



WAVE MAKER

November, 1982

BANQUET NEWS

Thirty-four attended the annual banquet Ft. Myer Officers Club, a celebration of the 10th anniversary of the DC Masters Swim Team. As part of the festivities, Nancy Clark described the history of the team. She helped start it all.

Two swimmers were honored for their efforts during this past year.

Diddo Clark--most improved swimmer

Betty Griffin--spirit award

In addition, the outgoing President took the opportunity to thank all of the members who had managed meets and performed other such feats for the team this year. Special awards were given to Dave and Eileen McAfee, without whom the team would never be able to hold meets, print newsletters, keep finances, etc., etc., etc. Some of you may have seen Eileen wearing her "Fingers" McAfee T-shirt award at the recent meet, a well-deserved award after all of her hours of typing duty. Dave was awarded with a picture of his "classic" backstroke start. More seriously, the team will be donating \$200 to the Swimming Hall of Fame in their name. Jill H.

DEAR TEAM MEMBER

We are glad that you have decided to join or rejoin again this year. A high priority for the team this year is encouraging everyone to go to the Nationals Short Course at Ft. Lauderdale and the Long Course at the extremely fast new pool in Indianapolis. No matter what your competitive level, you will have a great time. Please consider going even if your first reaction was "Who me? Nationals?"

Other priorities for the team are to continue to host well-run meets, to have parties, and to promote improvement among our swimmers. Since this team is run by All-Volunteer labor, we have to ask members to donate their time for such "glamorous" jobs as stuffing envelopes, organizing the details for the meets and proof-reading meet results, as well as timing for the meets we run. Last year several new members served as meet managers; please consider trying your hand at this at one of this year's meets. You'll be teamed with someone who has run a Masters meet before.

As the club and sport continue to grow, communications among members and among teams becomes more difficult. Several suggestions have been made as to how to improve member knowledge of what's going on and on how team members are doing. These suggestions such as a phone committee and more articles about work-out groups and team members, have not been instituted as yet because of lack of manpower. This year, however, we may be able to add to our activities with more volunteers. If you would enjoy doing some writing, talking, or organizing, please contact the person indicated.

Serve as the meet manager (arranges for pool, coordinates day-of-the-meet activities) or assistant meet manager (take entries, organize entries and get to data processing)

CONTACT SANLY GIBBONS (591-7310)

Write articles for the "WAVEMAKER" about swimmers in your work-out group or geographic area, or other good stuff.

CONTACT JILL HOOVER (522-3027)

Serve on the telephone committee (call approximately 10 people about special events)

CONTACT JULY BERMAN (820-9177)

Serve on a committee to help plan clinics and other such team events

CONTACT SANLY GIBBONS (591-7310)

Serve on the Potomac Valley Masters Swim Committee as Team Liason.

CONTACT HELENA MACHADO (578-4077)

Help with the promotion of our meets - e.g., send out meet announcements. CONTACT PAVE McAFEE (532-7775)

"FINGERS" SECRETS

Last July Ray Chen mailed several articles to be included in the next WAVEMAKER. In October your typist was organizing a stack of magazines, etc., and found the unopened envelope! Better late than never.

READING THE S.C. NATIONALS RESULTS.....

Not having attended the S.C. Nationals in Texas, I was very interested in reading the results published in Swim-Master. My overall impression is that people are getting a lot faster, and one of these days the average swimmer is going to have to have his own swim meet. For instance, some guy by the name Victor Ivry, age 25, swam the 100 yard free in :49.84 and came in 15th. The winner was Jim Montgomery the Olympic gold medalist at Montreal, in :45.57.

I was impressed by the huge margins of victory racked up by Kelley Lemmon, who must have just turned 70. Kelley won the 50 free by :27.45 to :32.84 for second place. Five and a half seconds is a big margin in the 50. He did as well in his other events.

In the 30-34 women, Pat Wise and Chris Ruppert, former roommates, decided to enter different events. Chris won the 200 free by 3 secs., the 50 fly by 2 secs., the 100 and 200 fly by wide margins and the 200 and 400 IWS by 4 and 10 secs. respectively.

Douglas Frey, 27, swam the 100 free in :59.93 for 44th place!

Biddo Clark got a 2nd in the 1650 with a 21:23.22, which is really great considering that she keeps saying what a beginner she is.

Bill Bacon, 35, did really good times in the 3 backstrokes, only to come in 2nd each time. Bill also picked up 5th and 7th in the 50 & 100 frees with times of "22.93 and "51.09. I can remember being in that age group once, and it was a lot slower back in 1972.

In the 45-49 men, it was interesting to look at the times, because that's my age group. If medals were given to the top 8 people, the only event I would have placed in was the 200 fly, rapidly becoming my specialty.

In the 50-54 men, Ed Emes came through with a win in the 100 fly in 1:07.72. This age group is fouled up by the presence of Don Hill, a 6'6" Olympian who takes up a lot of room.

