



WAVE MAKER

March, 1983

SHORT COURSE NATIONAL CHAMPIONSHIPS, FT. LAUDERDALE, MAY 28-31, 1983

The entry due date for the Nationals is April 28. About 35 DC Masters have indicated that they plan to enter. Our goal is to take at least 50 swimmers. A supply of entry forms is now available - phone Dave McAfee, 532-7775.

Twenty-seven rooms at the Holiday Inn have been reserved. Only a few more left, so if you wish to be with the team act promptly. All rooms have two double beds, rates are \$35 per night, regardless of number of occupants (1,2,3,4). To reserve a room send a deposit (\$35 check payable to DC Masters) to Arthur Smith, 337 Chesapeake Drive, Great Falls, Va. 22066. List occupants names, arrival and departure dates.

DC MASTERS WORKOUTS, APRIL 4 - MAY 25

Here is your chance to get into top shape for the Short Course Nationals. Workouts will be held Mondays and Wednesdays, 7 to 8 PM at the Montgomery College pool in Rockville. Tom Ugast who has coached at American U, Kenwood Country Club and is Assistant Coach of the Curl Swim Teams will plan and supervise the workouts. Even if you do not plan to go to Ft. Lauderdale this is an excellent opportunity to get into shape for the summer swimming season. Cost: fee will be \$32 for the 16 workouts session (assuming 20 swimmers join). This is a real bargain - \$2 per session. If you want more information, phone Betty Brey, 881-4534.

DC MASTERS SPRING PENTATHLON - APRIL 10

A meet announcement is enclosed with this issue of the Wave Maker. For members planning to go to the Short Course Nationals it is important that they enter this meet. In order to make up relay teams we need 50 yd times for each swimmer in each of the four strokes. Relays are great fun and contribute heavily to total team scores.

HAWAIIAN RELAYS, SUNDAY, APRIL 17 AT TUCKAHOE SWIM CLUB, MC LEAN, VA.

Warm-up is at 8:15 AM, first relay at 9 AM. Cost is \$5.00 for each participant to defray all costs.

The Hawaiiin Postal Relays Event is a chance for all DC Masters to get together, have a good time, and test our speed and depth against teams from all over the country. The event consists of the following relays swum by men and women separately in the 25+, 35+, 45+, 55+, 65+ and 75+ age groups.

- | | |
|----------------------------|-------------------------------|
| 1) 4 x 50 yd. butterfly | 5) 4 x 200 yd. freestyle |
| 2) 4 x 50 yd. backstroke | 6) 4 x 100 yd. IM |
| 3) 4 x 50 yd. breaststroke | 7) 500 yd. freestyle (one leg |
| 4) 4 x 100 yd. freestyle | each of 50, 100, 150, 200) |

We send our times to the Humuhumunukunukuapua Team, which compiles the results.

Last year we worked our way up from 3rd to 2nd place. This year we have only one way to to--first place. To win, we need as many participants as possible. We have been placing well but need to field more teams, especially men's teams. Please call your captain listed below and come and swim in this event. Refreshments will be served.

WOMEN CAPTAINS

25+ Jill Hoover 522-3027
35+ Joann Leilich 354-2130
45+ Betty Griffin 533-0974
55+ Minna Hamner 573-5911
65+ Mary Lathram 671-6782

MEN CAPTAINS

25+ Al Lloyd 527-5591
35+ captains later. For now
45+ call Jill Hoover
55+ Frank Murphy 229-4307
65+ Kelley Lemmon 536-5284

If after agreeing to swim you find that you cannot, please let your captain know as soon as possible. If you are sick on the day of the meet, please call the pool at 356-1205.

DIRECTIONS TO POOL--From Beltway, exit Rt. 7 (leesburg Pike) east. Turn left on Magarity Road (first light). Continue to the end and turn right on Great Falls. Then a short distance to the pool on the right. From Lee Highway, Rt. 29 (Washington St. in city of Falls Church) turn left or right (depending on whether you are coming from D. C. or Fairfax) on Great Falls St. and proceed about 3 miles to club on left.

