



## WAVE MAKER

October, 1983

### GOOD TIMES

Those of you who missed the party on September 17 missed one of the DC Masters better dinners. Joann Leilich was a most delightful hostess and her husband Bob entertained with "oldie but goody" rolls on their player piano. Out-going President Sandy Gideonse presented to the team a plaque from the Swimming Hall of Fame in Ft. Lauderdale, stating that the DC Masters team is a member. He also gave in-coming President Diddo Clark a gold admission card, to be used by any member of the team who wishes to visit the Hall of Fame. If you are going, borrow it from Diddo.

### US MASTERS NATIONAL L.C. CHAMPIONSHIPS

Seventeen DC Masters scored 21 firsts, 7 seconds, 9 thirds, and set 12 new National Records at the Nationals in Indianapolis on August 25, 26, 27, 28. Over 900 swimmers representing 113 teams made this the largest Long Course National meet ever.

The Indiana U. Natatorium is one of the finest aquatic centers in the world. The Natatorium contains three indoor pools, two of which are 50 M in length - one 8 lanes wide, the other 6 lanes. The water in the larger pool ranges from 9 to 10 feet deep. Because of the large number of entries (150 men, 99 women in the 1500 M) both pools were used for the 400 IM and the 1500 M. In the competition pool the relative humidity is maintained at a constant 55%, overhead and underwater lighting is in excess of 100 foot candles.

Kelley Lemmon climaxed his Masters swimming career with 8 gold medals 6 individual and 2 relays, thus bettering the Mark Spitz record of 7 gold medals.

Other gold medal winners were: Tom Wolf - 5 (3 national records), Joann Leilich - 3 (1 national record), Nancy Clark - 3 and Bob Hansen - 2.

The mens 65+ Free Relay team (Murphy, Kassel, McAfee, Lemmon) set a new National record as did the 65+ Mixed Free Relay team (N. Clark, L. Murphy, F. Murphy, K. Lemmon). The 65+ Mixed Medley team (Lemmon, Kassel, N. Clark, L. Murphy) scored a second place and the mens 65+ medley (Murphy, Kassel, McAfee, Lemmon) took a 4th. The 25+ Mixed Medley was 5th. Individual 2nd place winners were: Bob Hansen-2, Nancy Clark-2, Rita Shephard-2. In 3rd place were: Bob Hansen-2, John Alleva-2, F. Murphy-2, B. Kassel-1, L. Murphy-1, R. Shephard-1. Terry Gernstein placed 4th, 5th, 6th in the Breaststroke events. Barry Bluefeld placed 7th in the 100 Back. Dave McAfee took 2 5ths, 3 6ths, one 7th, beating his old rival Lloyd Osborne in the 200 and 1500 Free. Kim Hansen placed 4th in the 100 Back. Jennifer Brooks was 7th in the 50 Fly. Diddo Clark was 7th in the 1500 Free. Judy Collins was 7th also in the 1500 Free and 8th in the 50 Fly and the 100 Back.

## BIRTHDAY GREETINGS

Members of the DC Masters who have birthdays in October:  
Mary Anderson, Oct. 28      Kulla Morgan-Lawson, Oct. 2  
Thelka Brunner, Oct. 4      Edwin Smith, Oct. 12  
Ray Chen, Oct. 21      Scroggie Wiley, Oct. 13  
Mike David, Oct. 7      Deborah Neuman, Oct. 14  
Jill Hoover, Oct. 25

Mary Anderson, Ray Chen, Jill Hoover and Ed Smith enter a new 5-yr. age group, which should improve their competitive advantage in next years swim meets. Morgan and her husband Leroy Lawson are now living in Ivory Coast, Africa. Scroggie Wiley lives in Monterey, California, but retains his DC Masters membership for National meets.

