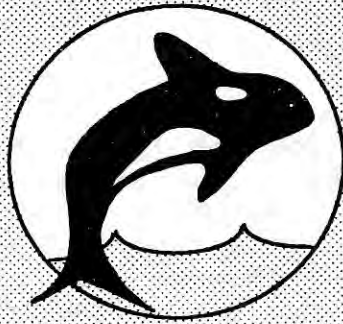


the WET SET



PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS

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THE PNA NEWSLETTER

VOLUME 7 NUMBER 3

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MARCH BOARD MEETING MARCH 22, 1988 7:00 P.M.
The MARCH BOARD MEETING will be held the FOURTH Tuesday of the Month at
the the TACOMA YMCA.....If you are a Team Rep you should be there.

March 1, 1988

Dear PNA Swimmers;

This month I am asking you to please read Tom Taylor's letter about the swimming complex in Federal Way. For us, as swimmers, this complex is the answer to a dream. We have a great deal of difficulty getting meets in a 50 meter pool, and part of this problem is the fact that there are very few pools around. In order to succeed, we all need to support the effort behind the pool complex. Don't "let the other guy do it" in this case. We need your support.

Another worthwhile event is the Lake Washington swim for the Special Olympics and King County ARC. This is a relay swim the length of the Lake (18 miles). The purpose is to raise money for the Special Olympics in Washington State. Each swimmer will swim a mile and is responsible for \$200 in pledges. This event will take place on July 30. There is an informational meeting on April 5th. If you are interested in swimming on a team, or forming your own team, contact Dave Wenke at 827-9209.

Don't forget to register for Champs! Create some team spirit and go for it, and remember; "Competition doesn't create character, it exposes it!"

Love, *Rondi*

IF YOU ARE IN BUSINESS, THINK ABOUT THE VAST READERSHIP YOU COULD REACH BY ADVERTISING IN THE WET SET.....AND THE RATES ARE VERY REASONABLE!

ONE FOURTH PAGE - \$20.00 FIRST MONTH, THEN \$15.00 PER MONTH
ONT HALF PAGE - \$40.00 FIRST MONTH, THEN \$20.00 PER MONTH

Send your ad and check, payable to PNA Masters Swimmers, to D. J. Kleist
If you want help with art work or layout, it is available - no extra fee

CHANGING YOUR ADDRESS? COMPLETE AND SEND IN THE FOLLOWING FORM:

NAME: _____ USMS # _____

OLD ADDRESS _____

NEW ADDRESS _____

NEW TELEPHONE NUMBER _____
SEND TO: David Addleman, 4030 South 158th Lane, Seattle, WA 98188

PNA BOARD MEETING
February 23, 1988

The meeting was called to order at 7:15 p.m. at the Husky Pool. Those in attendance were: Rondi White, Lowell Johnson, Debbie Lewis, Joann Brislin, Dorothy and Warren Kleist, Forest Brooks, Hugh and Jane Moore, Allison Beezer, Kiko Kimura, Tom Taylor, Walt Reid, Jan Kavadas, Kathy Casey, Dave Addleman, Lisa Farin, Amy Rust and Judy Harrison.

The minutes were approved as submitted.

Treasurer's Report: Motion was made and seconded to approve the report as submitted.

Medal Presentation: A presentation from Medal Image Design showing the Board different types of awards and designs. Motion was made and passed to buy key chains for awards to the teams most inspirational winners.

Membership: There are currently 401 members. Team Seattle has applied for a sanction number for another meet to be held later in the year similar to the meet held last summer.

Meets: A request has been received from Port Orchard to host a PNA long course meet on June 26 and long course regionals on August 13-14. Motion was made and passed to approve the two meets. A mailing will be sent notifying swimmers about the change in pools for the March meet. The meet must be finished by 2:00 p.m. If it appears the meet will go too long, relays will not be swum.
PNA Champs: The venue will be split due to the asbestos problem. Madison Pool will be used for Friday night and all day Saturday. The pool is not available on Friday night until 8:00 p.m. The meet will continue at Northshore Pool on Sunday. The Board's priorities for handling the 500 Free on Friday night are:
1. Move the 500 to Sunday if pool time is available and make it a 2 day meet.
2. Keep the 500 on Friday and start the warm up at 8:00 p.m. for a 3 day meet.
3. Cancel the 500. The meet will have 200 Free, IM, mixed Free and IM relays.

