


the PACIFIC NORTHWEST ASSOCIATION OF
WET SET  MASTERS SWIMMERS

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THE PNA NEWSLETTER

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Inside: Entry for the final Long Course meet in this region

Get YOUR entry in now!!!!

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JULY BOARD MEETING
 THE FOURTH TUESDAY OF THE MONTH - JULY 25, 1989
 7:00 P.M.
 217 ALDER EDMONDS, WA
 IN THE COMMUNITY ROOM
 CONTACT JAN KAVADAS, 775-5814 FOR DIRECTIONS

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Greetings,

Not much happened last month. Two well-run meets and some happy swimmers. It was sure nice to see the Canadian and Oregon Masters support our meets. I hope everyone that appreciates their support takes the opportunity to give them a return in a like manner. I'm very disappointed that LC Regionals was cancelled by IEA. Seems they have very little support from their swimmers in the summer. Makes me feel comfortable knowing that we have a half-dozen or so people in the PNA who have the knowledge, resources, abilities, and commitment to keep us afloat. I shudder to think what would happen if we lost even one of those people. I hope each and every one who enjoys the meets, the workouts, the camaraderie shared amongst swimmers, the friendships forged, the personal growth attained, truly can appreciate these fine people. Those who give so much to make this work. I certainly do.

Word has it that Oregon is tentatively organizing a Long Course meet. Understand that not having Regionals caused severe withdrawal symptoms for some swimmers. Good luck Oregon... keep the rest of us chlorine addicts posted.

Time for everyone to dust off those ideas they've been storing. Let someone (like myself, your team rep, or someone who will pass it along) share these ideas at the planning retreat to be held at Gordon Gray's home on July 15th. Is everyone happy... are we doing OK... we need your input to plan our future. Keep us informed. We need encouragement too...

Anyone interested in hosting a meet in September or October please call me. These are great months to have a meet if you haven't hosted one before.

Again... we need feedback. Don't procrastinate. Give me a call and we'll talk... or leave a message and I'll call you back.

Thank
Bobby G.

**ANYONE INTERESTED IN REPRESENTING THE PNA AS A DELEGATE AT THE USMS CONVENTION IN
PORTLAND SEPT. 20-24, PLEASE CALL BOBBY G AND LET HIM KNOW AS SOON AS POSSIBLE !!!**

Because up to 60 percent of body weight is made up of fluids, liquids in the diet are important. The liquid content of the intracellular and extracellular fluids allows rapid transportation of nutrients and elimination of waste products as well as cooling the body. Fluid is lost with exercise and must be replaced in quantities sufficient to maintain the correct percentage of body weight. Heat is generated as a byproduct of the energy metabolism that sustains the contraction and relaxation process in active muscles. The rate of heat production in active muscles can be as much as 100 times that of inactive muscles. If not released, this heat could raise the body temperature by 1.8 F every five to eight minutes during moderate exercise. The body senses the temperature increases and activates methods to increase heat loss. Superficial blood vessels dilate, increasing the blood flow to the skin and conducting heat from the body core to the skin surface. Heat is then lost by radiation and convection from the skin to the surrounding environment. Sweat glands are also activated to produce sweat at up to 30 grams per minute. This fluid loss leads to dehydration, which can result in heat cramps, heat exhaustion, or possibly heat stroke.

Consuming cool fluids at regular intervals during exercise is vital for safeguarding health and for optimizing performance. Research has repeatedly shown that dehydration of as little as 2 percent of body weight can decrease the ability to perform physical work. Proper fluid replacement before, during, and after vigorous exercise is the primary method of prevention of heat related injuries.

Dehydration is not as serious a problem for swimmers as it is with athletes in land sports because the cool water reduces the sweat rate by absorbing heat from the skin more rapidly than it could be absorbed by the air. Nevertheless, swimmers do sweat when they train, particularly when workouts are done in warm water. Therefore, more fluid is lost in swimmers than in a person who does no exercise. If this fluid is not replaced on a daily basis, work ability will be decreased and illness may occur.

The average daily intake of fluids is 1.5 to 2.0 liters. Athletes may require 2 to 3 times this amount to replace the losses in sweat which may be 1 to 4 liters of fluid per hour. While swimmers lose less than this, the difference has not been determined and 4 to 8 liters of fluid should probably be ingested daily. Most solid foods contain much fluid, so about half of this amount can be obtained from foods. The remainder can be obtained by drinking 6 to 10 glasses of liquids every day.

