

DC Masters

WAVE MAKER

January, 1984

LATE MEMBERSHIP RENEWALS

Applications for 1984 membership in the DC Masters Swim Team and U.S. Master Swimming were included in the November issue of the Wave Maker. As of January 20 only 58 members have renewed. We are uncertain as to the reason for so many non-renewals. Is it because of a dwindling interest in Master swimming? The New England Masters report some 60 non-renewals. Or is it only because application forms have been mislaid or lost? In case it is the latter reason forms are attached to this issue. We hope that you will act promptly, so that a new team directory can be prepared early in February. If you have already registered with Potomac Valley Master Swimming, you need only submit the DC Masters application. If you do not renew your membership, this is your last copy of the Wave Maker!

1984 SHORT COURSE NATIONALS

The S C Nationals will be held at Industry Hills, CA (an eastern suburb of Los Angeles) Saturday, May 26 to Tuesday, May 29, 1984. Rooms at the Sheraton resort complex where the meet will be held run \$60 per night double, plus tax. Believing that this was a little rich for our blood, we have made a group reservation at the El Dorado Motor Inn in West Covina, about 5 miles north of Industry Hills. The rooms are undergoing refurbishing, so the rate will be \$44 per night per room. If you are planning to go, please call our intrepid Secretary, Eileen McAfee at 532-7775, and reserve a room. No cost or obligation, of course. We will let you know when to send us the usual deposit. Please don't procrastinate; we've only got 25 rooms because a lot of other Masters teams discovered the Sheraton's rates and so the place is sold out. If you have questions, call Art Smith the Travel Coordinator, at 272-6156 days, or 759-2211 (evenings before 9 PM, please).

WELCOME FUTURE OLYMPIC BUTTERFLYER

Rumors are rampant that this happened about 1 AM Wednesday, Jan. 11. A girl, Allison Hilda Prosch, born to Cris Ruppert-Prosch. We hear she weighed 9 lbs. and was 22 inches. WOW!

ALCATRAZ - THEY SAID IT COULDN'T BE DONE

It can't, of course, most of the time. Alcatraz Island is in the path of most of California's fresh water runoff plus the tides that twice a day ebb from the hundred-mile-long San Francisco Bay through the one-mile-wide Golden Gate to the Pacific Ocean. At some phases of the moon, currents ebb out of the Bay more than 10 miles per hour and flood in more than 6 mph. High tide may be 8 feet above low. The water, which is normally in the 40s in the winter and in the 50s in the summer, is spotted with ships above and sharks below. Most

formidable of all, at least when Alcatraz was a maximum security federal prison, was the myth that it was impossible to swim from Alcatraz to San Francisco.

It is possible. It's easy. I did it six times in September. The sharks don't bite. Ships rarely bother swimmers. We can acclimate to the cold. During the right phase of the moon, high tide may be less than a foot above low and the currents are crossable. The Rock is a mile and a quarter from the beach at the South End Rowing Club, and from the sauna inside.

It was easy on September 11 when 73 swimmers raced from Alcatraz to San Francisco. I was treading water with Bob Roper at the start. I wanted to swim with him because he speeds me up. We had been buddies on some sunrise swims, breathing toward each other eyeball-to-eyeball, and I had to hustle to keep up with him. But he bolted ahead when the foghorn blew and I lost him in the crowd. I swam hard until I was out of the pack then harder still as I tried to catch him. For most of the swim, I didn't see anyone...and I didn't know that Roper was behind me. I finished 8th overall with a time of 27 minutes and 28 seconds - the first woman - and Roper was 9th five seconds later.

All of the 73 swimmers finished (wearing bright orange caps emblazoned with: "ALCATRAZ SWIM 1983 - 'THEY SAID IT COULDN'T BE DONE'"). That's what happens when people who know the currents pick the time.

One of the greatest challenges is the annual New Year's Day Alcatraz Race. The first day of the year may not have the most favorable phase of the moon and rainstorms may throw off the tides. That was the case on New Year's Day 1982 when 77 people started swimming from Alcatraz and 60 of them had to be rescued as they were being swept out to sea.