Publicity: A motion was made and passed for Judy Harrison to purchase T shirts to be used for publicizing the PNA Champs meet. The shirts will be sent to the media as publicity about the meet. The amount spent is not to exceed \$50.00. The vote was 18 in favor and 1 opposed.

Newsletter: The newsletter weight must be kept down to 2½ ounces for mailing purposes. The newsletter chief will use her discretion when compiling the newsletter if the weight is too high and some articles must be held for the next edition.

Ransom J. Arthur Award: Motion was made and passed to nominate Kathy Casey for this award. Walt Reid will update his letter from last year.

The meeting was adjourned at 9:00 p.m.
The next PNA board meeting will be held March 22 at the Tacoma YMCA.

D. Reid

P N A MEET INFORMATION (JOANN BRISLIN and KATHY CASEY)
206 522-5586 206 588-4879

* NO DIVING DURING WARM UP - except in sprint lanes during *
* designated sprint times! *
* NO DIVING IN WARM UP AREA DURING MEET *
* ALL ENTRY FOR WARM UP OR WARM DOWN MUST BE FEET FIRST *
* *****

TO MARCH 31 -SWIM THE PNA - sponsored by the Fitness Committee
FORTY swimmers have entered the Fitness Committee's "SWIM ACROSS THE PNA.
You may still enter as you have until MARCH 31st...and you may earn a PNA
PIN for participating and a PNA TOWEL for completing the Bellingham to
Olympia swim. To enter send \$5.00 to Jane Moore, 29920 2nd Pl SW, Federal
Way, WA 98023. See the September, October, or November WETSET for entry
and tracking information. BETTER HURRY!

%%
%%
%%
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* NOTE THE CHANGES ON PNA CHAMPS.....DUE TO ASBESTOS THEY WILL BE HELD IN
TWO POOLS, SORRY FOR INCONVENIENCE....WE DO ASBESTOS WE CAN.

* SATURDAY, APRIL 9TH, WARM UP 8:00 AM, MEET 9:00 AM, MADISON POOL
* SUNDAY, APRIL 10TH, WARM UP 8:00 AM, MEET 9:00 AM, NORTSHORE POOL

* SEE PAGE 8 FOR INFORMATION AND PAGE 9 FOR THE ENTRY FORM (DUE MARCH 25)
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APRIL 22-24 REGION 12 CHAMPIONSHIPS - WHITWORTH COLLEGE AQUATIC CENTER
SPOKANE, WASHINGTON

WARM UP 5:00 PM FRIDAY, MEET 6:00 PM
WARM UP 11:00 AM SATURDAY, MEET 12:00 NOON
WARM UP 8:00 AM SUNDAY, MEET 9:00 AM

ENTRIES DUE BY APRIL 12, 1988 - SEE PAGE 21 FOR INFORMATION AND ENTRY

JULY 30, 1988 WASHINGTON SPECIAL OLYMPICS SWIM LAKE WASHINGTON RELAY
If you plan to be in this swim you must attend two orientation meetings
on March 15th and May 4th.
SEE PAGE 15 FOR INFORMATION AND ENTRY FORM

OTHER MEET INFORMATION (JOANN BRISLIN and KATHY CASEY)
206 522-5586 206 588-4879

MARCH 1 - MAY 31, 1988 - OCEANA ZONE POSTAL RELAY MEET
ENTRIES DUE JUNE 5, 1988
SEE PAGES 23 AND 24 FOR INFORMATION AND ENTRY FORM

MAY 13-16, 1988 CANADIAN MASTERS SWIMMING CHAMPIONSHIPS
The meet site is the UBC Aquatic Center in Vancouver BC. The Aquatic Center comprises two 50 meter pools, one indoors and one outdoors. (The meet will be held in the indoors pool; 8 lanes for the meet and a 25 meter portion for warmup/warmdown.) There are great accomadations available at the Walter Gage complex. See the index for the correct page containing complete housing and entry information.
SEE PAGE FOR RELAY INFORMATION, PAGE 18 FOR HOUSING INFORMATION AND PAGE 19 FOR THE ENTRY FORM THAT IS DUE APRIL 1, 1988

MAY 19-22, 1988 MASTERS NATIONAL SHORT COURSE CHAMPIONSHIPS
Location: Texas Swimming Center, University of Texas - Austin.
Entry Deadline: Entries must be received by APRIL 19, 1988 even if you are only swimming the relays!