The ill effects of dehydration can be postponed by being well-hydrated before exercise and continuing to replace fluids during exercise. Humans lack the ability to take in and retain fluids at the same rate that they are lost. This appears to be because replacing sodium rich sweat losses with plain water dilutes the blood and removes the salt-dependent part of the thirst drive. Thus, drinking water rapidly removes much of the urge to drink. Therefore, athletes cannot depend on the sensation of thirst to judge the need for replacement of fluids. To maintain adequate fluid balance, drink at least 1 cup of fluid every 15-20 minutes during training and competition. Fluids should not be restricted prior to training or competition.

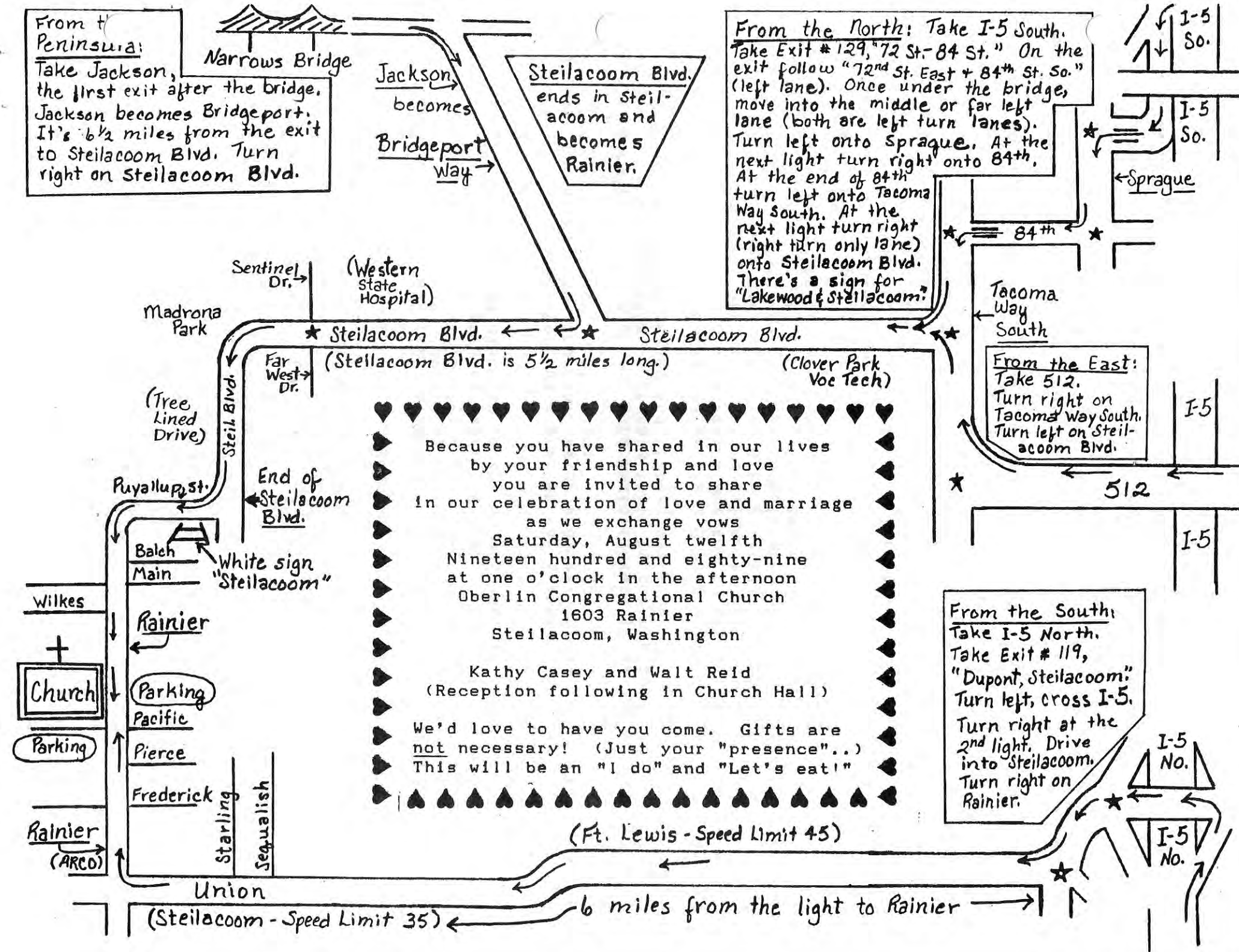
An estimate of fluid loss can be made by comparing body weight before and after exercise. Two cups of fluids should be drunk for each pound of body weight lost during exercise. Plain water can be an effective fluid replacement beverage for many occasions, but when maintenance of blood volume is a concern (prolonged exercise in hot conditions), the beverage should contain a small amount of sodium (salt). During intense training and competition, the beverage should also contain a source of carbohydrate (sugar) for use by working muscles.

