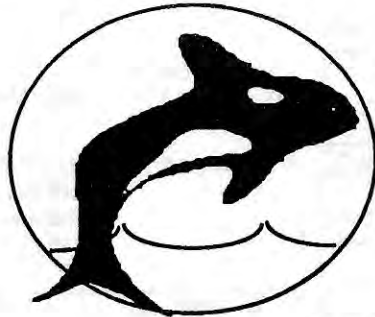


the
WET
SET

PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS



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THE PNA NEWSLETTER

missing 15 + 16

VOLUME 9 - NUMBER 1

JANUARY, 1990

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JANUARY BOARD MEETING
FOLLOWING THE ANACORTES MEET - JANUARY 20, 1989

* * * * *

United States Masters Swimming, Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc.

UNITED STATES MASTERS SWIMMING, INC.
REGISTRATION APPLICATION - NOV 1, 1989 to OCT 31, 1990

OFFICIAL USE ONLY

THANK YOU

PLEASE PRINT OR TYPE INFORMATION
 THIS IS A RENEWAL MY 1989 USMS NO. IS _____ NEW REGISTRATION

PLEASE NOTE THE CHANGE(S) FROM MY 1989 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

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 \$12.00	LMSC FEE \$13.00	TOTAL FEE \$25.00
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SENIORS (65+): \$19.00

CLUB (NATIONAL LEVEL ONLY)

PNA HUSKY TRITONS UNATTACHED

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. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meets sponsors, meet committees or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming.

 APPLICANT'S SIGNATURE

The Orcas Invite you to participate in a

PNA Short Course

Masters Swim Meet

Sunday, February 18, 1990
 Mercer Island Pool
 Warmup - 8 am Swim Meet - 9 am
 Featuring the 1000 yd. Freestyle
 Lots of surprises, too. Don't miss it!

Entries due on February 6.

Available in the December Wet Set. Deck entries for relays only.

Bryant Stamford, PhD

How Much Should I Exercise?

Aerobic exercise programs promise at least three outcomes: increased fitness, weight control, and protection against heart disease. Unfortunately, the fitness movement has touched only about one in five adult Americans, with inconvenience and lack of time ranking near the top of the list of excuses for not participating. Most of us aren't able or willing to squeeze four 30-minute workouts into an already hectic week.

Are there alternatives? Exercise scientists wish there were, and many are looking for them. Perhaps short bouts of exercise scattered throughout the day would help because short, high-intensity workouts can improve fitness. For example, running 1 mile as fast as possible four days a week requires only about 30 minutes of total exercise time per week, but because the intensity is high, results are dramatic. This approach may be fine for former athletes, but most Americans are poorly suited for such demanding exercise.

A study by DeBusk et al¹ showed that three ten-minute jogging workouts a day, five days a week for eight weeks at moderate intensity increased maximum oxygen capacity ($\dot{V}O_{2max}$) by 8% in healthy middle-aged men. Another group, who performed the standard 30-minute jogging workout, increased their $\dot{V}O_{2max}$ by 14%. Although the standard approach to aerobic fitness produced the greatest effect,

these results indicate that more moderate approaches are beneficial.

DeBusk et al also examined whether three short bouts of exercise complemented the daily schedule. They found just the opposite. Participants reported that three workouts were less convenient than going straight through for 30 minutes. One lengthy workout required only one change of clothes and one shower. With three workouts—although brief—the exercisers sweated and needed to freshen up. One or two additional cleanups was too much.

Even though this exercise schedule is impractical, the study's findings are provocative and raise the question of whether bouts of moderate exercise shorter than ten minutes might also effectively promote fitness.

But even if fitness does not increase significantly, are brief bouts of physical activity worthwhile? From the weight-control standpoint, the answer is yes. Total calorie expenditure vs calorie intake over time determines weight gain or loss, and it doesn't matter whether those calories are burned in small doses or all at once. Participants in the DeBusk et al study lost 2% of their body weight regardless of whether

they exercised in short or long bouts.

