

WETSET

Pacific Northwest Association
of Masters Swimmers



Volume 22 • Issue 2

February 2002

LEADING OFF

By
Lee Carlson

Listen to your body—listen to the doctor

I just had cataract surgery on Monday. This morning I am getting ready to discuss with my doctor about when I can resume swimming. This may take some negotiating as initially Dr. McKillip said I could resume two weeks following surgery. Two weeks is a long time out of the water. Hopefully, we can agree on just a week with some limitation on the activity. I am prepared for more kicking, tighter goggles, and other reasonable restrictions. I'm hoping he will listen to my request because the older you are the longer it takes to retain or regain the former level of conditioning.

This is the fourth time in twenty years I have been out of the water for a time period that I didn't schedule. The first was elbow tendonitis from an improper stroke. The second was a partially torn Achilles tendon. The third was a rib injury and the fourth is the current eye surgery.

One of the fortunate aspects of Masters swimming is that many of us have good personal physicians and medical practitioners who happen to swim with us. From considering my experiences and talking with fellow swimmers, Doctors Jane Moore, Dave Tempest, and Tom Robertson, I'll provide some of their suggestions and tips.

Shoulder and elbow injuries

If it hurts get out of the water. Repetitive stress injuries can feel like a toothache and we often think we can tough it out. Ice and ibuprofen help but rest and physical therapy such as tubing exercises and video analysis by a coach or therapist for proper stroke mechanics are a better way. Ask around—who are the therapists who know something about swimming? Jane Moore suggests that with any injury you should be prepared to follow the doctor's and physical therapist's advice. However, it is proper to ask your specialist what the reasons are for this condition. Then ask yourself how did you develop the condition in the first place? Determine for yourself that the doctor is familiar with this activity and the type of injury. Then follow the rehabilitation plan.

(Continued on page 2)

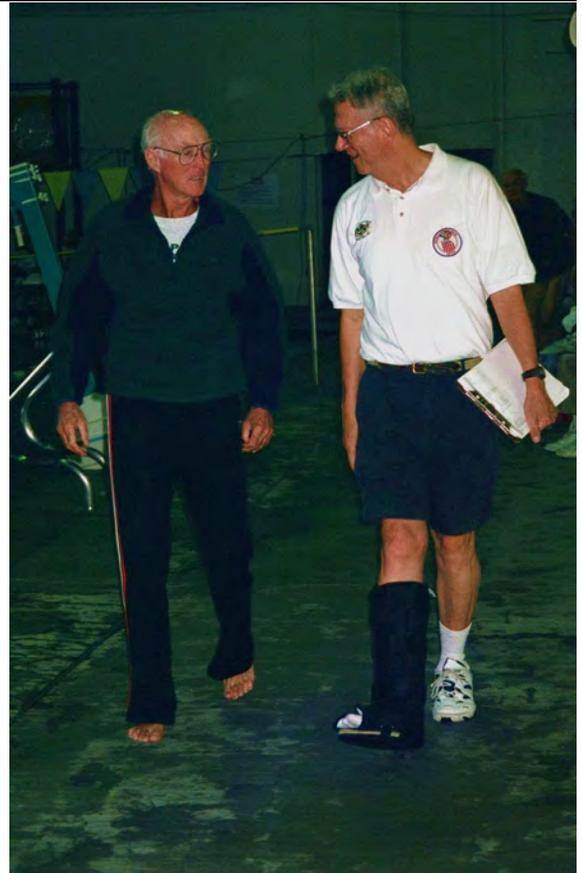


Photo by Sandy McNeal

Tom Foley and Lee Carlson at the Oak Harbor meet in 2000. Lee is wearing a removable splint to help heal his Achilles tendon.

What's inside?

- Warm-up Etiquette
- Dawn Musselman Call for Entries
- Birthdays
- New Swimmers
- Tips to Keep Exercising
- Team Registration

Entry Forms:

- NW Zone Champs
- Mercer Island Sprint Meet





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LEADING

By
Lee Carlson

(Continued from page 1)

Tendon and soft tissue injuries

Most swimming injuries involve the tendons, ligaments, or associated soft tissue about a joint. Dave Tempest recommended making sure the injured part is healed and then getting therapy directed at rehabilitation of the injured tendon or other soft tissue. He said that our muscles build up with exercise faster than the ligaments and tendons. There is a risk of re-injuring the tendon or ligament if we use the tiredness of our muscles to judge how hard to exercise. When I partially tore my Achilles tendon, primary healing consisted of rest but it did involve a heel lift, flexibility exercises, and a lot of support muscle strengthening. I delayed the process initially by a week or so by not getting the doctor to recommend a therapist. Once the treatment course was determined, my physician and therapist did a good job of working together and recovery went fairly quickly. Common sense like not pushing off the wall with the injured foot helped. Actually, kicking sets were a part of the therapy for the tendon.