From the Peninsula:
 Take Jackson, the first exit after the bridge. Jackson becomes Bridgeport. It's 6 1/2 miles from the exit to Steilacoom Blvd. Turn right on Steilacoom Blvd.

From the North: Take I-5 South. Take Exit # 129, "72 St-84 St." On the exit follow "72nd St. East + 84th St. So." (left lane). Once under the bridge, move into the middle or far left lane (both are left turn lanes). Turn left onto Sprague. At the next light turn right onto 84th. At the end of 84th turn left onto Tacoma Way South. At the next light turn right (right turn only lane) onto Steilacoom Blvd. There's a sign for "Lakewood & Steilacoom?"

From the East:
 Take 512. Turn right on Tacoma Way South. Turn left on Steilacoom Blvd.

From the South:
 Take I-5 North. Take Exit # 119, "Dupont, Steilacoom." Turn left, cross I-5. Turn right at the 2nd light. Drive into Steilacoom. Turn right on Rainier.



PACIFIC MASTERS SWIMMING - SHORT COURSE YARDS FALL SCHEDULE

Contact: Dave Gray	Oct 1	Pentathlon, Sacramento Aquatic Masters
22 - 16th Ave	Oct 28	Davis Aquatic Masters
San Mateo, CA 94402	Dec 2	Sierra Nevada Masters (indoor)
(415)578-8589		

SAN DIEGO / IMPERIAL MASTERS - SUMMER AND FALL SCHEDULE

Contact: All Sports Office	Aug 20	University of California, San Diego (50M)
1135-K Garnet Ave	Oct 7	Allied Gardens (25Y)
San Diego, CA 92109	Oct 8	Coronado (25Y)
(619)275-1292	Oct 29	Carlsbad (25M) tentative
	Nov 4 or 5	University of California, San Diego (25Y)
	Dec 3	Coronado (25Y) 400IM, 500, 1000, 1650 Free

SNAKE RIVER ASSOCIATION

Contact: Bill Von Tagen	Nov 24-26	Boise (25Y) YMCA Thanksgiving Meet
1114 N. 7th		
Boise, ID 83702		
(208)345-1728		

SOUTHERN PACIFIC MASTERS ASSOCIATION

Contact: Steven Schofield	Jul 30	El Toro High (50M) 800 & 1000 Free, SPMA Championships
7914 Sadring St.	Aug 5-6	El Toro High (50M) All Events, SPMA Championships
West Hills, CA 91304		
(818)992-1820		

1989 NATIONAL LONG DISTANCE CALENDAR COMPILED BY GARY MCDOWELL

USMS and USS (*) national championship long distance swims are indicated and qualify for long distance All American consideration. To avoid disappointment, request an entry blank as soon as possible before each event because the dates may be changed after this list is published. We do not guarantee that this list is accurate. Include a self-addressed stamped envelope when requesting an entry form. Entrants are cautioned to investigate adequate safety and event organization prior to participation.

May 1 to Sept 30** 6th Annual 10K Postal Swim. Location: 50 meter pool. Contact: Edna K. Laflin, PO Box 5231, Sun City West, AZ 85375. (602)584-3190. USMS Sanctioned. National Championships.