Short periods of activity may also provide some protection against heart disease. The Harvard alumni study by Paffenbarger et al² found that stair climbing, walking, and light sports that burned at least 2,000 calories a week offered protection against heart disease. In addition, three studies of active vs sedentary workers by Morris et al^{3,4} found fewer cases of fatal and non-fatal heart disease among the more active subjects. The Framingham Study⁶ found that moderately active people had less coronary heart disease, myocardial infarction, angina pectoris, and sudden death compared with sedentary counterparts.

Additional research giving credence to the benefits of moderate activity is beginning to emerge, which is good news for the 80% of the population who opted out of the fitness movement. Bits-and-pieces workouts similar to those followed by the Harvard alumni could be incorporated easily into a busy schedule. Climbing two or three flights of stairs several times a day or taking a midday walk should not necessitate a change of clothes and a shower. More research is needed, but the message is encouraging. **PSM**

References

1. DeBusk RF, Hakansson U, Sheehan M, et al: Training effects of short versus long bouts of exercise, abstracted. *J Am Coll Cardiol* 1988;11(2):101A
2. Paffenbarger RS Jr, Wing AL, Hyde RT: Physical activity as an index of heart attack risk in college alumni. *Am J Epidemiol* 1978;108(September):161-175
3. Morris JN, Heady JA, Raffle PA, et al: Coronary heart-disease and physical activity of work. *Lancet* 1953;2:6795
4. Morris JN, Heady JA, Raffle PA, et al: Statement and testing of provisional hypothesis. *Lancet* 1953;2:1111
5. Morris JN, Pollard R, Everitt MG, et al: Vigorous exercise in leisure-time: protection against coronary heart disease. *Lancet* 1980;2(Dec 6):1207-1210
6. Dawber TR: *The Framingham Study*. Cambridge, MA, Harvard University Press, 1980

Dr Stamford is director of the Health Promotion and Wellness Center and professor of allied health, School of Medicine, University of Louisville, Kentucky.

50 M. FREE		
GENE CROSSETT	75 # 5	38.52
ALLAN SACHS	76 # 7	39.31
100 M. FREE		
GENE CROSSETT	75 # 6	1:31.53
ALLAN SACHS	76 # 9	1:34.35
400 M. FREE		
GENE CROSSETT	75 # 3	7:21.39
50 M. BACK		
ALLAN SACHS	76 # 6	48.75

M E N 80-84

50 M. FREE		
JIM PENFIELD	81 # 2	40.74
100 M. FREE		
JIM PENFIELD	81 # 2	1:40.62
200 M. FREE		
JIM PENFIELD	81 # 4	4:07.41
50 M. BACK		
JIM PENFIELD	81 # 1	50.50
50 M. BRST		
JIM PENFIELD	81 # 1	54.96
100 M. BRST		
JIM PENFIELD	81 # 1	2:12.62
50 M. FLY		
JIM PENFIELD	81 # 1	55.41
200 M. I.M.		
JIM PENFIELD	81 # 1	4:47.64

M E N 85-89

50 M. FREE		
JOHN ROBINSON	85 # 3	53.30
100 M. FREE		
JOHN ROBINSON	85 # 3	2:13.53

* * * * *

WELCOME TO THE PNA

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

LESLIE BABBITT	ROB CALDWELL	CHUCK FINDLEY	MOLLY GORDON
ANN HAMMETT	MARY HANSON	JEANNE JOHNSTON	THOMAS MARSHALL
JEAN MC KENZIE	JAMES MILES	KATHLEEN OLIVER	BRUCE PETERSON
RICHARD RICE	MICHAEL SIBLE	CURT TROUPE	

* * * * *

* * * * *

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 98198 Telephone: 824-3377

* * * * *

HOUSE OUR SWIMMERS TONIGHT (H.O.S.T.)

Contact the following H.O.S.T. when you wish to stay in another swimmer's home during an out of town meet.

Inland Empire	Mariah Clarke	(509) 926-2597
Oregon Masters	Andy Schrag	(206) 254-9400 H (206) 254-9916 W
Southern Oregon	Terry and Judy McCurdy	(503) 673-3673
Corvallis, Oregon	Mark and Laura Wordon	(503) 753-9352
Snake River	Janet Wood	(208) 345-8843 H (208) 339-7229 W
PNA	Ann Gindroz	(206) 272-1854
	Marietta Hunziker	(206) 564-9517

NOTE ! ! ! If you would like to host a fellow swimmer in your home, please contact your local representative. This is an excellent way to meet new friends and cement old friendships!