Back problems

Several of our swimmers have back problems. Tom Robertson is a doctor and a swimmer who has intermittent episodes of low back pain. Tom believes that the key to recovery is remaining as active as possible without exacerbating the



Photo by Kerry Sussex

Tom Robertson at the

injury. Some aspects of swimming are ideal, because they allow a good workout without putting stress on the injured muscles. Tom suggests avoiding flip turns and any hard push offs from the wall. Butterfly or breaststroke both make things worse for him. Freestyle kicking and pulling are good general conditioners and are typically not destructive.

Swimming is a great form of exercise because of the support and resistance of the water. Our training does involve overload and progression of exercise so that we get conditioning from the workout. Coming back from an injury, we need to be concerned that we don't do too much too soon. Typically, the older we get the longer it takes to recover and the longer it takes to get back to our pre-injury level of fitness.

Remember, February is Fitness Challenge month so get those extra workouts in. See the form in the January WetSet. March is the Mercer Island meet. It's a sprint meet and great for first time swimmers as well as veterans. The doctors I've referred to here should be at the meet on March 10th so come and meet them.

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 2002 CALENDAR

OPEN WATER
POSTAL SWIMS
MEETS
CLINICS

*Events in Washington, Oregon, British Columbia, Idaho, and Alaska, plus USMS Championship events. PNA Events are listed in **bold**.*

For PNA Board information, e-mail
Steve Peterson at
speterson@bandwagon.net.

January 1-February 28
1650 Postal Swim
Jon Steiner (415) 459-2000
lawjls@aol.com
Postmark deadline Mar 10

February 1-28
February Fitness Challenge 2002
febfitness@swimoregon.org
www.barracudas.org

February 15-16
Alaska LMSC Championships SCY
Anchorage, AK
Ginny Wright (907) 344-5321
ginnyw@alaska.net
www.akmswim.org
Entry deadline Feb 7

February 16
President's Day Meet SCY
Bellingham, WA
Barb Gundred (360) 734-8364
konabarb@hotmail.com
Entry deadline Feb 8

February 16
PNA Board Meeting (after meet)
Bellingham

February 16
Logan Swim Meet SCY
Logan, UT
Doug Smith (801) 521-8075
swmdocdoug@aol.com

February 20
Deadline for articles for March *WetSet*

February 23
North Bend Swim Meet SCY
North Bend, OR
Guy Marchione (541) 396-6957
guy.marchione@worldnet.att.net

February 23
Great Falls Swim Meet SCY
Great Falls, MT
Ann Gilbert (406) 443-2259
agilbert@initco.net

February 24
Winskill Otters Masters Swim Meet
SCM
Tsawwassen BC
Kim Findlay (604) 943-7603
kimf@uwlm.ca

March 9
March Madness Swim Meet SCY
Wenatchee, WA
Margaret Hair, 408 Vista Dr
Coeur d'Alene, ID 83815

March 10
Barracuda Pentathlon, SCY
Sandi Rousseau (503) 542-3679
swim@gorge.net

March 10
Mercer Island Sprint Meet SCY
Mary Wayte Pool, Mercer Island
Lee Carlson (425) 427-8430
leedee@cablespeed.com
Entries due Mar 1

March 10
Victoria Masters 22nd Annual
Invitational Swim Meet LCM
Saanich BC
Shaun Cownden (250) 727-3097
scownden@coastnet.com

March 16
Steiner Aquatic Center Meet SCY
Salt Lake City, UT
Doug Smith (801) 521-8075
swmdocdoug@aol.com

March 16-18
SCM Aussi Nationals Masters Meet
Sydney Olympic Pool
www.sydnemastersswim2002.com/index.htm

March 20
Deadline for articles for April *WetSet*

March 24-30
FINA Masters World Champs LCM
Christchurch, New Zealand
Neil Blanchfield +64-3 377-1700
masters.swim@greatevents.co.nz
www.eventnz.co.nz

March 27
PNA Board Meeting
Federal Way Library

March 30-31
Inland Northwest LMSC Champs SCY
Pullman, WA
Doug Garcia (509) 332-1621
dougarcia.usms.org

