



WAVE MAKER

November, 1983

U.S. AQUATIC SPORTS CONVENTION

The fourth convention of USAS, of which US Masters Swimming is a member, was held in Cincinnati, Ohio September 25-October 1. Here are some of the highlights:

The 1984 Convention will be held Sept 19-23 at the Hyatt Hotel Indianapolis

The 1985 Convention is scheduled for Phoenix.

Short Course Nationals 1985 - Schroeder Swim Center, Wisconsin.

Long Course Nationals 1985 - Brown University, Providence, R.I.

Registration year changed to November 1 thru October 31.

New registrations accepted on or after Aug. 1 - good thru Oct. 31 the following year.

Rule changes: (will be published in Swim Master)

Delegates - one per association + one additional for 300 members + one more for each 500 additional members.

Add age group - 20-24 - effective 1986.

Age of a swimmer in competition as of last day of the meet.

"No False Start" rule adopted by USS will become effective for Master swimmers in 1985.

Policy: USMS should actively encourage handicapped and aging adults to participate in Masters swimming training programs, competition and other activities.

USMS should recommend the nature of medical exams for adults of various ages prior to their participation in Master swimming, and at regular intervals.

NEW OFFICERS FOR 1984

President - Diddo Clark
Vice President - Bert Kassell
Secretary - Eileen McAfee
Treasurer - Dave McAfee

We need members for several Committees whose work is essential to the successful operation of the Club.

Party planning - Select sites, menus, entertainment, publicity.

News letter - We need reporters to prepare articles for the Wave Maker. Hopefully there should be one person at each pool where DC Masters work out, who would write brief reports on the activities of members at their respective pools. Also needed are short bios of members.

Meet planning - Select pools for team meets, recruit Referee/Starter, head timer, stroke & turn Judges, award table personnel.

Anyone interested in serving on one of these committees should phone Diddo Clark at 667-6757.

The next meeting of the Executive Committee will be Dec. 2, 7:30 PM, at the McAfee's 510 E. Broad St, Falls Church. Anyone interested in serving on these committees or who have ideas for improving the operation of the Club is welcome to attend this meeting.

NATURE CAUSES CANCER?

Some recent scientific findings have interesting implications about the way we will have to think about the cause and prevention of cancer. Last June, Professor Bruce Ames gave a lecture at the National Institutes of Health on the occasion of his being awarded the Charles Mott Prize of the General Motors Cancer Research Foundation. The prize was \$100,000 tax-free, and a gold medal. Ames developed a method for testing chemicals for mutagenic activity. Many chemicals which cause mutations are also able to cause cancer, and Ames' test used bacteria to screen these chemicals.

The Ames test was used commercially to see if new chemical products were potentially cancer-causing, and it was also used to identify such chemicals in the environment. Many people are worried that traces of pesticides or other industrial poisons could contaminate the environment and be the cause of various types of cancer. With the Ames test, it was at first hoped that the various chemicals could be identified and then removed from the environment.

The surprising result which Ames is now reporting is that so many naturally occurring products are mutagenic and potential cancer causers. Plants, apparently, have evolved trying to defend themselves against insects, and have developed various natural insecticides which are also mutagens. When we plant vegetables in our gardens which are supposed to be especially insect-resistant, those vegetables may have an extra dose of natural mutagens. Ames estimates that we eat at least 10,000 times as much natural mutagens as we do of the man-made variety. In a recent article in Science magazine, Ames lists and reviews the large number of naturally occurring mutagens in our food.

What does this mean? The results pretty well destroy the old idea that we get cancer because one day by accident we eat a piece of celery which is contaminated by a minute amount of some chemical. The fact that we are constantly ingesting huge quantities of mutagens indicates that the human body, when it is in good health, has defense mechanisms to handle these potential toxins. Just as our food, unless it is sterilized, always has bacteria in it and the body withstands the contamination, so our bodies have natural defenses against compounds which alter the DNA of the chromosomes and genes. It seems most likely that cancer occurs because of a failure of the natural defenses, rather than an onslaught of mutagens.

The most dangerous types of foods are those which interfere with the natural defense mechanisms. Coffee, for instance, has various compounds which occur in large quantities and are mutagenic, and in addition has caffeine which blocks DNA repair and can increase tumor yield in animal models. The occurrence of cancer of the pancreas and various other organs has been tied to coffee drinking.

How do we go about preventing cancer? Ames points out that cancer incidence rises as the fourth power of the age. Anything that slows the aging process tends to protect against cancer. Vitamins A,C,E as well as selenium and exercise are beneficial. Aging may be tied to tissue damage from oxygen radicals, and the body produces compounds to combat them. It appears that oxygen radicals are produced by white cells to help combat infections, but excess radicals harm the host; hence it is better not to have infections in the first place. "Nature is not benign", concludes Ames.

Dr. Raymond Chen

ONE HOUR SWIM - JANUARY, 1984

The DC Masters Swim Team will again sponsor this popular Postal event which was reinstated as a sanctioned National meet by the Long Distance Masters Swimming Committee at the US Aquatic Sports Convention last September.

In preparation for the event announcements and entry forms have been sent to all registered Masters Clubs (252), and to the 820 individuals who entered the 1983 event.