## BENEFIT

Skyline Racquet & Health Club will hold the "Washington Superstars" competition. This is an athletic event to benefit the Arthritis Foundation of Washington. It will consist of Obstacle Course, Swim 100 M, Run 1 mile, Basketball shooting, Tennis & Racquetball skills contest. Please contact Helena Machado or Dan Campbell at 820-4100 for entry forms and information. The deadline is Oct. 5. The event is Oct. 14-16.

## UP-COMING MEETS

October      Newport Beach Masters - Pentathlon & ½ hour swim (postal)  
Swim events in your own pool, anytime during October.  
L. D. Farrington, 1227 Highland Dr. Newport Beach CA 92660

Oct. 15-16      Virginia Masters - Norfolk, Va. Betsy Durant, 211 66th  
St., Virginia Beach, Va. 23451

Oct. 22      York Aquatic Club - York, Pa. Cal Shaeffer, YMCA,  
90 N. Newberry St., York, Pa. 17401

Oct. 29-30      Oak Ridge, Tenn., Bruce Tomkins, 103 E. Holston Lane,  
Oak Ridge, TN 37830

Nov. 5      DCM - Montgomery College. Announcement attached.

Nov. 20      Blue Hen Pentathlon - Wilmington, Del., Harry Rawstrom,  
713 Colgate Lane, Newark, DE 19711

Dec. 4      Upper MainLine YMCA - Berwyn, Pa., Jeanne Merryman,  
325 Abby Rd., Berwyn, PA 19312

Dec. 10      Terrapin Masters - 1650 - U. Maryland, David Diehl,  
12511 Littleton St., Silver Spring, MD 20906

January      DC Masters - One Hour Swim

Jan. 29      D. C. Dept. Recreation - Alfonso Allen, 9812 Muirfield Dr.  
Upper Marlboro, MD 20772

Feb. ?      Arlington Ageless - 1650 (tentative)

Mar. 10      DC Masters (tentative)

Apr. 7      DC Masters - Pentathlon (tentative)

## EXERCISE AND LIFE EXPECTANCY

Is exercise good for increasing your life expectancy? The answer is yes and no, depending on a number of factors. Let us take the "yes" evidence first. It is known that vigorous exercisers have decreased

death due to heart disease, that they have lower cholesterol, blood pressure, body fat, and can handle sugar better. They are able to handle stress better, and are less likely to commit suicide due to depression. Since diseases of the heart and blood vessels kill more people than any other type of disease, exercise clearly benefits life expectancy. Experiments with rats also confirm that running and swimming increase the length of life.

However, there is a type of experiment on animals which indicates that exercise has no effect on longevity. When rats are kept in germ-free cages all their lives and carefully shielded from stress and trauma, they live a long time before succumbing to "old age" changes in the kidney and heart. For rats, this maximum life span is about 1000 days. For man, perhaps it would be 110 years. In the rat experiment, exercise did not lengthen the life span.

Therefore, exercise seems to enhance life expectancy of man and animals living in a normal, stressful, dangerous and disease-ridden environment. Exercise may enable us to get somewhat closer to our theoretical maximum life span, but does not increase it.

In rat experiments, the life span in a germ and stress-free environment can be lengthened to about 1500 days by food deprivation starting at an early age. Rats eating only 60% as much as they would if unrestrained live 50% longer. Can the same be done for man? The problem is that we are not living in a protected environment, so food deprivation which is meant to increase life span from 110 years to 160 years may only serve to weaken us so we do not even get to 70. Nevertheless, there are those who believe in fasting and in being as thin as a rail, on the belief that they will live longer. However many vigorous people over 80 are "overweight" by old insurance table standards, so a certain amount of body reserves of energy may be good.

We are fortunately living in a period one could call the exercise revolution. Everybody now "knows" that exercise is good for you, but as recently as 20 years ago, this was not entirely clear. Some physicians recommended resting after 40, and there were many who felt that activity would wear out the body prematurely. A lot of scientific research went into getting the data to show the benefits of exercise. Without this knowledge, we could still be wondering if all this swimming or running was good or bad for us. Dr. Ray Chen

#### AND NOW - A BIT OF NOSTALGIA

The following items are reprints from 1975 issues of the WaveMaker. Many of the 1975 team members are no longer with us; having retired from competitive swimming or moved out of the area. With a membership of 100 (compared with 150 currently) we sent 50 swimmers to National meets. Old timers will remember team work-outs at American University with Coach Joe Rogers; summer work-outs at Columbia Country Club and Wheaton-Glenmont pool.