July 30 Fan Lake Open Water Distance Classic. Distance: 1.5 mile and 3.0 mile. Contact: George Frazier. YMCA of the Inland Empire. North 507 Howard, Spokane, WA 99201. Day (509)838-3577, Eve (509)928-6414. USMS sanction

- Aug 5 16th Annual Santa Cruz 1 mile Pier Swim. Location: Pacific Ocean. Contact: Santa Cruz Surf Life Saving Association. Rick Gould 346 Church Street, Santa Cruz, CA 95060. (408)429-3777. USMS Sanctioned.
- Aug 6 Naples Island Swims. Distance 1,000 yards, 1 and 3 mile. Location: Alamitos Bay, Long Beach, CA. Contact: Lucy Johnson, PO Box 3368, Long Beach, CA 90803. (213)433-5299. USMS Sanctioned.
- Aug 19 8th Annual Manhattan Island Marathon Swim. Location: East-River, Harlem River, Hudson River. Distance: 28.5 Miles. Contact: Benson Huggard, 438 West 37th St., Suite 54, New York, NY 10018. (212) 563-3330. USMS Sanctioned.
- Aug 19** Fox Lake 4 Mile Open Water Challenge. Contact: David F. Usrey, 526 Kingston Blvd., McHenry, Illinois 60050. Day (815)385-1145, eve (312)587-1395. USMS Sanctioned. National Championships.
- Aug 20 2-Person x 1 Mile Lake Del Valley Open Water Relay. Contact: Alan Levinson, 4301 Anderson Ave., Oakland, CA 94619. Day (415)464-3746, eve. (415)531-2856. USMS Sanctioned.
- Aug 26 Baton Rouge Crawfish Masters 10K Swim. Held in conjunction with Arizona Masters National Postal 10K Championship. Contact: Scott Rabalais, 950 South Foster #35. Baton Rouge, Louisiana 70806. (504)928-5596. USMS Sanctioned.
- Aug 27 South End Rowing Club 1 Mile Open Water. Location: Pacific Ocean. Contact: Diddo Clark, 535 Talbert St., Martinez, CA 94553, (415)370-0333 eve. USMS Sanctioned.
- Sep 9** (Rain Date Sep 10). New York City Ocean Mile Rough Water Swim. Contact: Victor Aquirre, PO Box 36, Fort Tilder, NY 11695. (718)474-3830. USMS Sanctioned. National Championships.
- Sep 10 59th Annual La Jolla Rough Water Swim. Distance: 250 yards (Jr. Swim), 1 mile (Amateur and Masters). Contact: LJRWS Entries Chairman, PO Box 46, LaJolla, CA 92038 (619)456-2100. USS and USMS Sanctioned.
- Sep 10 Whiskeytown Lake 2 Mile Open Water Swim. Contact: Scott Thompson, PO Box 2, Old Shasta, CA 96087. Day (916)243-1351, eve (916)246-7448. USMS Sanctioned.
- Sep 16 Catfish Crawl 2 Mile Open Water Swim. Contact: Chuck Barrineau, 7434 Brent Cove Circle, Dallas, Texas 75214. Day (214) 470-2034, eve (214) 827-3051. USMS Sanctioned.
- Sep 17 7th Annual Coyote Point 1.5 Mile Rough Water Swim. Contact: Bill Stewart, 330 West 20th Ave., San Mateo CA 94403. Day (415)377-4717, eve (415)349-8455. USMS Sanctioned.
- Oct 7** Eagle Creek Park 2 Mile Cable Swim. Contact: Laura Nell, Indiana University Natatorium, Room 204, 901 West New York St., Indianapolis, Indiana 46223. USMS Sanctioned. National Championships.

JIM PENFIELD

DAWN MUSSELMAN INSPIRATIONAL SWIMMER 1988

THE 1988 WINNER OF THE DAWN MUSSELMAN INSPIRATIONAL SWIMMER IS JIM PENFIELD. JIM SWIMS FOR FORT STEILACOOM MASTERS AND LIVES PART-TIME IN SEATTLE AND LONGBRANCH.

JIM'S LONG SWIMMING CAREER BEGAN BACK IN 1917 RIGHT HERE IN THE WATERS OF PUGET SOUND. HIS UNCLE THREW HIM IN THE COLD WATERS OF THE SOUND, AND JIM'S ONLY HOPE WAS TO LEARN TO SWIM IMMEDIATELY! HE WENT ON TO SWIM COMPETITIVELY FOR HIS HIGH SCHOOL AND FOR STANFORD UNIVERSITY, WHERE HE LETTERED TWO YEARS SWIMMING MOSTLY RELAYS AND BACKSTROKE.

