caffeine per milliliter of urine before it is considered illegal. The acceptable limit in sports sanctioned by the National Collegiate Athletic Association (NCAA) in the United States is 15 ug/ml urine. These high urinary limits are to allow athletes to consume normal amounts of caffeine prior to competition. A large amount of caffeine can be ingested before reaching the "illegal" limit. For example, if a 70 kilogram person rapidly drank about three to four mugs, or five to six regular size cups of drip-percolated coffee (9 mg/kg bw) one hour before exercise, exercised for one to one and a

half hours and then gave a urine sample, the urinary caffeine level would only approach the limit (12 ug/ml). The odds of reaching the limit through normal caffeine ingestion are low, except where smaller volumes of coffee with very high caffeine concentrations are consumed. Therefore, an illegal urinary caffeine level makes it highly probable that the athlete deliberately took supplementary caffeine tablets or suppositories in an attempt to improve performance.

The Optimal dose for maximizing the chance that exercise performance will be enhanced is 3 to 6 mg/kg, where side effects are minimized and urine levels are legal. The side effects of caffeine ingestion include anxiety, jitters, inability to focus, gastrointestinal unrest, insomnia, irritability, and, with higher doses, the risk of heart arrhythmias and mild hallucinations. While the side effects associated with doses of up to 9 mg/kg do not appear to be dangerous, they can be disconcerting if present prior to a competition and may impair performance. Ingestion of higher doses of caffeine (10-15 mg/kg) is not recommended as the side effects worsen. It should also be noted that most studies have used pure caffeine rather than caffeinated beverage or food. Thus, it is not certain that consuming the "equivalent dose of caffeine" as found in coffee, for example, will have the same result.

Coffee and/or caffeine are often reported to be diuretics, suggesting that ingestion of large quantities could lead to poor hydration status prior to and during exercise. However, the available literature does not support immediate diuretic effect as body core temperature, sweat loss, plasma volume and urine volume were unchanged during exercise following caffeine ingestion.

It is easy for endurance athletes to improve performance "legally" with caffeine, as ergogenic effects have been reported with as little as 3 mg/kg body weight (bw). Even ingesting a moderate caffeine dose (5-6 mg/kg) is permissible. It has been suggested that caffeine should be banned prior to endurance competitions, requiring the athletes to abstain from caffeine approximately 48 to 72 hours before competition. This limitation would ensure that no athlete had a unfair advantage on race day, but would not prevent caffeine use in training. However, even if caffeine is banned in the future, what practice should athletes follow at present? For elite athletes, it is currently acceptable and reasonable to have their normal dietary coffee. However, if they deliberately take pure caffeine to gain an advantage on competitors, it is clearly unethical and is considered doping.

An equally important issue is the use of caffeine by the average active teen-ager or adult. Caffeine's widespread use was demonstrated in a recent survey by the Canadian Centre for Drug Free Sport. The survey found that 27 percent of Canadian youths (11-18 years old) had used a caffeine-containing substance in the previous year for the specific purpose of enhancing athletic performance. Does caffeine act as a "gateway" drug for the

*(Continued on page 11)*



# MASTERS Swimming For Life

(Continued from page 5)

ability and medical insurance. A non-USMS host would not be covered. The 3000/6000 postal swim is restricted to a 25 yard pool.

**MARKETING/PUBLICATIONS** - The web site has increased our visibility. Please support our sponsors: **ALAMO** - Rent a Car; **Destinations** - nations leading hotel discount program; **Earth-link** - pre pay phone card; **Kast-A-Way Swimwear** - swimwear and swimming equipment; **MBNA MasterCard** - USMS Preferred and Gold affinity credit card; **Mindspring** - dial up internet service; **NIKE** - active sportswear; **Speedo** - innovative swim suits, apparel and accessories; **The Victor** - swimwear and training accessories; **TYR** - manufacturer of swimwear and accessories; **Ultra Swim** - hair and skin care products; and **VASA Trainer** - versatile sport-specific conditioning equipment for all sports. There is a proposal to be investigated to produce for TV a health program built around swimming and human interest snippets of individuals. It would be used to market USMS as an organization.