* * * * *

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

NAME _____

ADDRESS _____

Send this subscription form and a check for \$12.00, payable to PNA MASTERS SWIMMERS, to: Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98203

* * * * *

CHANGE OF ADDRESS

IMPORTANT !! BULK MAIL IS NOT FORWARDED !!

FILL IN AND RETURN TO: Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98203

NAME _____ USMS # _____

OLD ADDRESS _____ NEW ADDRESS _____

NEW PHONE NUMBER _____

* * * * *

ANNOUNCEMENTS ANNOUNCEMENTS ANNOUNCEMENTS

THE JANUARY BOARD MEETING will be held immediately following the meet in Anacortes on January 20. This is a most convenient opportunity for you to attend and provide the Board some input!

JANUARY IS THE MONTH for the Dawn Musselman Swim Against Cancer. Entry information was mailed to PNA members recently, and was also printed in the December issue of the "Wet Set".

ONE-HOUR POSTAL SWIM is also sponsored by the D.C. Masters during the month of January. Take advantage of the opportunity to "kill two birds with one stone", and swim an hour to raise money for the American Cancer Society, as well as compare your endurance swims with swimmers throughout the country! Contact me (ed.) if you would like a copy of the entry forms.

PLEASE TAKE THE TIME to fill out and return the Masters Swimming Survey found in this issue (also printed in December) to Ian Thompson. Your input on previous swimming experience at current motivational factors is needed!

KEEP SWIMMING! The Swim Across the PNA ends March 31, 1990. Keep track of your mileage and submit your entries to Ian Thompson by April 8, 1990. Entry form is in this issue.

Procrastinator's Corner

- *1* Newberg, Oregon entries must be postmarked 1-30-90. NO LATE ENTRIES. Entry form can be found in this issue of the "Wet Set".
- *2* Entries for the Team Seattle meet are due 2-6-90. Entry form is in the December issue of the "Wet Set".
- *3* Portland State Short Course Meters entries are due 2-20-90. NO LATE ENTRIES.
- *4* Entries for the South Kitsap meet are due 2-27-90.
- *5* Dawn Musselman Swim Against Cancer forms were in the December issue. The swim is to be done Jan. 1 through Jan. 31, 1990. Entries are due 2-16-90.

* * * * *

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

01/16 DIANE TIMMONS	01/27 JOHN SYLVESTER	02/05 BOB PARKER
01/17 SUSAN MATHER	MARCIA KOREN	MICHELE MARTIN
ROY INGHAM	BRENT FUNK	GREGORY HARRISON
01/18 PETER MARCUS	01/28 WILLIAM BRINE	02/07 DAVID ADDLEMAN
01/19 JUDITH PRICE	01/29 BETTY LEAF	BRAD HALL
ROB CALDWELL	LEIGH JOHNSON	02/08 JULIE DANIELS
01/20 TERRI ANNE WARD	STEVEN SIMS	IRVIN BEADLE
01/21 D. SCOTT WEIR	01/30 JENNIE GOLDBERG	JOHN COUNTRYMAN
TINA HELLER	JAMES WEYAND	02/10 MARGARET WINNIE
01/23 ALLAN SACHS	LAWRENCE NORDELL	RICK HOOVER
SAM LECLERCQ	01/31 SALLY LOESER	RICHARD PRINE
01/25 CYNTHIA ROSIK	02/01 CAROLYN BROWN	JOSEPH KEENAN
01/26 BOB BUSK	JOEL ANDREWS	02/11 KURT WEISCHEDEL
AUDRE GILDEN	02/02 PETE COLBECK	02/13 PATRICIA DOTSON
01/27 MAXINE CARLSON	02/04 SHARON SLEBODNICK	JEANNE JOHNSTON
	TRACIE RUIZ-CONFORTO	THOMAS WHITE

* * * * *