AUGUST 25-28, 1988 MASTERS NATIONAL LONG COURSE CHAMPIONSHIPS
University of Buffalo, Amherst, New York

OCTOBER 9-16, 1988 WORLD MASTERS SWIMMING CHAMPS - BRISBANE, AUSTRALIA

OCTOBER 10-22, 1988 WORLD SENIOR GAMES - ST GEORGE, UTAH
For additional information contact: World Senior Olympics
1450 South Hilton Drive
St George, Utah 84770
(801 628-0463)

For information about out of association meets, unless otherwise listed:

INLAND EMPIRE	OREGON
Elin Zander	Bert Peterson
E 1922 15th	2051 NE 137th
Spokane, WA 99203	Portland, OR 97230
509 534-7509	503 252-6081

IDAHO	BRITISH COLUMBIA
Richard Cooke	Denis Crockett
Sawtooth Masters Swimming	BC Masters
1915 SW State Street	1531 W 4th Ave
Boise, ID 83702	Vancouver, BC V6J 1L6
604 736-7645	

Contact the following H.O.S.T. when you wish to stay in another swimmers home during an out of town meet:

OREGON MASTERS	ANDY SCHRAG	206	254-9400H/254-9661W
PNA MASTERS	MARIETTA HUNZIKER	206	564-9517
	ANN GINDROZ	206	272-1854
IEA MASTERS	MARIAH CLARKE	509	926-2597
CORVALLIS	MARK & LAURA WORDON	503	753-9352
SNAKE RIVER	JANET WOOD	208	345-8843H/339-7229W
SOUTHERN OREGON	TERRY & JUDY MC CURDY	503	673-3673

I read an article recently that concluded swimming is not a good exercise for weight control. This conclusion was based on two studies. The first discovered that elite swimmers have a higher percent body fat than elite runners. The second studied adults who attended recreation swim times and found no weight loss among the participants.

I believe that this article has made a serious error in its conclusions. First, the elite swimmers had percent body fats in the range of 8-12% which is really quite low and it is known that some fat is needed for buoyancy. Elite athletes have some natural selection based on their physical characteristics, so it's not surprising that the elite in two different sports are different. Second, most adults who attend adult recreation swim don't know how to swim well enough to work hard enough to lose weight. Just visit a recreational swim at your local pool and see.

So - can swimming be an effective method of weight control? Emphatically YES! To oversimplify ... "CALORIES IN" and "CALORIES OUT" determine our weight change. If "calories in" equals "calories out" our weight should remain stable. If "calories in" exceed "calories out" our weight will go up. If "calories in" are less than "calories out" our weight will eventually go down. "Calories out" occur even while soundly sleeping, but increase as our activity increases. The more active we are the more "calories out" occur. Activity also offsets the trick our body has of slowing our metabolism down when we try to lose weight on a diet. If we don't exercise when we reduce "calories in", our metabolism adjusts to reduce "calories out" so weight loss is harder.

Swimming is excellent for "calories out". Because it is water based it reduces the risk of exercise induced damage on joints, muscles and ligaments which are carrying around too much weight. The surplus weight in fat makes the swimming exercise easier at the beginning. Swimming's only drawback is that it requires a significant mastery of skills to be able to work hard enough long enough to generate the "calories out." The best "calories out" activity is aerobic sets. (Swim sets of varying distances with short rests with a heart rate of 75% of maximum potential range.) I used a computer program that among other things calculated the calories used based on percent speed and distance. In a seventy five minute workout of interval sets the computer calculated that I could expend up to 1500 calories.

It is important to remember that if you don't exercise while trying to lose weight you will lose an equal amount of muscle mass and body fat so even with a lower weight you will still be just as fat as before...only weaker. Exercise will cause a preservation of muscle mass so the weight loss will truly be a reduction in body fat.

"Calories In" is the other part of the formula. It is important to eat well and wisely. The secret to weight control is the word "control". One should continue to eat a full range of foods. A diet replacing regular food is not nearly as useful as appropriate amounts of appropriate foods. For our health's sake we should reduce our fat intake. There are a lot more calories per gram in fat than in protein or carbohydrates. So we can even eat more if we eat right. The American Diabetic Association, the American Heart Association and the American Cancer Society all recommend a reduction in our fat intake, (even poly unsaturated fats), from the standard 40-50% in the average American diet to 20-30%. They also recommend against a lot of fried foods and a lot of red meats. They all encourage fiber and complex carbohydrates, especially fruits and vegetables. (Just avoid the dip and salad dressings.)