The Hour Swim is by far the most popular Postal event sponsored by the Masters program. Many clubs have entered as many as 60-70 swimmers. Last year only 18 DC Masters entered. This is unfortunate, since the event is a real money maker for DC Masters and the National Long Distance Swimming Committee, which share the profits.

There is no good reason why a majority of DC Masters (150) should not participate in this meet. The average distance swum in an hour is about 3000 yards - ranging from 1500 to 5500. These distances constitute a nearly normal daily work out for most lap-swimmers in the Masters program.

DC Masters may obtain entry forms by phoning Dave McAfee, 532-7775. The event may be swum in your own pool anytime during the month of Jan.

LONG DISTANCE SWIMMING

Marathon swimming is growing in popularity. This year Diddo Clark completed her third swim around Manhattan Island, becoming the first woman to swim the 31 mile distance in less than 7 hours, clocking 6 hours, 52 minutes, 15 seconds. Stacy Chanin and Julie Billingsley also completed the Manhattan swim. These three women also swam across Baltimore harbor - from Fells Point to Fort McHenry - and back. Diddo had had prior experience in long distance swimming in California where she swam from Alcatraz Island to San Francisco. Former DC Master, Dale Petranach took second place in the 10K National at Seal Beach, California. In addition, he did the Manhattan Island swim, the Boston Light House Swim (9 miles) and a 15 mile course from Bristol to Center City, Philadelphia, Pa.

USMS Long Distance National Championship events for 1984 are:

- Huntington, Indiana - 1 mile & 2 miles (lake)
- Seal Beach, Calif. - 2 miles & 10 miles (ocean)
- Univ. of Arkansas - 6 miles (5-10 member teams)
- DC Masters - One Hour Swim (postal)

Other long distance events being planned:

- Chris Green Lake - 2 miles
- Cape May, N.J. to Lewis, Delaware

1984 DUES ARE DUE

Attached to this issue of the WAVE MAKER are applications for (1) US Masters Swimming registration and (2) membership application for DC Masters Swim Team. In order to swim in any 1984 sanctioned meet you must be registered with USMSC. To represent the DC Masters Swim Team either as an individual or as a member of a relay you must belong to DC Masters.

The USMSC, at the 1983 Convention voted to change its fiscal year to Nov. 1 thru the following Oct. 31. Registration received on or after Aug. 1, 1984 will be good for the period 8/1/84 thru 10/31/85.

Instructions for processing the two applications appear on the forms themselves. Please complete and mail your applications promptly. We would like to prepare a 1984 DC Masters directory early in January.

DID YOU KNOW?

Mary Ann Treiber and Tillie Huber are faithfully working out at Providence pool in Falls Church. Their times are getting faster. When asked to what they attribute their success, the answer was "we critique each other and swim at least 2000 yards".

BEST WISHES FOR NOVEMBER BIRTHDAYS

Margaret Alleva	Terry Gernstein
Tom Anderson	Jennifer Brooks
Betty Brey	Patty Hecht
Gail Dummer	Jim Parker

UP COMING SWIM MEETS

Nov. 20 Middle Atlantic Masters - U. of Delaware, Harry Rawstrom
U. of Delaware, Newark, DE 19711

Nov. 27 Wilkes-Barre YMCA - Wilkes-Barre, Pa., Sybil Nudo,
240 Scott St., Wilkes-Barre, PA 18702

Dec. 4 Middle Atlantic Masters - YMCA, Berwyn, PA.,
John G. Merryman, 325 Abbey Rd., Berwyn, PA 19312

Dec. 10 Terrapin Masters - U. Of Maryland Cole Field House,
David Diehl, 12511 Littleton St., Silver Spring, MD 20906

Jan. 29 Easton Masters - Lafayette College, Easton, PA,
Cliff Wright-Sun flower, 2371 West Best Rd., Bath, PA 18014

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

January One Hour Swim - DC Masters (Postal), Dave McAfee,
510 E. Broad St., Falls Church, VA 22046

Feb. ? Arlington Ageless - 1650 (tentative)

Feb. ? Maryland Masters - U. of Maryland, Baltimore (tentative)

Mar. 10-11 Region II Short Course Championships (tentative)

Mar. 23-24 Middle Atlantic Championship - U. of Delaware

Apr. 7 DC Masters - Pentathlon (tentative)

Apr. 24-28 International Masters Championship, ChristChurch, New Zeal.

May 26-29 National Short Course Championships - Industry Hill, CA

Aug. 23-26 National Long Course Championships - Raleigh, N. C.

FIRST INTERNATIONAL MASTERS SWIMMING CHAMPIONSHIPS

Will be held at Christ Church, New Zealand, April 24-28. Sandpiper Travel has arranged a special 11 day travel package for \$1160 per person, double occupancy. Includes round trip airfare from Los Angeles, transfers from/to airport in Christ Church, 8 nights lodging with hot cooked breakfasts daily, transfers from/to swimming complex, all taxes. (single supplement \$142 additional) Sandpiper travel has entry and registration forms and will be happy to give you all instructions for team or individual entries including transferring US dollars to New Zealand dollars. Additional tours in New Zealand can be arranged for those who wish to spend more time there. Write or phone: Sandpiper Travel, P.O. Box 369, San Juan Capistrano, CA 92693. (714)493-2313.