March 31
English Bay Swim Club Meet SCM
Vancouver, BC
John Bell (604) 685-1412

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
US Masters Swimming
USMS Northwest Zone
Pacific Northwest LMSC
Oregon Masters
Alaska LMSC
Utah Masters
Masters Swimming of BC

www.swimpna.usms.org
www.usms.org
www.northwestzone.org
www.swimoregon.org
www.swimoregon.org
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

PNA Local Masters Swimming Committee
Mercer Island Short Course Yards Meet - Sanction #023603
 Hosted by the Mercer Island Redwoods and Bellevue Club Masters

PNA LOCAL MASTERS SWIMMING COMMITTEE
MEET ENTRY FORM: March 10, 2002 Sanction #023603
 Hosted by the Mercer Island Redwoods and Bellevue Club Masters

ORDER OF EVENTS
EVENT
1 200 FREE RELAY
2 50 FREE
3 100 BREAST
4 50 FLY
5 200 MIXED FREE RELAY
10-minute break
6 100 FREE
7 50 BACK
8 100 FLY
9 200 MEDLEY RELAY
10-minute break
10 50 BREAST
11 100 BACK
12 100 IM
13 200 MIXED MEDLEY RELAY
10-minute break
14 200 FREE

DATE & TIME:
Sunday, March 10, 2002
 Warm-up: 8:30 AM; Meet starts 9:30 AM

LOCATION:
 King County Mercer Island Pool (Mary Wayte Pool)
 8815 SE 40th St, Mercer Island WA
 (206) 296-4370

Six-lane x 25-yard course. Separate warm-up area. Spectator seating for 200. Electronic timing will be used.

DIRECTIONS:
From I-90 east or west: Take Island Crest Way southbound exit. Proceed approximately one mile south on Island Crest Way to SE 40th St. (stop light) and turn left. Go 1/4 mile on SE 40th St. Pool is on the right with ample parking available in adjacent lot.

ELIGIBILITY:
 Open to all 2002 USMS or MSC registered swimmers age 19 and above as of 3/10/02. Age groups determined by the swimmer's age as of 3/10/02.

RULES: Current USMS rules will govern the meet.

AGE GROUPS (individual events): 19-24, 25-29, and 5-year age groups as high as necessary.

RELAYS: Deck-enter relays at the meet. Age groups 19+, 25+, 35+, and 10-year increments as high as necessary. Age of the youngest relay swimmer determines the age group of the relay.

SEEDING: Slow to fast

MEET DIRECTOR:
 Lee Carlson
 (425) 427-8430 / leedee@cablespeed.com

WEBSITE: For more information, visit the PNA website (www.swimrna.org)

SAFETY FIRST!
NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

NAME: _____ **M F AGE** (as of 3/10/02) _____

ADDRESS: _____

PHONE: _____ **BIRTHDATE:** _____ **USMS or MSC #:** _____

CLUB/TEAM (or Unattached): _____
 *All swimmers who are not registered through the Pacific Northwest LMSC MUST attach a photocopy of their current USMS or MSC registration card.

ENTRY LIMIT: Five individual events total, plus relays.

EVENT #	EVENT NAME	SEED TIME

ENTRY FEES: \$ **9.00** Surcharge
 \$ _____ Individual events:

(\$1 per event for swimmers under 65.
 No charge for swimmers 65 or over. No charge for relays.)

TOTAL \$ _____ **MAKE CHECKS PAYABLE TO STEVE SUSSEX**

MAIL THIS FORM AND ENTRY FEES TO: **Steve Sussex**
 Entries must be received by **7550 E. Mercer Way**
Saturday, March 2, 2002 **Mercer Island WA 98040**

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:** _____

Things You Can Do for PNA

PNA is a great organization full of dedicated volunteers and swimmers, but there's always room for more helpers. Does one of the following jobs interest you? Contact one of the board members listed on page 2 of the *WetSet*. We would love to have you.

Board Member at-Large: PNA has designated three Board Members at-Large to represent the small teams. Kathy Moore, one of our representatives, has moved out of the area she represented, so her position is open. PNA is seeking someone whose zip code is greater than 98199, lives within in the PNA area, and is from a team with eight or fewer people. Be a voice for the small teams. Contact Lee Carlson at (425) 427-8430 if you are interested.

Awards Chair: The Awards Chair maintains the awards supply for the PNA and keeps them inventoried. The specific awards handled by the chair are the ribbons used for SCY championships and the PNA medals that are sold at meets.

When necessary, the Awards Chair will order more ribbons and medals. Each director is responsible for handing out the awards at their meet but the Awards Chair needs to be sure the medals get to each meet and the ribbons get to the SCY championships.

Publicity: The Publicity Chair reports newsworthy activities of the PNA to the appropriate media and encourages the coverage of PNA events and the organization itself through the media.