Pick Cheadle, 44, came out and swam for ICM just as he had threatened. His times were good as ever, but that age group had become fairly impossible to swim in. His 50 fly time of :28.47 was only good for 17th. One interesting fact was the very few 45-49 women in this Nationals. There were only 7 or 8 different swimmers in this group. Next year - Ft. Lauderdale, Florida.

Ray continues:

NEW SPORT: TRIATHLONING

There's a new sport sweeping the nation. The tri-athlon is a competition consisting of swimming, biking, and running. There are variations which may include kayaking, track events, and other sports.

The most famous triathlon is held each year in Hawaii: the Iron Man Triathlon which consists of a 2.4 mile open water ocean swim, a 112 mile bike race, and a marathon. Last year over 500 people finished. Swimmers are said to have some advantage in spite of the relatively short distance. Anyone can bike or run, but swimming usually requires some skill. The record for the Ironman is a little over 9 hours. All over the country there are shorter triathlons. People I have known who have done triathlons say that different muscles are used for each leg of the triathlon, and it is not as hard as it looks. They said they had a lot left at the end.

Dale Petranec used to be a track man, so he could do well in the triathlon, except that he may not know how to ride a bike. I could do well except for the bike and running parts. Also, the swim is a little too long. I favor a triathlon consisting of swimming, table tennis, and crabbing. Thank you, Ray.

SHORT COURSE NATIONALS, FT. LAUDERDALE, MAY 28-31, 1983

TRAVEL INFO: Air fares keep bouncing up and down, but here's an attractive one: People Express, off peak, Baltimore to West Palm Beach, \$59 each way. Rent a car in West Palm and drive down to Ft. Lauderdale (it's not far). Current Florida fares are about \$240 round trip, so the \$120 on People Express is a super deal, and you'll have a car for the duration. Art Smith

ANOTHER SORRY! TOP-TEN SHORT COURSE, 1982

Omitted from last issue's report on Top-Ten was William Jones who placed 7th in the 200 Breast, 9th in the 100 Fly and 3rd in the 200 Fly; also, Curt Furberg who was listed 9th in the 200 Back.

DUAL SWIM MEET

The Fairfax Sea Robins have proposed a dual Swim Meet with the IC Masters. The meet would be held either at the Lee District Park or Ft. Belvoir pool. Suggested date is January ???. Events would be 50's and 100's of each stroke, plus 100 IM and relays. If you would be interested in competing please phone Frank Miller (703)536-8325.

MEMBERSHIP APPLICATIONS - 1983

Enclosed with this issue of WAVEMAKER are applications for US Master Swimming and IC Masters Swim Team. Please respond promptly so that the 1983 Team Roster can be compiled in January. IC Masters membership, as of November 10 totals 170. In order to speed up your receipt of USMS registration, we ask that you send your application directly to the registration chairman, Art Smith, with a \$10 check and stamped self-addressed envelope. Application for IC Masters should be sent to Treasurer, Dave McAfee, with a \$10 check.

UP-COMING SWIM MEETS

Dec. 5 Mid-Atlantic Master - Berwyn YMCA, deadline Nov. 26.
John G. Merryman, 325 Abbey Rd. Berwyn, Pa. 19312

- Dec. 5 Arlington Ageless, 1650, deadline Nov. 27.
Pamela Bradley, 4805 N. 2nd. St., Arlington, Va. 22203
- January One-Hour Swim National Championships
Dave McAfee, 510 E. Broad St., Falls Church, Va. 22046
(Entry forms have been sent to everyone who swam in
January, 1982)
- Jan. ? F.C. Dept. of Recreation
Alphonso Allen
- Mar. 13 FC Masters
Dave McAfee - see above
- Mar. 25-27 U. of Delaware, Region II Championships
Harry Rawstrom, U. of Delaware, Newark, DE 19711
- Apr. 9 FC Masters Pentathlon
Dave McAfee - see above
- May 28-31 Short Course Nationals
June Krauser, 2308 N.E. 19th Ave., Ft. Lauderdale, FL 33305
- Aug. 25-28 Long Course Nationals, Indianapolis, IN
- May 26-29, 1984 - Short Course Nationals, Industry Hills, California
- Aug 1984 Long Course Nationals, Raleigh, North Carolina

Members will receive announcements of all FC Masters meets. When requesting announcements of other meets please include stamped, self-addressed envelope.

DECREASE IN ENTRIES AT FCM MEETS

During the past year there has been a sharp drop-off in the number of entries at our local swim meets. Entries at our Fall Classic in November 1981 were 113 compared with 150 in 1980. The mid-winter meet in March 1982 drew 125 entries compared with 140 in 1981. The April 1982 Pentathlon had 80 entries versus 111 in April 1981. Whereas the early summer meet in 1980 drew 131 swimmers, in 1982 there were only 90. Attendance at our late summer Long-Course meet on July 25, 1982 was 92. In 1981 attendance was 144. This is not strictly comparable, since the 1981 meet was a 2-day Region II Championship. Finally - at our last meet, November 6, entries were 117 compared with 150 in 1980 and 146 in 1979.