UP-COMING SWIM MEETS

- Mar. 19 Maryland Masters, 1650, YMCA Ellicott City, Md., Marge Ramanuskas, 6441 Lehnert St., Woodlawn, Md. 21207
- Mar. 20 Middle Atlantic Masters, YMCA, Berwyn, Pa., John Merryman, 325 Abbey Rd., Berwyn, Pa. 19312
- Mar. 25-27 Region II Short Course, University of Delaware, Harry Rawstrom, 713 Colgate Lane, Newark, Del. 19711
- Apr. 10 DC Masters Pentathlon, Jewish Community Center, Rockville Dave McAfee, 510 E. Broad St., Falls Church, Va. 22046
- Apr. 17 Hawaiian Relays, Tuckahoe Recreation Club, McLean, Va. Information elsewhere in Wave Maker.
- Apr. 23 York Aquatic Club, YMCA, York, Pa., Cal Schaffer, 90 N. Newbery St., York, Pa. 17401
- May 6-8 New Jersey Masters, East Coast Championship, Lake Hill, N.J.
- May 28-31 USMS Short Course Nationals, Ft. Lauderdale. Phone Dave McAfee for entry forms. 532-7775.
- July 16 Eastern States 2 Mile, Chris Greene Lake, Charlottesville, Va.
- Aug. 25-28 USMS Long Course Nationals, Indianapolis, Indiana

When requesting entry forms from other clubs please include S A S E.

WE WERE SADDENED to learn of the death of Christine Ruppert's mother, Hilda Ruppert. To express our sympathy, the DC Masters Swim Team sent a contribution to the American Heart Association.

LETTER

Dear Dave:

Tues. Feb. 22, 1983

I am moving to California on March 9, 1983, and would appreciate it if you would forward the Wave Maker and whatever else to me at my new address (I am all paid up for the DC Masters & Nat'l. Masters)

Sara Russell

1021 5th Street

Davis, California 95616 (916)758-4116

I've been talking about moving back to California for months-years-now, and I know none of you ever believed me (although John Flanagan would remind me from time to time that I definitely fit the "California" stereotype, so I guess he believed me!) Anyway - I'm actually going (and will probably be gone by the time you read this). I took a job with the U. S. Attorney's Office in Sacramento - so if any of you are ever in town, look me up and we'll go swimming in one of California's outdoor pools. I want all of you to know how much I've enjoyed swimming with you (even if I did seem a little grumpy at times) and knowing all of you. And I want especially to thank John Flanagan for being a great coach and for being there every morning (how can I ever go back to swimming at night again? It'll probably take me another 4½ years to readjust!) I'll miss all of you - you've been great support for me - thanks!

Thanks,

Sara Russell.

RECENT SIGHTINGS OF LONG LOST BREASTSTROKERS

Unconfirmed reports have it that long lost DC Masters breaststrokers George Boizelle and Meredith Smith have been sighted exercising on bicycles in training for the Ironman Triathlon. Eight years ago in Ft. Lauderdale, George and Meredith set Masters records for breaststroke in the 25-29 and 40-44 age groups. Times for the 200 breast were 2:12 and 2:28 respectively. Having achieved their goals, these swimmers disappeared. Perhaps the vision of new worlds to conquer has brought out these old gladiators.

MAN'S (AND WOMAN'S) NEED FOR SPORT

Have you noticed that all animals seem to need to play? From the fish that jumps, to the cat with its ball of yarn and dogs who want to play "fetch", it seems that nature meant its creatures to play. This natural instinct probably has as its purpose the conditioning of the musculoskeletal and cardiovascular systems. Unfortunately, the need for physical sport can be fooled by substituting other forms of recreation. It is said that the average American watches TV for about 4 hours a day, day in and day out. This form of "relaxation" often fails to provide a release from tensions, let alone any physical benefit.

Dr. Chen

BICYCLING FOR SWIMMERS?

The common feature in the sports of swimming, bicycling, and running is the emphasis on exercising the cardiovascular system. These are the three most cited pure "aerobic" sports. The degree to which one can perform in these sports is limited by the shape your heart and lungs are in, rather than how big your muscles are. In this sense, one

sport should be benefited by participation in either of the other two. Some collegiate programs utilize running earlier in the year, but for the most part there are specifically designed machines which make it unnecessary to use other sports for conditioning. Former world record holder Roland Matthes was said to throw the shot to get himself ready for swimming, but that might be an East German red herring. Bicycling might be a good supplemental exercise for Masters swimmers who tire of the same old workout every day. There have been some changes in bicycling and bicycles in recent years. The popular 10 speed bike is really not terribly practical for every day use. The crouched riding position is effective for reducing air drag, but who goes fast enough in normal riding to make this a factor? Big kids now ride so-called Motocross or BMX "dirt bikes" which played a big role in the movie "ET". Large mountain, or "off-road" bikes are popular, especially out west. These resemble touring 3-speeds, but have strong frames, 10 or more speeds, and large, wide, knobby tires good for jumping. Most racing is done on smooth pavements where the standard 10-15 speed bike is still popular. Serious riders use bikes with Japanese or Italian parts with price tags of \$700-\$1500. For average riders, good 10 speeds can be found in bike stores for about \$175 up. Department stores, which sometimes sell \$3 tennis rackets and \$7 cameras, occasionally have 10 speed bikes for under \$100, but they may be quite heavy and not last long.