10 Facts About Your Heart and Cardiovascular System

By James A. Peterson, Ph.D., FACSM.
ACSM's Health & Fitness Journal



1 Smaller than a bread box. The heart is a hollow muscular organ roughly the size of a man's fist. It weighs about 300 grams in males and 250 grams in females. Although your heart totals only about 1% of your body weight, it uses 5% of the blood supply that flows through your body.

2 The cardiovascular chain. Your body has 60,000 miles of blood vessels, which oxygenate your body's tissues, unburden them of wastes, and act as stringent regulators of your body's environment. Placed end to end, the blood vessels in your body would stretch almost three times around the equator.

3 Life pump. The heart is a life-giving pump, a simple machine with an extraordinary mission. Not considering the vital connections between mother and unborn child, a two-month old fetus possesses a miniature version of the adult heart.

4 Thinner than thin. The tiniest blood vessels in your body, which are called capillaries, are 50 times thinner than the finest human hair.

5 The sounds of silence. A heartbeat can't be heard. The sound you hear when you listen to someone's heart is that of the valves of the heart closing. A heartbeat itself is a silent contraction of the muscles.

6 When push comes to shove. Your blood rushes through your arteries with enough pressure to lift a column of blood five feet in the air. It takes only about 23 seconds for blood to circulate through your entire body. In fact, a single blood cell makes about 3,000 round trips through the circulatory system every day.

7 Be still my beating heart. If your heart beats approximately 72 times every minute, by the time you turn 65, your heart will have beaten about 2.5 billion times. Your heart rests between beats. If the length of time of these rest periods over your lifetime were added up, you would find that your heart stands still for about 20 years.

8 True blue? Inside your body, the color of your blood appears to be blue because the blood in your veins is not combined with oxygen. In fact, blood is red, not blue. The more oxygen in your blood, the brighter the shade of red. For example, when you cut yourself and your blood hits the surface of your skin, it recombines with oxygen to yield the bright red color.

9 Keep them coming. During the period of a month, all your red blood cells are replaced with new ones.

10 A matter of gender. All factors considered, several cardiovascular-related, physiological differences exist between men and women—most of which mean that men have greater endurance in aerobic activities. For example, the male heart is larger (actually and relatively) than that of the female. Men also have a higher percentage of red blood cells (the oxygen-carrying component of blood). Accordingly, for a given submaximal workload, because men pump more blood during each heartbeat and deliver more oxygen to the working muscles, they tend to have work much less than women to accomplish the same amount of work.

2002 NORTHWEST ZONE AND PNA ASSOCIATION CHAMPIONSHIPS

April 13 & 14, 2002 - Weyerhaeuser King County Aquatic Center - Federal Way, Washington

AWARDS:

Zone Championship ribbons will be awarded from first through sixth place in every age group in every event.

PNA medals can be purchased for \$2 each. Swimmers age 65 and over may receive one free medal.

PNA Championship team plaques will be awarded. For details, see the PNA Championship meet section below.

SPECIAL EVENTS:

PNA coaches meeting: There will be a meeting for PNA coaches on Saturday from 10:30 AM – 11:00 AM in the hospitality room

Dawn Musselman Award Presentation: The 2002 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented on Saturday at the conclusion of event #6 (400 Medley Relay).

Swimmers' Social: Details about our swimmers' social on Saturday evening will be announced at the meet.

Northwest Zone meeting: Representatives of the participating LMSCs and others interested are welcome to the Northwest Zone meeting on Sunday from 7:00 AM – 8:00 AM in the hospitality room. The meeting agenda will be distributed to LMSC representatives and will also be posted on the Northwest zone website (www.northwestzone.org).

UPDATED INFORMATION: Check the PNA website for the latest information about the meet.

RESULTS: Meet results will be printed in *The WetSet* and posted at both www.swimpna.org and www.northwestzone.org.

2002 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP

TEAM ELIGIBILITY: To be eligible for the PNA Championship Meet, teams must submit a 2002 PNA team registration to the PNA vice-president by the meet entry deadline. PNA team registration forms are available in *The WetSet* and on the PNA website.

TEAM CATEGORIES: Eligible PNA teams will be divided into three classes (Large, Medium, and Small) based upon the number of swimmers entered in the meet. Classification assignments will be made after the meet entry deadline and announced before the start of the meet.

SCORING: The meet shall be scored from places 1st to 12th place in every age group within every event except for 400-yard relays and 800-yard relays. For individual events, scoring is 13-11-10-9-8-7-6-5-4-3-2-1. 200-yard relays score double the individual points possible for that place. Non-PNA swimmers will not score points and will not displace PNA swimmers from scoring points.