**OFFICIALS** - All certifying bodies rule differences should be added to our Appendix B. Those bodies include: USA, YMCA, CSOA and NFHS. Rule change information should be added to the MACA Newsletter, SWIM Magazine, and sent to LMSC Official's Chairs. Officials Liaisons are appointed to our Championships.

**PLANNING** - Suggested that a USMS liaison be appointed to the Senior Games and that the LMSC's need to become more involved to make the quality of these games more consistent. It was recommended that USMS have a booth at the Senior Games in Orlando. Also recommended was that the Committee develop a pre-packaged booth and materials display to be used at a wide range of both aquatic and non-aquatic events.

**RECORDS AND TABULATION** - The "as of November 1, yyyy" date will be placed on the web listed records. There will be written guidelines for Top 10 recorders to generate their Top 10 sub-

missions. The goal is to limit the number of formats used for submission. Lake Erie LMSC will continue with the USMS Top 10 Patches.

**REGISTRATION** - The Registration software will be updated with all the changes discussed on one update to be mailed to all Registrars hopefully by the end of October (Single sheet or tractor-fed) cards to be mailed in October. The new forms will be two up because of all the information requested. Registrar's portion of the handbook will be mailed at the beginning of October. Each LMSC registration form will be put on the Internet. Reports will be sent each month detailing the transactions that have occurred during the month. All LMSC's are requested to send registration website links or paper forms to Craig Campesi as soon as possible to facilitate registration through the USMS website.

**RULE BOOK** - Full-size rule books will be distributed to the Board of Directors; members of Rules, Long Distance, Legislation, and Rule Book Committees; and all registered USMS clubs. Both full and mini-rule books will be distributed to all LMSC registrars. Let clubs know about the mini-rule book.

**RULES** - Adopted the USAS Relay Take-Off Judges rule. Referees may prohibit the use of any device that disrupts or interferes. I am not quite sure about the final outcome of the whistle start rule and the new false start rule but if you are swimming in a meet outside of the USA you should be aware of them. They are being used widely around the world.

**SAFETY EDUCATION** - The committee is going to produce a Club Safety Handbook that should be ready by 2000 convention. Articles are written for SWIM magazine.

**SPORTS MEDICINE** - The committee's goal is to have articles widely disseminated in national publication. The committee has a strict observance of the editorial process. Many articles are in that process.

**ZONE** - The guidelines and procedures used for next year's election of the Zone Committee chairman will be the

same as those used for this year's election of officers with the exception that there will be a candidates forum at the House of Delegates meeting when championships are voted on.

**AD HOC RECOGNITION AND AWARDS** - USMS Service Award number of recipients will be left to the discretion of the committee. The Award Ring will be forwarded to the Marketing committee for further evaluation.

**AD HOC 1999 LEGAL COUNSELORS** - While the law is evolving, at this time a hard copy of the liability release will need to be signed by swimmers who seek membership in USMS and swimmers who want to enter our national championships. A "Want Ad" for USMS member-lawyers will be created and distributed nationally. The committee will research the issue of Privacy and pursue the drafting of a privacy policy for the organization.

**AD HOC 1999 USMS HISTORIAN** - The committee needs to create a scheme for organizing, cataloguing, documenting and retrieving information. Encourage local Masters members to find and interview Masters pioneers. Much of this information needs to be on the web.

**AD HOC 1999 USMS ENDOWMENT FUND** - The fund now has \$18,356.35. USMS will increase the matching fund to \$20,000 for the year 2000 and make a 1 to 1 match instead of 50 cents to the dollar. Encourage the members to use the check off on the registration form.

**AD HOC 1999 ISHOF NOMINATION** - A group of individuals were suggested for consideration for 2000 and 2001. We need to collect the criteria data to determine the nominees. A letter will be sent to the LMSC of the individuals suggested to help gather this information.