Training on bikes uses many of the same principles as swimming or running, including interval workouts. In bad weather, some cyclists convert their bikes into exercise bikes with an attachment at home. One company came out with an exercise bike attached to a video cassette player which projected a picture of a road on the screen. The faster one pedalled, the faster one went down the road. Different bicycle tours were available on the cartridges. One could pedal along the Pacific coast or up through the Rockies. The price of the machine was \$20,000, and for that much you could probably actually go to all those places.

Thank goodness for Ray Chen and all his "goodies"!

MARYLAND MASTERS MEET, FEB. 26-27 AT UMBC

Kelley Lemmon, 70, set three national age-group 70-74 records:
100 & 200 breaststroke, 500 yd. freestyle

Joann Leilich, 44, broke the national 100 yd. breaststroke with
a time of 1:18.99

DC MASTERS SPRING PENTATHLON

NO DECK ENTRIES

Sunday April 10, 1983

NO DECK ENTRIES

Sanction & Sponsor: Sanctioned by the Potomac Valley Masters Swimming Committee, #PV83-4. Sponsored by the DC Masters Swim Team.

Time: Warm-up at 9 AM. Meet starts promptly at 9:30 AM.

Location: Jewish Community Center, 6125 Montrose Road, Rockville, Md.

Directions: From 495 take 270 towards Frederick. From 270 take Montrose Road exit East. Turn right onto Montrose Rd. The Jewish Community Center is approximately two miles down on your left.

Eligibility: Open to all registered Master Swimmers. Bring your card!

Awards: 50's & 100 IM: ribbons to six places for all age groups & both sexes. 500 Free & the Pentathlon winners: medals to 3 places in each age group/sex.

Fees: \$1.50 for each event, plus a \$1.00 surcharge for each swimmer to cover the cost of meet announcements, heat sheets, etc. Results will be sent for Top Ten consideration. If you want a copy of the results, address an envelope (provided by us) and leave it & \$1.00 at the scorers table. No refunds for events not swum.

Entry Procedure: Submit a 3x5 card for each event entered with the information shown in the format below: Complete release form.

Please do not use the age group cards or a felt tip pen. The ink smears if the card gets wet.

EVENT #	EVENT NAME	ENTRY TIME
YOUR NAME	AGE	SEX
CLUB OR UNATTACHED		
1983 USMS REG. NUMBER		

Detach here, sign below and submit with cards and fee.

RELEASE BY PARTICIPANT FROM LIABILITY: In consideration of the acceptance of this entry, I hereby, for myself, my heirs, administrators and executors, waive, release and discharge any claims for damages against Jewish Community Center, the DC Masters Swimming Team and the Potomac Valley Masters Swimming Committee for damages or injury I may suffer in connection with this meet and travel to and from the meet.

_____	_____	_____
date	signature	street address
_____	_____	_____
Masters Reg. #	printed name	city/state/zip code

_____ telephone number in case we have questions about your entry.

Events:

Women

Men

Event #

Event #

- 1. 50 Fly
- 11. 500 Free Heat 1.
- 3. 50 Back
- 11. 500 Free Heat 2.
- 5. 50 Breast
- 11. 500 Free Heat 3.
- 7. 50 Free
- 11. 500 Free Heat 4.
- 9. 100 IM

- 2. All swimmers who enter the four 50's & the 100 IM will be automatically entered in the Pentathlon at no extra charge.
- 4. Men & women will swim separately in the pentathlon events but will be combined in the 500 Free.
- 6.
- 8.
- 11.
- 10.

Standard age groups: 20-24, 25-29, 30-34, etc., to 90 & above. You may swim the 500 only once this meet.

500 Free Entrants: Select any two heats you would prefer to enter. Slowest heat will be Heat 1. Indicate both heat requests on your entry card. We will try to put you in one of your choices but no guarantees since we must keep the meet moving. 500 Check-in: Check in at the meet between 9 AM & 9:30 AM the day of the meet.

Meet Manager: Christine Ruppert

Send 3x5 cards, check payable to DC Masters and Release Form to:

Christine Ruppert
3380 N. Dickerson St.
Arlington, Va. 22207

DEADLINE: APRIL 1, 1983

NO DECK ENTRIES

DAVID H. McAFEE
510 E. BROAD ST.
FALLS CHURCH VA 22046



JOANN LEILICH
4913 KINGSTON DR
ANNANDALE VA 22003