*PNA swimmers are encouraged to form PNA-club 400-yard and 800-yard relay teams, but these relays will not score PNA Championship points.

TEAM AWARDS: Plaques will be awarded to the top three teams in each category.



NEWS ABOUT PNA SWIMMERS



Photo by Sandy McNeel

Sally Dillon, one of the PNA swimmers who made the 2001 USMS Long Distance All American list, swims long distance swims every chance she gets. Here, she is waiting to swim the Lake Padden swim last summer. Her husband, Glen, is on the right.

2001 USMS Long Distance All Americans

USMS has announced their Long Distance All Americans for 2001 and six PNA swimmers have made the list.

Long Distance All Americans are the highest ranking USMS registered swimmer in each age group for each individual national long distance/open water championship.

The star achiever for this prestigious group has to be Jim McCleery, who ranked in three events, plus set a new record for the 5K Postal. Congratulations, Jim, and all of the PNA All Americans!

Age	Name	Event	Time/Distance
50-54	Sally A. Dillon	3000	52:14
75-79	Marion K. Chadwick	1 Mile	1:15:00
40-44	David Q. Santos	1 Hr	5405
50-54	Alan Bell	5K	1:06:09
55-59	James T. McCleery	1 Hr	4995
		3000	43:15
		5K Postal	1:10:07 (new record)
70-74	Thomas T. Taylor	1 Hr	4080
		5K Postal	1:27:26



Welcome to the swimmers who have recently joined PNA!

- CEZANNE ALLEN, DEMI ALLEN, JUDITH ALLEN, DAVE ALLES, KEVIN AMES, GREG BEAR, SARAH BREWER, CHRISTIAN BROWN, CAROLINE BROWNE, CHRISTIAN BRUHN, MATT BUCHAN, KAYTE COMES, MARGARET CROSS, ANNE CURZAN, LARS DURBAN, JANA GAINOK, JOE GASPER, DIANA GEITZ, PETER GILLIS, MICHELLE HAMMER, DOMINIQUE HAMPTON, HEIDI HANSEN, WILLIAM HAYES, HEATHER HOFFMAN, BETH JOHNSON, JACKIE KIMPTON, KATHERINE KIRKLAND, JONATHAN KOTT, SHANNON LACEY, EDWARD LEACH, KELLY MORGAN, KIRA MORIN, REBECCA PAYNE, KEN PERATONI, SOEREN POULSEN, DAVID ROBBINS, SARAH SCHERER, JAMIE SCHWAB, GREG SCULLY, RONDAMARIE SMITH, THOMAS SMITH, PHILIP SPENCER, JEFF STRIDE, EMILIE SULLIVAN, BURTON SWENDT, YPMA TJALLING, DONA WILLIAMS, JEREMY WORLEY





Tips to Help You Keep Exercising

The advances of modern technology—from electric can openers to power steering to TV—have made our lives more comfortable and much less physically demanding. Yet, research has shown that our bodies still need physical activity for physical and mental well-being, and maintaining a healthy weight.

The President's Council on Physical Fitness and Sports suggests the following tips to keep you exercising:

1. Adopt a specific plan and write it down.
2. Choose activities that you enjoy.
3. Keep setting realistic short-term goals as you go along, and remind yourself of them often.
4. Set aside a regular exercise time.
5. Vary your exercise program.
6. Keep a log to record your progress and make sure to keep it up-to-date.
7. Upgrade your fitness program as you progress.
8. Enlist the support and company of your family and friends.
9. Update others on your successes.
10. Avoid injuries by pacing yourself and including a warm-up and cool-down period as part of every workout.
11. Reward yourself periodically for a job well done!

Remember to check with your doctor before embarking on an exercise program.

For free booklets on personal exercise programs, visit the President's Council on Physical Fitness and Sports website at <http://www.fitness.gov>.

Source: *Exercise and Weight Control* booklet, President's Council on Physical Fitness and Sports.

Short Course Nationals

Entry forms and complete information for the 2002 USMS Short Course Nationals in Hawaii are now available on the USMS web site: <http://www.usms.org/comp/scnats02/>

On line entries are planned for this meet and will be available soon.

**Look for the
color versions of
the WetSets
PNA's web site!
www.swimpna.org**



WetSet Subscription / Change of Address Form

The *WetSet* is PNA's official newsletter. It is produced ten 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:

Cindy Martin
PNA Registrar
2427 NE 143rd St.
Seattle WA 98125

Important —The *WetSet* is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.