*Adapted from the USMS Convention report of Dixie Zone Chair June Krauser.*



# CAFFEINE and EXERCISE PERFORMANCE

(Continued from page 8)

young who then use dangerous substances? For the average, active teenager or adult who is exercising with the goals of enjoyment and self-improvement, using caffeine defeats these purposes. Proper training and nutritional habits are more sensible and productive approaches.

To summarize, caffeine ingestion (3-9 mg/kg bw) prior to exercise increases performance during prolonged endurance exercise and short-term intense exercise lasting approximately five minutes in the laboratory. These results are generally reported in well-trained elite or recreational athletes, but field studies are required to test caffeine's ergogenic potency in the athletic world. Caffeine does not appear to enhance performance during sprinting lasting less than 90 seconds, although re-

search in this area is lacking. The mechanisms for improved endurance have not been clearly established. Muscle glycogen sparing occurs early during endurance exercise following caffeine ingestion but it is unclear whether this is due to increased fat mobilization and use by the muscle. The positive effect of caffeine during exercise lasting approximately five minutes is not related to the sparing of muscle glycogen. The ergogenic effects of caffeine are present with urinary caffeine levels that are well below the IOC allowable limit (12 ug/ml). This raises ethical issues regarding caffeine use in athletics. Should the practice be condoned, as it is legal, or should it be discouraged, as it promotes the "doping mentality" and may lead to more serious abuse? One solution would be to add caffeine to the list of banned substances, thereby requiring athletes to abstain from caffeine ingestion 48 to 72 hours prior to competition and discouraging its use as a doping agent to increase performance in the average population.



Thank you Mr. Dan Frost:  
For your continued assistance with  
the WetSet. Dan, no longer the Editor,  
has continued to be involved  
with the publication of this newsletter  
Converting to pdf for editorial review,  
and, submitting articles.

Thanx Dan.  
Your help is much appreciated.  
Editor, Brad Palmer, for PNA Board

-Written for the American College of Sports Medicine  
By Lawrence L. Spriet, Ph.D., FACSM (Chair)  
And Terry E. Graham, Ph.D., FACSM

## Why Jenny Thompson Gets More Out Of Her Workouts Than You Do.

You don't get this kind of success without a lot of hard work. Jenny works hard, but she also works smart. Before working out she makes sure she warms up, does some gentle stretching and she always eats half a BioZone® bar 30 minutes before and after every workout.

Training and good nutrition have been keys to Jenny's success. BioZone gives her the edge to:

- Increase Energy & Performance
- Reduce Workout Recovery Time
- Burn More Fat

BioZone is a complete nutrition bar packed with 23 vitamins & minerals, extra antioxidants, fiber, and the #1 soy protein isolate.

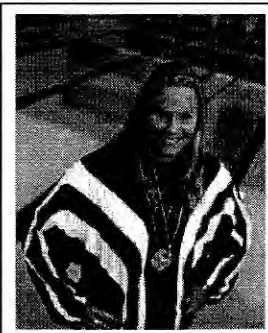
**Shouldn't you be getting the most from your workouts too?**

Call for Free Sample and Info.

206-542-0503 / 888-246-1663  
[www.envion.com/swimfast](http://www.envion.com/swimfast)



BioZone is a registered trademark of Envion.



5 Time Olympic Gold Medalist-  
Jenny Thompson,  
"BioZone bars help me reach peak  
performance-they will help you too!"

- Voted Best Tasting
- 8 Awesome Flavors
- 60 Day Money Back Guarantee

Not available in stores.  
Photo used with permission of Envion.

# THE CARB CONTROVERSY

Most nutrition experts today support a diet high in carbohydrates (55-60%), low in fat (<30% of total calories) and moderate in protein (10-15% of total calories). However, other dietary ratios have made headlines in recent years. In particular, enthusiasm has been growing for a diet in which carbohydrates make up only 40 percent of total calories, with fat and protein each contributing 30 percent. Is it time for you to cut back on your carbs and boost your protein and fat intake?