What if your weight doesn't change? Well, congratulations, you have achieved control. If you wanted your weight to go down you have to overcome your body's tendency to stay the same. Are you swimming hard enough and long enough for "calories out"? Are you eating appropriate amounts of appropriate foods for "calories in"? And finally you might be changing in composition rather than weight. You might be firmer, have more muscle and less body fat and that is great!

RELAY POLICY for Pacific Northwest Aquatics

National and international relays only: All participants will sign up for and pay for relays in advance. A reasonable deadline will be established by the relay committee as to when fees and entries are due. Once fees and entry have been sent to the committee, a commitment has been made. If the entrant notifies the committee prior to the deadline date that he/she cannot swim on a relay that he/she has already signed up for, the entry fees will be returned. If an entrant notifies the committee that he/she cannot swim in a relay after the deadline and:

1. the relay does not swim and it is not considered an emergency by the relay committee, then the entrant is responsible for reimbursing the PNA for the entire relay;
2. the relay does swim with a substitute, then the relay fee will be returned;
3. the relay does not swim and the committee considers it an emergency, the relay fee will not be returned to the entrant, but he/she will not be required to reimburse the PNA for the entire relay and
4. the relay fees will be returned to all other members of the relay (described in #3).

PNA does not make any money on these relays. In fact many hours of volunteer labor go into making up these relays. You can help us and yourself if you let us know immediately if you are unable to swim a relay that you have signed up for.

**UNITED STATES MASTERS SWIMMING, INC.
REGISTRATION APPLICATION - NOV 1, 1987 to OCT 31, 1988**

FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS

OFFICIAL USE ONLY

THANK YOU

THIS IS A RENEWAL MY 1987 USMS NO. IS _____ NEW REGISTRATION
PLEASE PRINT OR TYPE INFORMATION

MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS

PLEASE NOTE THE CHANGE(S) FROM MY 1987 REGISTRATION:
 ADDRESS NAME CLUB/DIST. _____ (PREVIOUS)
 OTHER

MAIL TO: DAVID R. ADDLEMAN
4030 SO. 158TH LANE
SEATTLE, WA 98188
(206) 246-9540

LAST NAME _____ FIRST NAME _____ INIT _____

STREET ADDRESS _____

USMS FEE \$5.00	LMSC FEE \$10.00	TOTAL FEE \$15.00
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SENIORS (65+): \$10.00

CITY _____ STATE _____ ZIP CODE _____

AREA CODE + TELEPHONE _____ DATE OF BIRTH _____ AGE _____ SEX _____

I hereby agree to abide by and be governed by the rules and regulations of USMS and the Local Masters Swim Committee.

LOCAL AFFILIATION _____ DATE OF APPLICATION _____
 TEAM _____ UNATTACHED

CLUB (NATIONAL LEVEL ONLY)
 PNA HUSKY UNATTACHED

 APPLICANT'S SIGNATURE

WASHINGTON SPECIAL OLYMPICS - ARC OF KING COUNTY

SWIM LAKE WASHINGTON '88

WHY SWIM LAKE WASHINGTON?

On July 30th, over 60 experienced swimmers will attempt to swim the entire length of Lake Washington, a distance of 18 miles. These marathon swimmers will swim individually or in relay teams, and will symbolize each person with a physical or developmental disability who has an "iron" determination to live a better life.

A "group swim" of Lake Washington has not been attempted before. The challenge and enjoyment that is the essence of the swimming experience will be highlighted in this long distance open water swim. Proceeds from the event will go to helping persons with developmental disabilities.

"Swim Lake Washington" takes place Saturday, July 30th, approximately 4:00 AM to 2:00 PM. The swim begins in Bothell and proceeds South to Renton.

SWIMMERS RESPONSIBILITIES

1. To enjoy yourself to the fullest extent of your ability: during the swim, in orientation meetings, and while raising funds for the swim.
2. Acquire at least \$200.00 in donations and turn them into the ARC office by July 15th. Remember that donations should be outright gifts and not dependent upon how far you swim. Training is provided to help you with this.
3. Attend two swim orientation meetings on TUESDAY EVENING, MARCH 15, 7:00 to 8:30 PM, and WEDNESDAY EVENING, MAY 4, 7:00 to 8:30 PM. Location will be sent to you.
4. Support your swim team by helping with recruitment of necessary volunteers, supplies, and boats.

SWIMMER AGREEMENT

I AGREE AS A SWIMMER IN THE "SWIM LAKE WASHINGTON '88" THAT I WILL RAISE AT LEAST \$200 IN DONATIONS TO SUPPORT ARC OF KING COUNTY AND WASHINGTON SPECIAL OLYMPICS. THE ARC OFFICE WILL RECEIVE THOSE DONATIONS BY JULY 15, 1988.