IN 1982 A SWIMMER IN THE LANE NEXT TO HIM AT THE SWIM AND TENNIS CLUB WHERE JIM WAS A RECREATIONAL SWIMMER TOLD HIM HIS STROKE LOOKED PRETTY GOOD AND THAT HE OUGHT TO CONSIDER MASTERS. "WHAT'S MASTERS", ASKED JIM, AND A STAR WAS BORN!

LAST YEAR JIM WENT TO BRISBANE, HIS FIRST INTERNATIONAL COMPETITION, AND TOOK A GOLD IN THE 200 BACK. BECAUSE HE IS ONLY IN THE AREA OF A POOL TWICE A WEEK, HE ONLY WORKS OUT TWICE A WEEK! JIM PENFIELD HAS A BIT OF ADVICE FOR ALL MASTER SWIMMERS: "IF YOU CAN'T BEAT THEM, OUTLIVE THEM!" HE SEEMS TO BE ABLE TO BEAT THEM WITHOUT A PROBLEM, WE ALL TRULY WISH HIM WELL ON OUTLIVING THEM! CONGRATULATIONS JIM.

UNITED STATES MASTERS SWIMMING, INC. . .

REGISTRATION APPLICATION - NOV 1, 1988 to OCT 31, 1989

FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS

THIS IS A PLEASE PRINT OR TYPE INFORMATION

RENEWAL MY 1988 USMS NO. IS _____ NEW REGISTRATION

PLEASE NOTE THE CHANGE(S) FROM MY 1988 REGISTRATION:
 ADDRESS NAME _____ CLUB/DIST. _____
 OTHER _____ (PREVIOUS)

LAST NAME _____ FIRST NAME _____ INIT _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

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

LOCAL AFFILIATION _____ DATE OF APPLICATION _____

TEAM _____ UNATTACHED _____

CLUB (NATIONAL LEVEL ONLY)
PNA HUSKY UNATTACHED

OFFICIAL USE ONLY

THANK YOU

MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS

MAIL TO: HUGH C. MOORE
29920 2nd Place SW
Federal Way, WA 98023
(206) 941-3100

USMS FEE \$9.00	LMSC FEE \$10.00	TOTAL FEE \$19.00
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SENIORS (65+): \$14.00

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

APPLICANT'S SIGNATURE

A note from the editor: As we continue our attempts to reduce printing costs, you will notice some changes in the format of the "Wet Set". The first change that it is **very important** that you be aware of, is that **meet entry forms will be printed one time only**. We will make every attempt to get the entry into the newsletter two months prior to the entry deadline. The subsequent issue of the newsletter will contain reminders regarding entry deadlines (Procrastinator's Corner), and information on where to locate a copy of the entry form. Should you misplace an entry form, or an issue of the newsletter with the entry you need, send me a request for that entry with a self-addressed, stamped envelope, and I will be happy to send you another copy.

IF YOU ARE IN BUSINESS, CONSIDER ADVERTISING IN THE "WET SET"

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

Send your ad and a check, payable to PNA MASTERS SWIMMERS, by the first of the month in which you wish your ad to appear to: Karen Jost, 3100 S. 208th #B102 Seattle, WA 98188 Telephone: 824-3377

NON-PNA MEMBERS SUBSCRIPTION FORM FOR THE "WET SET"

NAME _____

ADDRESS _____

Send this subscription form and a check for \$8.00, payable to PNA MASTERS SWIMMERS, to: Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98203 Telephone: 941-3100

CHANGING YOUR ADDRESS? FILL IN THIS FORM AND MAIL IT TO Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98023 Telephone: 941-3100

NAME _____ USMS# _____

OLD ADDRESS _____

NEW ADDRESS _____

NEW TELEPHONE NUMBER _____

WELCOME TO THE PNA

The following swimmers have joined the PNA in the last month:

Deborah Bispo	Patricia Bredy	David Fuhrmann	Barbara Haynes
Kate Johnson	Lance Jorg	Sally Loeser	Jeff Meder
Winona Pietila	Cynthia Pratt	David Privat	Anne Smolen
Stephen Spence	Robert Stone	Atsuko Tamura	Kurt Weisedel

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HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