Not so fast, says Debra Wein, MS, RD, nutritionist and exercise physiologist at the University of Massachusetts at Boston. Don't pass on the past and say good-bye to bagels just yet. We know from decade of research that a diet rich in high-carbohydrate foods—such as whole grains, vegetables and fruits—helps prevent disease, maintain healthy body weight and optimize athletic performance. There is no substantial evidence to support a change in that recommendation.

## CARB QUALITY COUNTS

Some of the carb-bashing theories have focused on the glycemic index (GI), a system for classifying foods based on their effect on blood sugar. At the other end of the scale, lentils, peanuts and fructose rate a score of 30 or lower because they are absorbed more slowly and create only a modest rise in blood sugar.

Low-fat or nonfat, heavily processed foods, such as nonfat cookies and cakes, have a high GI due to the simple sugars added for taste when fat is removed; minimally processed, high-fiber foods, such as whole-grain bread, have a lower GI.

Many nutrition experts believe the GI itself has limited practical value since most people consume a variety of foods together. However, the underlying concept—that all carbohydrates are not equal—is an important one. We do not need to be concerned about the quality of the carbohydrates we eat, says Wein. Complex carbohydrates from whole grains, fruits and vegetables not only provide fiber that keep the digestive tract running smoothly but also supply a better balance of vitamins and minerals than highly refined simple sugars.

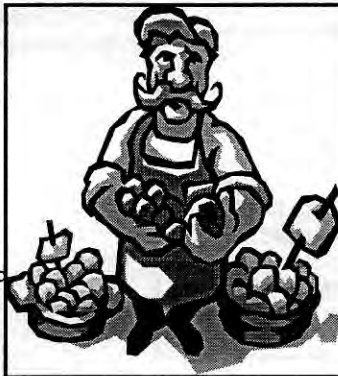
Heavily processed foods with a lot of refined sugars can have a negative impact on your blood sugar level, your mood and your ability to stop eating. You can find yourself caught in a vicious circle of carbohydrate consumption that ultimately leads to unhealthy weight gain, Wein says.

Some scientists believe the types of carbohydrates in convenience foods can dangerously raise triglycerides and lower HDL (good) cholesterol, particularly in people who are insulin resistant, as many diabetics are. In short, you're safer with whole foods, such as grains, fruits and vegetable.

## MAXIMIZING CARB POWER

How can you make sure you get enough of the right kinds of carbohydrates in your diet? Wein and Chris Economos, Ph.D., a nutrition professor at Tuft University in Massachusetts, offer these 10 creative tips to expand your food choices and optimize the nutritional value of the carbs in you diet:

- 1 – Alternate white potatoes with sweet potatoes and acorn squash.
- 2 – Slice boiled new potatoes over salad for a filling lunch.
- 3 – Try sugar snap peas (raw) for a cool summer snack.
- 4 – Combine beans with a grain-based food, such as pasta or rice, for a protein-packed, high-carbohydrate dish.
- 5 – Try wild rice, brown rice, Spanish rice or long-grain rice instead of white.
- 6 – Experiment with all the different shapes, sizes, colors and flavors of pasta available.
- 7 – Enjoy different whole-grain and multigrain breads spread with jam, honey, or fruit butter.
- 8 – Try topping pancakes or waffles with fruit instead of syrup; or add raisins, berries or diced fruit to the batter.
- 9 – To avoid a rapid rise in blood sugar, choose foods with a low to medium GI. Examples are beans, fruits, pasta, white and brown (but not parboiled) rice, pancakes and waffles, fruit yogurt and ice milk.
- 10 – Increase the fiber content of your diet. The National Cancer Institute recommends 20-35 grams of fiber per day.