Change of Address

New Subscription

Subscription Renewal

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

Affix old address label here (if available)

Name _____

Address _____

City / State / Zip Code _____

Phone _____ USMS # _____



HAPPY BIRTHDAY

to the following PNA swimmers!

02 15	ANDRA LITZENBERGER	03 02	MARION MUELLER
02 16	JOHN HEFFERNAN	03 02	FRANK LEONARD
02 17	MARILYNN GOTTLIEB	03 02	WAYNE WAGER
02 17	JAMES STEPHENS	03 03	LINDA CAPUTO
02 18	SARAH WELCH	03 04	JOHN CROSS
02 18	CHARLES BIES	03 04	MURIEL FLYNN
02 19	TRACY BURROWS	03 04	KIMBRELY LAWRENCE
02 21	DALE WATANABE	03 04	NATHANIEL HEEG
02 22	MICHAEL KELF	03 05	ANNE BERNHARD
02 22	GARY CHASE	03 05	LANI DOELY
02 22	JEN RICHTER	03 06	TOM ROBERTSON
02 22	PATRICIA (SUZIE) NESS	03 07	JO MOORE
02 24	ANNE PETERS-JOHNSON	03 07	MATTHEW LIND
02 24	SUZANNE WAY	03 07	THOMAS WALKER
02 24	JOHN GOESSMAN	03 09	MALCOLM NEELY
02 24	SCOTT STONE	03 10	DARRYL SWENSON
02 25	PEGGY POMEROY	03 10	SHARON FILIPOWSKI
02 25	DAVID DAMM	03 10	ROBERT LAKE
02 26	GARY MAYNARD	03 10	MICHELLE CUNNINGHAM
02 27	TONYA BERG	03 10	JONATHAN KOTT
02 27	KIRA MORIN	03 10	BRIAN CARLTON
02 27	ROBERT TIECKELMANN	03 11	JAMES MAYS
02 27	EILEEN MCSHERRY	03 11	MATTHEW STAUFFER
03 01	ANTONIO ANDERSON	03 11	LINDA HEGERBERG
03 01	MICHAEL WALSTEAD	03 11	SHEILA MOORE
03 01	JANA GAINOK	03 12	PETE KYNION
03 01	JOSEPH LANG	03 13	TRACY LARSON
03 02	PAUL THOMAS	03 13	GARY HOOD
03 02	NICHOLAS SMITH	03 14	JOHN CROWLEY
03 02	KATHERINE OLSON		
03 02	GREG BEAR		

Eat 5 a Day for Better Health Color Your Diet With Fruits and Vegetables



Get colorful with fruits and vegetables, says the National Cancer Institute (NCI) and give your health a bright and vivid multihued boost. Color your daily diet with bright oranges (carrots, mandarin oranges, sweet potatoes, and mango), deep reds (tomatoes, cherries, and strawberries), dark greens (broccoli, asparagus, and kale), beautiful blues and purples (blueberries, eggplant, and plums), and accent it with sunshine yellow (squash, pineapple, and corn.)

The more reds, oranges, greens, yellows, and blues you see on your plate, the more health promoting properties you are getting from your fruit and vegetable choices," says Gloria Stables, M.S., R.D., director of the NCI's 5 A Day Program. Nutrition research shows that colorful fruits and vegetables contain essential nutrients, vitamins, minerals, and phytochemicals that improve health, help you feel more energetic, and may reduce your risk of cancer.

The National Cancer Institute recommends eating at least five servings of fruits and vegetables daily. The U.S. Department of Agriculture's Good Guide Pyramid also endorses eating five to nine servings of fruits and vegetables daily.

By sampling the spectrum of colorful fruits and vegetables, you are more likely to eat at least five servings of fruits and vegetables every day for better health.

For lots of great recipes featuring fruits and vegetables, visit the 5 A Day Program website at <http://www.5aday.gov/recipebox.htm>

Warm-up Etiquette

or a rant by a double-checking reluctant backstroker

By Laurie J. Kilbourn



I have a modest proposal: let's make warm-ups more safe, more fun and more useful, in just a few steps.

Lane selection

The first step happens before you even enter the water. While you're standing at the edge of the pool, dipping your toe in, take a look at the folks already in the lane. If you hear the Sesame Street song "one of these things is not like the others" and you are the swimmer who's not like the others, see if there's another lane with swimmers suited more to your speed. Another fun thing to do while tucking your hair into a cap is figuring out which way the established swimmers are circling, and seeing how you can mesh into the lane without causing an uprising of more than just water. Don't we have enough holes in our head and bruises on our bodies without adding more?