The reason for the decline is not immediately apparent. For our last meet we mailed 300 announcements - to both FC Masters and non-members - and got a 39% response. The location of the meet - Montgomery College and time - Saturday, 10 AM - were certainly convenient for most Region II swimmers. With FCM membership at 170, it is surprising that only 52 entered. A number of Masters clubs now offer ribbons or paper certificates, but FC Masters still awards attractive medals. Some clubs have dispensed with heat sheets, but we provide programs, at considerable expense for data processing and printing. We would be interested in hearing members' opinions with regard to decreasing attendance as well as suggestions as to how the trend can be reverse. Phone Dave McAfee, 532-7775.

SUDDEN DEATH IN ATHLETES

Every so often, one reads that another athlete has died suddenly in practice or competition. Since Masters swimmers consider themselves as athletes, they should naturally be curious as to the basis of this strange phenomenon. Exercise is supposed to bring health, not death.

Several medical studies on sudden death in athletes which I have seen show that the autopsies uncover some unusual anatomical defect, such as anomalous electrical conduction pathways in the heart, heart valve defects, or congenital aneurysms in the brain. A few years ago, a Maryland basketball player died during the summer in a pick-up game. He turned out to have Marfan's syndrome, a congenital condition with abnormal collagen synthesis and a tendency to rupture the aorta, the main blood vessel leading from the heart. Most such studies naturally concern young athletes, and it is certainly desirable that studies be done on sudden death in Masters-age athletes. Of the few cases which I have heard about in Masters swimming, there were no complete autopsies, and one distrusts the usually off-hand diagnosis of "heart attack".

Perhaps 6 years ago, there was the case of the 64 year old from Jersey or Middle Atlantic Masters who collapsed at a meet in Wilmington and was resuscitated by a physician on the DC Masters. This 64 year old was a health food proponent, took massive amounts of vitamins, and had me autograph a copy of Dick Passwater's book "Supernutrition: The Megavitamin Revolution" for which I wrote a preface. After his recovery from the incident at Wilmington, he underwent cardiac catheterization and was not found to have coronary artery disease, yet was advised not to do any more competition. Later, he entered the Nationals at Seattle and died suddenly during warm-up. It is still not clear what caused his death.

When one dies of a "heart attack", one usually has a blockage in a coronary artery, which causes malfunction in the heart muscle; and the immediate cause of death is an arrhythmia, a disturbance in the pumping motion of the heart. When thrombosis (formation of a clot) occurs in a coronary artery, there is almost always underlying arteriosclerosis and narrowing, which predisposes to slowed blood flow and bleeding into a plaque in the wall of the vessel. However, death of heart muscle can also occur due to spasm of an otherwise healthy coronary artery. The main danger is the occurrence of an arrhythmia such as ventricular fibrillation in any of these scenarios. Prompt availability of pacemaking facilities and anti-arrhythmic drugs salvage many lives.

Some people feel that diet and food supplements play a major role in the development of coronary artery disease and its prevention. Some even feel that reversing the disease may be possible through diet and exercise. There are numerous books and articles about this subject. One of the most overlooked facets of the sudden death problem is how to minimize your chances of having a disturbance in heart rhythm even if you have a heart attack. Alcohol, caffeine, and smoking tend to potentiate arrhythmias, as does lack of sleep. Taking 3 or 4 cups of coffee to try to "stimulate" a good swim could be dangerous, to say the least.

In summary, there is actually not much known about sudden death in Masters-age athletes. All out efforts in physically fit people should not be a problem. The danger is the presence of some unusual

condition, or the ingestion of drugs which predispose to abnormal heart rhythms.
Dr. Raymond Chen

RAY CHEN ALSO REPORTS LATE NEWS

Nancy Pessel, one of our original DC Masters, recently was taken to Sibley Hospital by ambulance. She was found to have a pneumothorax from a broken rib which had punctured the lung. This makes it hard to breathe, to say the least. Also, since there was bleeding into the pleural cavity, several units of blood were transfused.

The whole problem began when Nancy fell and broke some ribs. However, not knowing anything was broken, she continued to putz around the house until everything suddenly collapsed.

At present, Nancy is convalescing at home but is eyeing her kickboard. She probably would appreciate a call. Also, Sibley needs to be repaid the blood used for Nancy. About one or two units are still owed. If you want to donate blood in Nancy's name, it probably can be given at any hospital, which can then get it credited to her at Sibley.

If you want to work out after giving blood, it is best to get a transfusion first. Then you can get a friend to replace the blood you received.

David H. McAfee
510 E. Broad St.
Falls Church VA 22046

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