*This handout article is a service of IDEA, the leading international membership organization in the health and fitness industry. Reprint permission is granted to IDEA members by the copyright owner, IDEA Health and Fitness, Inc. [Submitted by Carolyn Behse, Fitness]*



# HAPPY BIRTHDAY

TO THE FOLLOWING PNA SWIMMERS!

10 15 KARI EINSET	11 01 ANNE HEALEY
10 15 GRETCHEN MORGAN	11 02 ERIK STROM
10 15 SUSAN DEARBORN	11 02 DAVID THOMSON
10 15 STEPHEN BERGMANN	11 03 KONRAD RIBEIRO
10 17 SHIRLEY MACLEOD	11 03 NATE STARLING
10 17 TARA CANNAVA	11 03 LOREN MCEWAN
10 18 JACK ANDREWS	11 04 CHUCK KRIEBLE
10 18 MARILYNN SISCO	11 04 LARRY DEGROEN
10 19 JOHN TACKLE	11 05 KAREN HALLIS
10 19 BILL FENNER	11 05 EVAN FERBER
10 19 RUSS BORGNIN	11 05 WILLIAM PENN
10 19 STEVEN THRASHER	11 05 JANE VLASIC
10 19 JILL NUSS	11 06 ERIKA GISTE
10 20 KATHLEEN POKORNY	11 08 JIM WILLIAMS
10 20 BETTY KERCHEVAL	11 11 JANE MOORE
10 21 PAUL SKOGLUND	11 11 PETER KELLY
10 21 ROBERT MORITZ	11 11 MARK FLUSS
10 21 HILLARY MARSHALL	11 11 VALERIE GOULTER
10 21 KERRY SUSSEX	11 12 K. RAYNE WATTERS
10 22 KERRY CARNAHAN	11 12 KAREN LEAHY
10 22 JEANNE ENSIGN	11 13 CATHY XU
10 23 ROBERT DORSE	11 13 DEBORAH BAGG
10 23 BILL REEDER	11 13 SHERRY SULLIVAN
10 24 MICHAEL PENNEY	11 14 JANE KESSLER
10 27 MICHAEL OLSON	11 14 KRISTIE SAILAND
10 27 JENNIFER LEONG	11 14 ANDREW HALLAHAN
10 29 ANNE TILLERY	11 14 DAVID SCHMALZ
10 29 PATRICIA NELLIS	11 14 ROBERT MARKS
10 30 MARK WILSON	11 14 MICHAEL MCCOOLLY
10 30 GLEN VEDERA	

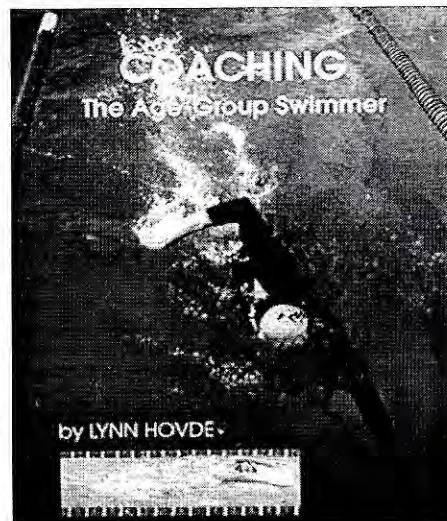


Fall seems to have arrived for most of us here in the Northwest. In just a few short months

we will be moving into a new century. Y-2-K is the buzz and the talk is all about being ready for?! Mark your calendars for the December PNA Board meeting and Potluck to be held at Lee Carlson's place. Directions to follow in next month's news letter. All PNA Team Reps, and coaches are encouraged to attend. Until next time - have a save and fun filled Halloween. Don't forget to set your clocks back as daylight-savings time ends (Sunday Oct. 31, 1999)

## Blue Horizons Publishing Introduces

- Addresses age-group swim coaches, yet swimmers of all ages and parents of swimmers will find the information instructive and useful.
- Draws on the author's 28 years of teaching and coaching swimming and synchronized swimming, as well as a lifetime of involvement as a competitive swimmer (Age-group, college, Masters).