Diddo Clark

LONG DISTANCE SWIMS CALENDAR

- May 20 Marathon Pool Swim (26 miles 385 yards)
Ft. Dix Pool (40 yds. long) SASE to
Entry forms, Dale Petranech
1008 Oaklyn Ct., Voorhees, NJ 08043
- July 14,15 Masters 1 mile & 2 mile National Championships
Entry forms, Dale Petranech
- Aug. 19 Manhattan Swim - 28 miles around Manhattan Island SASE to
Entry forms, Drury Gallagher
438 West 37th St., Suite 5-H, New York, NY 10018
- Oct. 27,28 Team Distance. 5 person team (mixed sex OK), each person
does 6000 yds in a pool. University of Arkansas. SASE to
Entry forms, Dale Petranech

LONG COURSE TOP TEN - 1983

21 members of the DC Masters Swim Team placed among the Top Ten in one or more events. Overall this group placed in 88 events and established 15 new National records. Kelley Lemmon, whose devotion to strenuous workouts 5 days each week paid off in 12 1sts, 3 2nds and one 3rd. His times in 9 events set new National records.

Leading woman swimmer was Nancy Clark, who placed in 8 events, including 2 1sts, 2 2nds, and a 3rd. Nancy, a founding member of DC Masters lives in Greensboro, NC, but has retained her membership

since the teams' inception. She is strongly supported by hubby, Frank, who only coaches but will swim on a relay if needed. Bob Hanson, our youngest breaststroke and fly specialist earned 2 2nds, 1 3rd, 1 4th, 2 5ths and a 6th - total, 7. Dave McAfee also placed in 7 events, but being at the top of his age group and having to compete with all those 70 year old kids, the best he could score was a 6th. He considers it a successful year, however, for the first time since 1974 he beat his arch rival Lloyd Osborne in 2 events - 200 free and the 1500.

Frank Murphy did himself proud with 6 places, 3 3rds, a 4th and 2 9ths, the last in 200 back and 200 fly, which are not his favorite strokes. Rita Shephard, our oldest active competitor, continued her winning ways by placing in 6 events, including the 50 fly and 200 free.

Tom Wolf, one of our newest members, scored 3 1sts (all National records) and 2 3rds. Tom is a welcome addition to our 25-29 age group, in which we need more competitors. Sue Schaffer, now the mother of 2 future swimmers, placed in 4 events, 200 back, 200 breast 200 IM and 100 fly.

Joan Leilich, our outstanding Breast Stroke Champion, won all 3 events in this stroke (50,100,200) by establishing a new National record in each. She also placed 6th in the 200 IM.

DC Masters placing in 3 events were Elaine Hochule (1500 free, 200 fly, 400 IM); George Worthington (50 fly, 100 fly, 200 IM) and John Alleva (400 free, 1500 free, 200 fly). John hasn't gone to many National meets, so we were pleased to see him at Indianapolis.

Mary Lathram, who specializes in the back, placed in all 3 events in this stroke (50,100,200). Bert Kassell, another new member of our team, swimming in his first National meet at Indianapolis placed in the 50 free, 100 free, 50 fly. Chris Ruppert, who has been slowed down a bit this year as an expectant Mother managed nevertheless to place in both the 50 fly and 100 fly. Also placing in 2 events each were Terry Gernstein (50 & 100 breast) and Betty Brey (50 free & 50 fly). DC Masters placing in one event included Nancy Kirkendall (1500 M); Judy Collins (100 back); Lorraine Murphy (200 back) and Mimi Lee (1500 M).

UP-COMING MEETS

- Feb. 25,26 Maryland Masters Short Course (Catonsville)
Barbara Bowman, 22 Walden Mill Way, Catonsville, Md 21228
- Mar. 10 DC Masters - Montgomery College, Rockville
Dave McAfee, 510 E. Broad St., Falls Church, Va. 22046
- Mar. 23,24 Middle Atlantic Champ. at U. of Delaware
Harry Rawstrom, 713 Colgate Lane, Newark, DE 19711
- Apr. 8 DC Masters Pentathlon
Dave McAfee, 510 E. Broad St., Falls Church, Va. 22046
- Apr. 24-28 International Masters Champ., Christchurch, New Zealand
- May 26-29 National Short Course Champ., Industry Hills, CA
- Aug. 23-26 National Long Course Champ., Raleigh, NC

PACE

Are your swimming times on dead center? Have you plateaued? Do your times resist improvement in spite of all that additional yardage you are piling up in practice each week? Are you losing PMA (positive mental attitude)? If the answers are "yes", you have a problem. You might even be the next DC Master to let his PVMSC registration lapse. Any ideas why?