7/16 Robert Posch	7/26 Lee Carlson	8/05 Ellen Renkert
Robert Gjertsen	John Parker	Pete Northrop
7/17 Bruce Lomax	M. Allison Beezer	8/06 Richard Peterson
7/18 Michael Evans	7/27 Raymond Greenlaw	Winona Pietila
7/19 Gary Hurban	7/28 William Satoran	8/08 Daniel Wade
7/20 Mark Amberson	Janet Oliver	8/10 John Stavheim
7/21 Zena Herrmann	7/29 Patricia Bredy	Walter Reid
Stephen Freeborn	Judith Hyden	David Wright
Glenn Roberts	7/30 Robert Moore	8/11 Gary Rasmussen
7/22 Charles Vanzandt	7/31 Sherry Grindeland	Gloria Masters
Nancy Poffenberger	8/01 John Horman	8/12 Michael Krattli
Tim (Paul) Pflueger	8/02 Mark Goodwin	8/13 Joye Weinhardt
7/23 Lance Jorg	Christy Thompson	John Robinson
7/24 Janice Miller	Julie Croman	John Koruga
Tina Wolfe	Julia Morrish	8/14 Leslie Cavit
Shirley Olsen	Gary Frantz	8/15 Sharon Lyda-Renz
7/25 David Fitzpatrick	8/03 Clifton III Ward	Steve Harrell
	8/04 Hugh Moore	Shari Mikrut

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THANK YOU HIGHLINE SWIM CLUB !!

The PNA Board would like to thank Highline Swim Club for their efforts in folding, labeling and sorting the newsletter for mailing. Your assistance is appreciated!

ANNOUNCEMENTS ANNOUNCEMENTS ANNOUNCEMENTS

ARE YOU GOING TO LONG COURSE NATIONALS??? If so, don't forget...

- 1) entries are due July 21, 1989.
- 2) you must submit a copy of your USMS registration card with your entry.
- 3) enter Pacific Northwest Aquatics (PNA), HUSKY, or MARANHA TRITONS under CLUB affiliation.
- 4) mark your sixth event choice (the one you least want to swim) with an asterisk.
- 5) The Empire Builder is a train that runs from Seattle to Grand Forks. All Aboard America fares are \$269 round-trip. The train departs King Street Station in Seattle at 4:05pm and arrives in Grand Forks at 11:19pm the following day. Call Jan Kavadas (before June 13 or after July 4), or Amtrak for more information.
- 6) swim fast, have fun, make friends.
- 7) GOOD LUCK!!!!

1989-1990 MEET BID PACKETS were mailed out last month.

- If you would like a packet, call Jan Kavadas 775-5814 (before June 13 or after July 4).
- Bids for November to August meets will be reviewed at the July board meeting, and are due to Jan Kavadas by July 15th.

LOOKING FOR A PLACE TO WORKOUT IN A 50-METER POOL? Colman Pool at Lincoln Park in West Seattle has Adult Lap Swim/Master's Workout available 5:30 to 7:00 pm Monday through Friday, as well as some lap swim times on weekends. Call 684-7494 for details. Workouts are run by the pool staff and are drop-in. The PNA/USMS are not associated with the workout.

Titlow Beach Pool (564-4044) in Tacoma has lap lanes available 1pm to 5:30pm and 6pm to 8:45pm (weather permitting) seven days a week.

South End Pool (474-3821), 402 E 56th in Tacoma, has lap lanes available 1pm to 5:30 pm and 6:30pm to 8:45pm (weather permitting) seven days a week.

South Kitsap Pool in Port Orchard (876-7385) is open for 50M swimming 6am to 7:30am Monday through Friday.

INTERESTED IN A STROKE CLINIC? Contact Ginger Pierson (503) 629-9628 for details. Clinics are not PNA sanctioned.

Procrastinator's Corner

(A feature dedicated to the multitudes who, like myself, are unable to meet deadlines without spending valuable time searching for a deadline amongst the fine print!)

- *1* Long-Range Planning Meeting for the PNA is **July 15th** at Gordon Gray's home, contact Bobby G for details.
- *2* 1989-1990 November-August meet bids are due **July 15th** (see above).
- *3* Coach of the Year nominations are due to: Bill Tingley, 2008 Trevilian Way, Louisville, KY 40205, by **July 15th**.
- *4* Long Course Nationals entries are due **July 21st** (entry in June 'Wet Set').
- *5* July PNA Board Meeting will be held **July 25th** at 217 Alder in Edmonds. Contact Jan Kavadas 775-5814 for directions.