- Includes: Coaching characteristics, factors and responsibilities; swimmer, team, and parent; practice, safety, equipment, teaching and learning, and goal setting; stroke, start, and turn techniques; training factors and concepts, workout components, and health considerations; competition.

**COST: \$19.95**

To Order:

Call 1-888-293-3335 (accept Visa/MC)  
Or mail a check (include name and address) to  
P.O. Box 864 • Quilcene, WA 98376

Sample chapter:  
[www.olympen.com/pugetcty](http://www.olympen.com/pugetcty)

## PLACES TO SWIM

### 1999 Registered PNA Local Teams

- |  |   |  |  |
|--|---|--|--|
| 1. Orca Swim Team (ORCA)<br>Team Rep: Suzie Ness<br>Coach: Mark Blagdon<br>E-Mail: patricianess@pss.boeing.com                           | Suzie Ness<br>2732 NE 54 <sup>th</sup> St.<br>Seattle, WA 98105<br>206-729-9403                                     | 14. North Whidbey Masters (NWM)<br>Team Rep: Sally Dillon<br>Coach: Bob Pease<br>E-Mail: Pool@oakharbor.net<br>salswmr@oakharbor.net | Sally Dillon<br>PO Box 845<br>Oak Harbor, WA 98277<br>360-679-5038   |
| 2. Ft. Steilcoom Masters (FTS)<br>Team Rep/Coach: Katherine Casey<br>E-Mail: reidw@wdni.com  | Katherine J. Casey<br>11114 111 <sup>th</sup> St. SW<br>Tacoma, WA 98498<br>253-588-4879                            | 15. Pro Club Masters (PRO)<br>Team Rep: Carol McCaig<br>Coach: Camille Thompson  | Carol McCaig<br>26923 NE Kennedy Drive<br>Duvall, WA 98019<br>425-844-2773   |
| 3. Tigers (TIG)<br>Team Rep: Tom Foley   | Tom Foley<br>10011-40 <sup>th</sup> SW<br>Seattle, WA 98146<br>206-937-5585   | 16. Bellevue Club Masters (BCM)<br>Team Rep/Coach: Jody Braden<br>E-Mail: Jodyb@foxinternet.net                                      | Jody Braden<br>11200 SE 6 <sup>th</sup> ST<br>Bellevue, WA 98004<br>425-644-1616   |
| 4. Greenlake Aqua Ducks (GLAD)<br>Team Rep/Coach: Robin O'Leary<br>E-Mail: glad1@excite.com  | Robin O'Leary<br>6323-19 <sup>th</sup> Ave NE<br>Seattle, WA 98115<br>206-525-7725                                  | 17. Tacoma Family YMCA<br>Team Rep/Coach: Cathy Barmore<br>E-mail: Bar4more@aol.com  | Cathy Barmore<br>Tacoma Family YMCA<br>1002 South Pearl Street<br>Tacoma, WA 98465<br>253-564-9622 x138 (w) 253-858-8407 (h) |
| 5. Federal Way Masters (FWM)<br>Team Rep: Hugh C. Moore<br>Coaches: Malcolm & Wendy Neely<br>E-Mail: weswim@mindspring.com               | Hugh C. Moore<br>1867 58 <sup>th</sup> St. NE<br>Tacoma, WA 98422-1517<br>253-925-0803                              | 18. Thunderbird Aquatic Club Masters (TACM)<br>Team Rep/Coach: Pinky Walker  | Pinky Walker<br>2802 Cherokee Lane<br>Mount Vernon, WA 98273<br>360-424-8755   |
| 6. Valley Aquatic Swim Team (VAST)<br>Team Rep: Kathy Byers<br>Coach: Bill Haugen  | Kathy Byers<br>3117 32 <sup>nd</sup> St PL SE<br>Puyallup, WA 98374<br>253-840-9939                                 | 19. Redmond Masters Swim Team (RMST)<br>Team Rep/Coach: Chuck Kriebel  | Chuck Kriebel<br>P.O. Box 102<br>Carnation, WA 98014   |