It may be that your difficulty comes from not training with a pace clock. Do you have one at your workout pool? If so do you use it? Do you know how to use it? If you do not have access to one have you ever looked into obtaining one? You should really do something about it because the pace clock is so essential in training. Unless you train with it you cannot expect to achieve your full potential in swimming competition. Unless you exploit your full potential you may plateau and lose interest in swimming without ever experiencing its full health and fitness benefits.

Why is the pace clock so important in training? Without it you cannot master the art of pacing. In a race you must pace to prevent the early accumulation of lactate and the subsequent acidosis that reduces the rate of energy metabolism and therefor the swimmer's speed. More simply stated, if your only strategy is to charge out in front and stay there instead of pacing, you are likely to finish back in the pack with the piano on your back.

A race plan incorporating good pacing will go a long way toward keeping the piano away. A well executed race plan is essential to a good performance in competitive swimming. Mistakes make the difference between good and poor plan execution. Close races between swimmers with similar times are usually won by the competitor that makes the fewest mistakes. Mistakes in swimming competition, like turnovers in football, may be costly experiences. To the extent that a swimmer is efficient and comfortable in maintaining his race pace, he is better able to concentrate on avoiding errors in technique, tactics and strategy. Lack of, or a break in, concentration during a race is an invitation to error, particularly when the swimmer is tired.

Except in National and Regional competition, most of the older Masters swimmers' competition will be against the clock. Due to the disparity in times, and the fewer contestants, only occasionally will swimmers in the older age groups experience the challenge and thrill of "one on one" racing. Swimming against the clock is more like a postal meet where your competition is not physically present. It is up to you to add interest and challenge, to say nothing of purpose, by establishing your own goals and objectives. For example, you might set your sights on making a best ever time for that particular time of the season. You could raise your sights and go for a personal best ever time, or a top ten time, or even try for a national record. Whatever, you have a standard to shoot for. After the race you can evaluate your performance. Did you swim your race time objective? How do your splits compare with your race plan? If your time was slow, why? How was your concentration? What mistakes, if any, did you make, etc.? Lessons learned? Next time you'll do better. Don't continue to be on dead center, plateaued and a PMA disaster. Don't let yourself become a directionless blob on the heat sheets or you will wither away to a golfer or tennis player. Heaven forbid. Do something about it! Get on a pace clock! Thanks K.L.

SOME RECENT RANDOM READINGS OF RAY CHEN (DR.)

Some recent things which I have read may be of interest to the sports- and health-minded educated consumer. First, there is a good book (Penguin books) by Penny Wise Budoff, M.D. entitled "No More Menstrual Cramps and Other Good News". The author starts off by debunking the myth that premenstrual and menstrual symptoms are all in the mind. Perhaps 5-10% of women of childbearing age are completely incapacitated each month by cramps. Recent evidence is that menstrual headaches and cramps may be due to excess production of prostaglandins, which are like tissue hormones which cause muscle contraction. The author found that studies had shown that prostaglandin blockers had nearly 100% effectiveness in preventing cramps, although the studies were not widely known. Aspirin is thought to block prostaglandin synthesis but is only occasionally effective against menstrual cramps. Ponstel and Naprosyn and some other drugs now available are nearly completely effective. Elimination of caffeine reduces the severity of cramps and breast tenderness and lowers the amount of drugs needed to block cramping. Other topics in the book include: breast cancer and its hormonal treatment, menopausal symptoms, osteoporosis (bone thinning) in postmenopausal women and its relation to hip and spine fractures, the high mortality rate due to hip fractures, the use of estrogen replacement therapy to block menopausal symptoms and osteoporosis, the patient's rights when being treated by male gynecologists, etc. There should be something in the book for many women of Masters age.