I AGREE TO ATTEND TWO SWIM MEETINGS MENTIONED ABOVE, AND TO SUPPORT THE SWIM TEAM IN WHICH I PARTICIPATE IN ACQUIRING BOATS, SUPPLIES, AND/OR SUPPORT VOLUNTEERS.

NAME _____ DATE _____

ADDRESS _____

HOME PHONE _____ WORK PHONE _____

YOUR MILE SWIM TIME IS _____
THE NUMBER OF MILES YOU PLAN TO SWIM IS _____

RETURN TO: ARC, 2230 8th Ave., Seattle, WA., 98121 -- 622-9292

HOW BADLY DO WE WANT A 50 METER POOL COMPLEX?

The reality of a new natatorium/health club complex is drawing nearer. As you've no doubt read in our local press, a southend organization, The Pacific Northwest Aquatics Foundation, is on the verge of putting together all the necessary pieces for building a modern, state-of-the-art indoor pool in Federal Way.

The question rises, then: How badly do we Masters want that pool built?

Badly enough to get behind the fund-raising effort on two fronts:

1. Contributing our own money to the fund
2. Organizing a fund-raising project of our own, for the benefit of the pool complex.

Number 1 above is simple. Wealthy, major contributors (we are advised by fund raising professionals) always ask the people who stand to benefit directly from a contribution they are being asked to make: "How much money have you put in?"

Number 2 is slightly more complicated. We probably can approach from two angles:

1. Local team and neighbor/relative contributions from such things as swimathons, etc.
2. Utilizing our business connections. What I mean by that is this: Many masters swimmers, by virtue of their careers, church affiliations or organization memberships, etc., are literally only two or three phone calls away from a one-on-one conversation with a very wealthy and influential individual...who can be approached for a substantial contribution if it is put to them in the right way and they are shown the right reasons for doing it.

In any event, PNA's involvement, liaison and fund-raising projects for this very worthwhile undertaking have been placed on my shoulders by your board of directors. And I, in turn, must see to it that the entire venture is conducted at the local team/individual swimmer level.

It seems to me, therefore, that the best way to accomplish that is to recruit the efforts of all our team reps. So, you team reps out there! Give me a call (838-1827) and make some suggestions, right after you have discussed this whole thing with your swimmates. And, please start making plans to attend every board of directors meeting in the near future, where you can hear me make my report on the latest developments, react, ask questions, and then carry the message to your teammates.

How do you feel about all this? Call me! Let's discuss the matter. Give me your team's feedback and suggestions. There's a lot at stake here.

Tom Taylor

MARCH 1980

MON TUE WED THUR FRI SAT SUN

	1	2	3	4	5	6
				HUSKY - EVERGREEN MEET SEATTLE	EVERGREEN MEET	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
	PNA BOARD MEETING TACOMA YMCA			PNA CHAMPS ENTRY POSTMARKED		
28	29	30	31	APRIL 1	2	3
				CANADIAN NATIONALS ENTRY DUE		
4	5	6	7	8	9	10
					PNA CHAMPS MADISON POOL	PNA CHAMPS NORTHSHORE POOL

ON DECK: APRIL 9-10 PNA CHAMPIONSHIPS
 APRIL 12 REGION 12 CHAMPS, SPOKANE, ENTRY DUE
 APRIL 19 SHORT COURSE NATIONALS ENTRY DUE
 APRIL 22-24 REGION 12 CHAMPS, SPOKANE
 MAY 13-16 1988 CANADIAN SHORT COURSE NATIONALS
 MAY 19-22 1988 SHORT COURSE NATIONALS, AUSTIN, TX
 MAR 1 - MAY 31 OCEANA ZONE POSTAL RELAY MEET
 JULY 30 SWIM LAKE WASHINGTON RELAY MEET

LOOKING FORWARD: AUGUST 25 - 28 LONG COURSE NATIONALS, NEW YORK
 OCTOBER 8 - 14 1988 WORLD CHAMPIONSHIPS, AUSTRALIA
 OCTOBER 10- 22 WORLD SENIOR GAMES, ST GEORGE, UTAH
 MAY 12-25 1989 SHORT COURSE NATIONALS, FLORIDA
 AUGUST 17-20 1989 LONG COURSE NATIONALS, NORTH DAKOTA