"At long last--here's the first 1975 DC Masters Newsletter! We hope 1975 finds you well and happy, and swimming as usual. This should be a big year for the club, with lots of regional meets and both Nationals in the East. We are also trying to get the administrative end better organized so that we can keep in close contact with each one of you. This is your team, and anything that delights, bugs, bores, or thrills you should be brought to the attention of any of the team officers, especially the President. These officers are:

President: Bob Husson  
Vice-President: Betty Brey

Secretary: Skip Monsein  
Treasurer: Dave McAfee

### First Annual Eastern Pentathlon

For those who missed the pentathlon: it started disastrously when we discovered the water temperature at Alexandria Y was a bone-chilling 55 degrees. Thanks to John Flanagan of the Capitol East Sea Devils, we were able to have the meet. He got permission for us to use the Capitol East Natatorium, and everybody seemed to enjoy both the meet and the social afterward. The highlight of the meet was the debut of the newest DC Master--81 year old Nellie Brown. She swam the 50 back and 50 free, establishing national records in both. Yes, she's already sent in her deposit for Florida!

### Short Course Nationals

This year, the DC Masters took Ft. Lauderdale by storm. A strong contingent of 50 swimmers scored a decisive victory in the overall team standings. Unfortunately there were no team trophies awarded this year, but that didn't stop our swimmers from producing a real team effort. This was especially evident in the relays, where the team won 9 of the 20 relays, placed in the top eight in almost every one, and had "B" teams placing in several events, some as high as third. A total of 38 out of 50 swimmers swam on relays that won medals. The winning teams were: Women 25+ Medley & Free: Nina Thompson, Dale Barnhard, Diana Todd, & Ellyn Morris. Women 35+ Medley & Free: Julie Gideonese, Mary Jane Parks, Betty Brey, and Dot Gates. Women 55+ Free: Helen Hummer, Ginny Allen, Eileen McAfee, and Nancy Clark. Men 45+ Medley: Jocko MacKenzie, Matt Flanagan, Ed Emes, and Bill Moffit. 25+ Mixed Free: Diana, Ellyn, Ray Randall and George Boizelle. 35+ Mixed: Betty, Dot, Dave Drum, and Sandy Gideonese. 55+ Mixed: Nancy C., Helen, Dave McAfee, and Ernie Draves. On the individual side, there were too many best times and high places to report them all, but a summary will be compiled when the official results have been published in Swim-Master. Twelve different people won one or more individual events with Betty Brey, Nancy Clark and the amazing Nellie Brown leading the way with 5 each. Other individual winners were Helen Hummer (4), Nina Thompson, Ellyn Morris, Diana Todd, and George Boizelle (3), Dale Barnhard, Mary Jane Parks, and Sandy Gideonese (2), and Nancy Pessel.

### Seasons Greetings all you DC Masters!!

Congratulations to all DC Masters who participated in the AAU Short and Long Course National Championships at Ft. Lauderdale and Knoxville. We are 1975 Short and Long Course National Champions, Women's Team Champions, Men's Team Champions and combined score champions. 1975 has been a great year for us. We have lived up to our name! SUPER TEAM! We have many new faces at American University practices. Welcome to DC Masters.

### 1975 AAU All Americans!

Congratulations 11 Women, 4 Men from DC Masters who made the All American Team. They are: Dale Barnhard, Ellyn Morris, Nina Thompson, Diana Todd, Mary Jane Parks, Betty Brey, Minna Hamner, Helen Hummer, Nancy Pessel, Nancy Clark, Nellie Brown, George Boizelle, Dave McAfee, Sandy Gideonese, Skip Monsein".