| 7. Olympia YMCA Ynauts (YNTS)<br>Team Rep/Coach: Jennifer Adkins<br>360-357-6609 (w) 360-455-9597 (h)                                    | Jennifer C. Adkins<br>7644 Mesplay Ave SE<br>Olympia, WA 98503<br>360-357-6609 (w) 360-455-9597 (h)                 | 20. Island Masters<br>Team Rep/Coach: Kate Sutherland  | Kate Sutherland<br>1282 Star Fish Rd<br>Freeland, WA 98249<br>360-331-3116   |
| 8. Vashon Endangered Species (VES)<br>Team Rep/Coach: Kit Rowe<br>E-Mail: kitrowe@juno.com   | Kit Rowe<br>17828 115 <sup>th</sup> Ave SW<br>Vashon Island, WA 98070<br>206-463-3106                               | 21. Bainbridge Area Masters (BAM)<br>Team Rep/Coach: Lynn Wells  | Lynn Wells<br>130 Knechtel Way, NE,<br>Bainbridge Island, WA 98110<br>206-780-5378   |
| 9. Swim Seattle (SSEA)<br>Team Rep: Deborah Bagg<br>Coach: Michael McClosky<br>E-Mail: alum@seaprep.org<br>dbagg@Kcls.org                | Deborah Bagg<br>170 11 <sup>th</sup> Ave #3<br>Seattle WA 98122<br>206-621-7896                                     | 22. Samena Masters Swim Team<br>Team Rep: Cynthia Hirst<br>Coach: Dean Sawhill   | Cynthia Hirst<br>1749 NE 31st CT<br>Redmond, WA 98052<br>425-885-5303  |
| 10. Bellingham Masters Swim Club (BMSC)<br>Team Rep/Coach: Barb Gundred  | Barb Gundred<br>3880 Gala Loop<br>Bellingham, WA 98226<br>360-734-8364  | <b>Unregistered teams</b><br>Newport Hills Swim Team<br>Team Rep/Coach: Eric Bartleson   | Eric Bartleson<br>5464 119 <sup>th</sup> Ave. SE<br>Bellevue WA 98006<br>425-746-9510  |
| 11. Mercer Island Redwoods (MIR)<br>Team Rep: Steve Sussex<br>Coach: Mike Schaeffer<br>Email: margaux56@aol.com                          | Steve Sussex<br>7550 E. Mercer Way<br>Mercer Island, WA 98040<br>206-232-9263                                       | Maranha Swim Team<br>Team Rep: Nina Cunningham<br>Coach: Matt Sellman  | Nina Cunningham<br>20909 -111 <sup>th</sup> St. C+E<br>Sumner, WA 98390<br>253-862-1430                                      |
| 12. Old Olympic Peninsula Swimmers (OOPS)<br>Team Rep/Coach: Frank Warner  | Frank Warner<br>9633 Levin Road #204<br>Silverdale, WA 98383<br>360-692-1040  | Bellevue Eastside Swim Team<br>Team Rep: Michael McKinley<br>Coach: Paul Craig   | Michael McKinley<br>17207 NE 22 <sup>nd</sup> Ct<br>Redmond, WA 98052  |
| 13. North Shore Y's Guys (NSYG)<br>Team Rep: Joann Bushnell<br>Coach: Pete Gillis<br>E-mail: Petegill@microsoft.com<br>jbushnell@nsd.org | Joanne Bushnell<br>19806 190 <sup>th</sup> Ave N.E.<br>Woodinville, WA 98072<br>425-489-6371(W)<br>425-788-6035 (H) | Skagit Valley YMCA Chinooks (SVYC)<br>Team Rep/Coach: Ann Lemke  | Ann Lemke<br>1916 S. 14th<br>Mt. Vernon, WA 98273  |
|  |   | Issaquah Swim Team<br>Team Rep: Dave Kienlen<br>Coach: Kyle Johnson  | Dave Kienlen<br>645 Mountainside Drive<br>Issaquah, WA 98027<br>425-837-3355 (w) 425-557-8206 (h)                            |