Safe entry

"Safe entry" shouldn't sound like the title of a Tom Clancy novel. This means either enter the pool with one hand on the wall, or using the ladder or stairs to get in the pool. During daily practice warm-ups, safe entry can mean jumping in when the zone near the end of the pool is clear, but it would be nice to check with the coach or lifeguard before trying it. With my young swimmers, the entire area from the wall to the flags should be clear before jumping or diving in, but Masters swimmers are supposed to be adults, and adults should be able to decide when it's safe and when they are playing with other people's necks.

Outta my way

Third is my favorite rant: the "outta my way" principle. A

swimmer always has the right of way over folks who are resting, socializing, staring at the pace clock, or scanning the crowds for familiar faces. Please, just get out of the way. This is especially important when you're trying to count backstroke cycles from the flags to the wall. Speaking personally, I don't feel comfortable swimming in a new facility without checking to see how many strokes it takes from the flags to the wall. I don't know how many extra lengths of backstroke I've done to get an accurate count, but as backstroke isn't my favorite stroke, rest assured it was way too many. I find if I'm in danger of bonking my head on the wall, I swim more tentatively, and tentative warm-ups yield tentative races.

But back to my point. If you are done, please move to the side of the lane. If the wall is full, start stacking up on the outgoing side of the lane. I'd much rather start another length of the pool as if I was in open water, warming up my body from a stand-still, than do another length of backstroke in a choppy lane, as they inevitably are. Ewww.

Push off and stop in the middle of the lane

I know it's fun to push off the wall with great gusto and chase the unsuspecting person ahead of you, but c'mon, if you're moving faster than I am, give me a chance to get out of the way, rather than leaving the wall less than two seconds after I do.

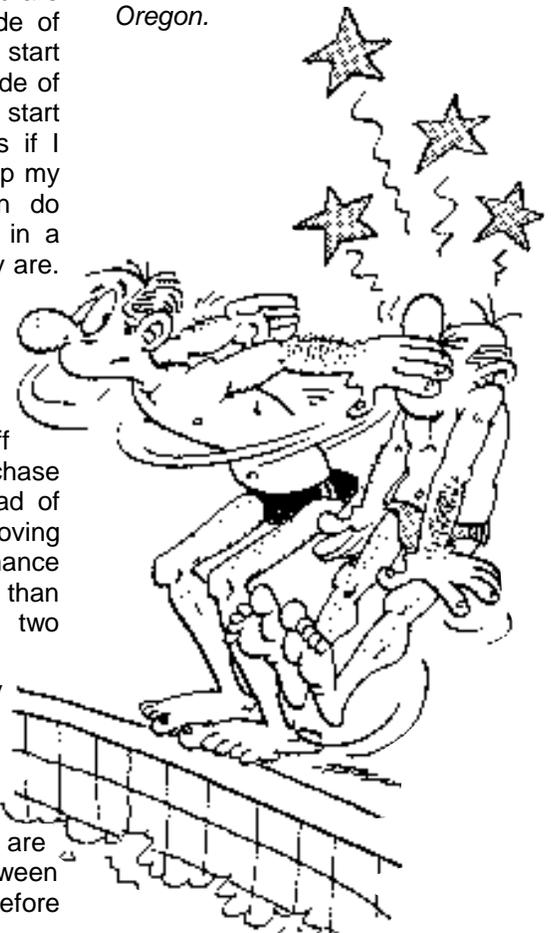
I have seen too many swimmers take a few strokes and stop in the middle of a lane. Adjusting your goggles is a good thing to do before a race, but unless your eyeballs are bulging like a leftover Halloween gag, try to finish the length before

stopping. Some slower swimmers are guilty of false advertising with a peppy push off, only to slowly kick or drill to the other wall. Please feel free to change lanes when you change techniques, and I'll feel free to do the same. The time spent getting to know the details of another lane is negligible compared with the time wasted apologizing to me for kicking me in the stomach.

Respect

Pretty much sums it all up right there, doesn't it? See you in the pool!

Laurie Kilbourn, a competitive swimmer for over 20 years, is a coach for the Tualatin Hills Barracudas Masters Swim Team in Oregon.



You Might Be a Swimmer . . .