I was also struck by a couple of items in the January, 1984 issue of the Clinical Chemistry News. One short item was reprinted from the New York Times and written by Dr. Norman Fost, professor of pediatrics and director of the program in medical ethics at the Univ. of Wisconsin medical school, entitled "Building Olympic Muscle: Let Them Take Steroids". The author asks that we examine our prejudices against the use of these muscle-building drugs in athletes. The most frequent objections are that the drugs are unnatural, potentially harmful, forces other athletes to take those drugs to keep up, and that drug use confers an unfair advantage. The author rejects the argument that the drugs are harmful, since there is no conclusive evidence of this. (I might add that oxandrelone, also known as Anavar, often taken by weight lifters, is often prescribed as a beneficial drug for lowering blood triglyceride levels in men.) As for these drugs being unnatural, so are Nautilus machines and Gatorade. If drugs are an unfair advantage, so are the unequal distributions of physical attributes like great height, health, early training, athletic opportunities and role models. The author feels the strongest objection is that other athletes are forced into drugs just to keep up, but here he says that sacrifices are required of all high level athletes. (College swimmers do 12,000 to 18,000 yards a day; isn't this unnatural? To keep up with the competition, others have to do as much, thus risking various types of tendonitis and susceptibility to colds) The above thought-provoking article brings into focus the incompatibility between sport as pure recreation and sport as a vehicle for winning. It's fun to win, but the road to winning is getting to be less fun and more biochemistry. For us biochemists, the drug controversy is interesting.

Another item in Clinical Chemistry News indicates that the Olympic

drug testing will include a test for urinary caffeine. A certain amount of caffeine will be allowed, but disqualification can ensue if a certain level is exceeded. The exact level has not been set. Another article in the same paper cites the work of Dr. Hector DeLuca showing that calcitriol, a compound related to Vitamin D, is effective against osteoporosis in postmenopausal women. Hip fractures in women are a major cause of death. Thanks RC

HAPPY BIRTHDAY TO ALL YOU JANUARY PEOPLE

Barb Glancy 1/1
William Woodward 1/1
Julia Young 1/1
Susi Husson 1/2
Dolly McClary 1/3
Donald Walter 1/7
Sue Schaffer 1/8
Joann Leilich 1/15

Diddo Clark 1/20
Ken Flynn 1/20
Al Abraham 1/22
Barry Bluefeld 1/22
Nancy Kirkendall 1/22
Roger Yochelson 1/22
Rita Shephard 1/25
Eileen McAfee 1/29
Joe Norton 1/30

CONGRATULATIONS TO ALL AMERICANS !!!

Nine DC Masters placed first in National Top Ten (Short and Long course) and thus become ALL AMERICANS. Each will receive a certificate and a patch.

Betty Brey
Nellie Brown
Nancy Clark
Joann Leilich

John Alleva
Ed Emes
John Flanagan
Kelley Lemmon
Tom Wolf

FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS

PLEASE PRINT OR TYPE INFORMATION

Last Name		First Name		Initial	OFFICIAL USE ONLY	
Street Address				Area	Telephone No	
City		State	Zip Code	Date of Birth	Age	Sex
Name of Club You Represent			Date of Application			



I hereby agree to abide by and be governed by the rules and regulations of USMS and the Local Masters Swim Committee

MAIL TO

PVMSC
Arthur Smith
337 Chesapeake Drive
Great Falls, Va 22066

USMS fee	\$ 3.25
LMSC fee	\$ 6.75
TOTAL FEE	\$ 10.00

Enclose a self-addressed stamped envelope

APPLICATION FOR MEMBERSHIP (1984)

DC MASTERS SWIM TEAM

NAME _____ DATE OF BIRTH _____
 ADDRESS _____ TELEPHONE Home- _____
 Office- _____
 ZIP _____

- Name of pool where you swim _____
- Does this pool offer organized workouts for Masters swimmers YES NO
- Would this pool rent its facilities for Masters meets YES NO
(please circle)

INSTRUCTIONS

- Complete above Application Form; draw check (\$10.00) to DC Masters Swim Team; mail to Treasurer, David H. McAfee, 510 E. Broad St., Falls Church, Va. 22046.
NOTE: Second member of same family - \$5.00.
- Complete Application Form for US Masters Swimming; draw check (\$10.00) to Potomac Valley MSC; mail to Potomac Valley Master Swimming Committee, 337 Chesapeake Dr., Great Falls, Va. 22066 (Please include stamped, self-addressed envelope for the return of your registration card)

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



FIRST CLASS MAIL

JOANN LEILICH
4913 KINGSTON DR
ANNANDALE VA 22003