# THE FINAL LAP



## Swimming

By Pulitzer-Prize Winner Dave Barry

Swimming is one of the best forms of exercise, provided you remember to follow these simple safety rules:

- 1) **NEVER SWIM IN A LAKE OR RIVER.** These contain snapping turtles, which have no natural enemies and therefore grow to the size of motel units, plus they tend to be irritable because they mate for life. Lakes also contain giant lake-dwelling carp, which will watch you from the gloomy depths with their buggy eyes, wondering with their tiny brains whether you would fit into their mouths.
- 2) **NEVER SWIM IN THE OCEAN.** The ocean contains creatures that make the giant lake-dwelling carp look like Bambi.
- 3) **NEVER SWIM IN A SWIMMING POOL.** People pee in swimming pools. Oh, I know you don't pee in swimming pools, and I certainly don't, but somebody does, which promotes the growth of bacteria, which is why swimming pool owners are always dumping in toxic chemicals, to the point where there is virtually no actual water in the pool, just toxic chemical and dead bacteria and old pee. This is why, as you may have noticed, the actual owner never gets into the pool. He's always off pretending he has to do something important involving the filter.

### DID YOU KNOW?

We (USMS) earn 15% of the purchase price of all books we list individually through Amazon.com, plus 5% of the purchase price of books that the customer finds on their own. USMS also earns 5% of the purchase price for all music, videos, toys, and consumer electronics (up to \$10 per product).

Next time your on-line and looking for that book on swimming, or coaching, video or special electronic item check out the products to be found at Amazon.com via the link at [www.usms.org](http://www.usms.org). Remember, your purchases will be giving back to USMS.



Dear PNA swimmers, coaches friends: I am collecting photographs and other items of interest for a special edition/year end of PNA Swimming for the December issue of the WetSet. Have something you'd like to contribute: serious, funny, health-wise, workouts or meet experience to share? Please send them to [thewetset@yahoo.com](mailto:thewetset@yahoo.com).

### 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  
ALASKA MASTERS  
BELLINGHAM MASTERS  
ORCA SWIM TEAM

#### [www.swimpna.org](http://www.swimpna.org)

[www.usms.org](http://www.usms.org)  
[www.compumart.ab.ca/masterssc/](http://www.compumart.ab.ca/masterssc/)  
[www.swimoregon.org](http://www.swimoregon.org)  
[www.island.net/~bpronk](http://www.island.net/~bpronk)  
[www.alaska.net/~billings/AKMS.htm](http://www.alaska.net/~billings/AKMS.htm)  
[members.aol.com/Ariston844/bmsc.htm](http://members.aol.com/Ariston844/bmsc.htm)  
[www.teamseattle.org/orca](http://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:** Print clearly

\_\_\_\_\_  
Last First Initial

**Address:**

\_\_\_\_\_  
Street or box number Apt number

\_\_\_\_\_  
City State Zip code

**Telephone**

**EMAIL ADDRESS**

**Date of birth:**

**Age:**

**M/F:**

\_\_\_\_\_  
Area Code Month Day Year

**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, 2000 for 2000: \$15.00) \$ \_\_\_\_\_  
Senior: 65 & over **\$23** (If after Sep 1, 2000 for 2000: \$11.50) \$ \_\_\_\_\_  
Canadian Fee: **\$35** \$ \_\_\_\_\_

**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 and regulations of USMS.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Pacific Northwest Association of Masters Swimmers  
1867 58th St NE, Tacoma WA 98422

Non-Profit Org.  
Us Postage  
Paid  
Seattle, WA  
Permit No. 2334

SANDY MCNEEL  
2364 FAIRVIEW AVE E #1  
SEATTLE WA 98102-3375