The last portion of a list by Jill Gellatly, Gulf LMSC

- If you go from store to store desperately trying to find your favorite sports drink.
- If among your heroes are Janet, Jenny, or Amanda, or you know who I'm talking about.
- If your daily apparel is held together by knots or is torn and see through.
- If the phrase, "50 double-armed backstroke with a breaststroke kick makes you happier than anything.
- If being fishlike is a compliment.
- If your friends don't even call you anymore because they know that you have no time to do anything.
- If the first place you go when you're stressed out is a swimming pool.
- If you sweat chlorine even after showering.
- If you just don't understand the charm of the swim suit edition.
- If getting smacked on the butt doesn't bother you at all.
- If someone asks if you have any siblings and you start listing teammates.
- If you cut yourself every time you shave, because you only do it three or four times a year and are out of practice.
- If you are determined, strong, smart and tough.



Pacific Northwest Association of Masters Swimmers

Local Team Registration

To register your team for 2002, please fill out and return the form below. Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held in the spring. All team members competing in the meet must be currently registered with USMS. (See back page for registration form.)

Team Reps: PNA will provide your team with a USMS Rule Book which contains rules for Swimming, Competition, Long Distance Swimming, Athletes' Rights, and Organization and Bylaws. Contact Jeanne Ensign if you would like one.

Team Name:		Abbreviation (4 letters max):	
Team Rep	Name:		
	Address:		
	City:	Zip:	
	Phone:		
	E-Mail:		
Team Coach	Name:		
	Address:		
	City:	Zip:	
	Phone:		
	E-Mail:	Home Pool:	

Mail this form and check to:

Jeanne Ensign
 511 East Roy, #314
 Seattle, WA 98102
 (206) 324-1354
 Fax (206) 325-0632
 E-mail jeanne@raincity.com

Application Fee: \$10

Make check payable to: **PNA Masters Swimmers**



THE FINAL LAP

No Pain, No Gain?

By Dr. Jody Welborn



You wake up the morning after a particularly strenuous workout. Your muscles have that familiar ache which brings back the words of your childhood coach, "No pain, no gain." "Boy," you think, "I have gained a lot."

All of us have experienced the above scenario, but is the voice that echoes in your head speaking the truth? The answer is a resounding NO! Sore muscles are not the sign of a successful workout, but rather signify microscopic injury to the muscle, tendons, and ligaments.

What you are experiencing is known as delayed onset muscle soreness (DOMS). Even though DOMS has been investigated for decades, little is known about the actual cause and many theories exist. The more common theories include the torn tissue theory, which suggests that tears in the muscle fibers are the cause of the pain, whereas the connective tissue theory implicates damage to the tendons and ligaments attached to the muscles. The inflammation theory states that DOMS may be the result of the attempts by the body to repair the damage that has been caused by the workout.

What we do know about DOMS is that the skeletal muscle is the only muscle type affected and DOMS can occur in any skeletal muscle. The muscles do not sustain long-term damage and ultimately performance is not affected. However, performance may be

affected in the short-term, primarily due to pain, but also from temporary loss of affected muscle to produce force. DOMS is not due to the accumulation of lactic acid in the exercising muscles as lactic acid is removed from the muscle within an hour or two after the exercise and DOMS usually occurs after 24 hours. Activities that require muscles to forcefully contract while they are lengthening such as running downhill, going downstairs, or lowering a weight (eccentric contraction) seem to result in the most pain.

Typically pain from DOMS occurs in the first 24-48 hours after exercise and peaks by 72 hours. The pain usually subsides by 5-7 days after the exercise.

Although most active adults have experienced DOMS, it is not a necessary part of your exercise program. Measures can be taken to avoid DOMS. Some of these measures include a thorough warm-up before exercise and with an adequate cool down at the end of the workout. The exercise program should be started with easy to moderate activity intensifying gradually over time. Don't make abrupt changes in your exercise program and always allow your body time to adapt.

If you do experience DOMS, there are measures you can take to relieve it. The principal measure is time. Just wait. The pain will go away in 5-7 days without treatment.

Performing easy aerobic activity will increase blood flow to the affected muscles and this may improve the soreness. As always, use the RICE principle (rest and ice to the affected area) in addition to careful stretching and massage of the sore muscle. If the discomfort interferes with your usual activities, consider the use of non-steroidal anti-inflammatory medicines, such as aspirin or ibuprofen, but do not take more than is recommended on the bottle. Some recommend Vitamin C, as Vitamin C is needed to make connective tissue and has been reported to lessen the pain. If your pain persists longer than about seven days, or increases despite these measures, consult your physician.

Despite what your coach said, pain after exercise is not an indication of a good workout and is not necessary for getting into shape. With a regular, carefully planned exercise program there can be gain without pain.

Dr. Welborn is the Medical Director for Echocardiography at Providence Portland Medical Center. As a swimmer, she holds the Oregon 5K Records for Women 40-44 in 1999 and Women 45-59 in 2000.

