



WAVE MAKER

March, 1984

SHORT COURSE NATIONALS ROOMING INFO

Short course Nationals are at Industry Hills, CA, from Sat. May 26 to Tuesday May 29. We have reserved a block of rooms at the El Dorado Motor Inn in West Covina, about 5 miles from Industry Hills. Rooms are \$47.08 per night including tax and have 2 double beds. To confirm your reservation please send a check for the first nights rent in the amount of \$47.08 payable to DC Masters, to Dave McAfee, 510 E. Broad St., Falls Church, Va. 22046. The deadline is April 15 since we have to send the money to them at that time and release unpaid rooms.

Please tell us the name(s) of the occupants and your arrival date & departure date. (The 1650 is on Tuesday the 29th) Thank you. A.S.

1983'S FINANCIAL RESULTS

Our team broke even in 1983, which is a tribute to smart financial management by our intrepid Treasurer, Dave McAfee. Our dues income of \$1429 covered the Wave Maker printing & postage plus office supplies, stationery and the various team parties. Local meets finally ran at a slight profit, primarily because we unloaded the perennial money-losing 1650 on a team that can get free pool time; and we deck seeded a couple of meets, thus saving the cost of data processing and printing heat sheets. The local meet profit was used to pay Nationals relay entry fees (over \$300) and buy equipment (a lane rope for the 30 members who swim at Hains Point, batteries for the watches, some new watches to replace old ones, etc.). Our big money maker was the Hour Swim. This National Championship event had over 800 entries and the profits are split between us and Long Distance Swimming. Our share of the profits went to two donations this year - \$200 to Tuckahoe as a gift of thanks for the 4 years of free pool time for our Hawaiian Relays in April, and, by unanimous vote of your Board, \$500 to the Swimming Hall of Fame in honor of Dave & Eileen McAfee, who have contributed so generously of their time to the Club. Finally interest income on our savings account (in a high yield money market fund) was plowed back into savings.

One worrisome thing - membership is down almost 50 members (from 150 to 100); the missing \$500 in dues income that supports the Wave Maker etc., will hurt - we may have to dip into our savings a little in 1984. If you know of a swimmer who's either not a member or swimming unattached, encourage them to join the Team. Just call Dave 532-7775 and he'll send them an application.

Arthur Smith

AND NOW SOME PEARLS OF WISDOM FROM OUR MOST PROFICIENT, PRESTIGIOUS, AND WHO KNOWS - MAYBE EVEN PERFIDIOUS - CONTRIBUTOR, RAY CHEN
SEE NEXT PAGE!

COFFEE FIGHTS BACK

A growing number of people are becoming aware of the health hazards associated with coffee: peptic ulcer, psychological effects, birth defects, addiction, cancer, high blood pressure, and arteriosclerosis. Caffeine as well as other ingredients in coffee are the apparent culprits. Because of the growing anti-coffee publicity, the American Coffee Association is now striking back with TV ads identifying coffee as "the achiever's drink", which allows you to think clearly. While it is probably true that coffee helps a coffee addict to think, it is doubtful if a non-addict would be intellectually enhanced. Similar tactics have been used by tobacco money to attempt to refute the link between smoking and an array of diseases.

CPR SHOULD BE VIGOROUS

Health authorities are trying to promote training in cardiopulmonary resuscitation (CPR), so that if someone's heart stops, there will be some chance that a CPR-trained person will be nearby. My wife's 35 year old brother recently required CPR. He was holding a gooseneck lamp with one hand while plugging in the metal plug with the other. Because of broken wiring, the current went from one hand through the chest to the other hand. Fortunately, even at the Customs Department where he works there was a CPR person to keep him going until the ambulance arrived. During the recovery, he was very sore about the chest (and about the experience), not only because of the general muscle contraction, but because the CPR was done well. To get an adequate blood pressure during CPR, the chest has to be compressed vigorously, and even then, the blood pressure is likely only to be about 80/50. Most CPR instructors will say not to worry too much about breaking a rib or two; the alternative is worse.

CROSS TRAINING - WHAT IS IT?

Cross training is the use of different sports to achieve exercise for the cardiovascular system. Activities like running, biking, swimming, rowing, and skiing strengthen the heart and lungs. By using several sports alternatively, one can lessen the chance of straining a particular muscle group. Instead of running every day, many people would be better off by alternating running with one or two of the other aerobic sports, thus lowering the chance of wearing out the knees or feet. Swimming is rather unique in that one performs "cross training" if several different strokes are practiced. Those who do only crawl or only breast would seem to be more prone to injury than those who do a little of each stroke. Of course, there will always be maniacs who do all their sports with great intensity, thus breaking down all systems simultaneously.

TRY A WATERPROOF WATCH

For those of you who have to train alone, and for those who can't see well when wet, a waterproof wrist watch may be just the thing. You can get a chronograph alarm, waterproof to 100 meters, for under \$20. Using the "timer" mode, you can make the watch start beeping after intervals of 1 minute and longer. You can do intervals using the sound of the beep to signal the start of the next leg. No ability to see is needed after the watch is set; just push a couple of buttons to stop the alarm and reset the timer as you push off. Such watches are especially good for 1 hour swims. The stopwatch function can also be used like a pace clock if you can see the dial without your glasses, and despite foggy goggles. The lithium battery in my Casio has a 5 year life. One never has to take the watch off, even in the shower. Every couple of months, scrape off the green crud which accumulates on the skin under the watch.

UP-COMING SWIM MEETS

- Mar 10 DC Masters - Montgomery College
- Mar. 18 Middle Atlantic Masters - Upper Main Line YMCA, Pa.
John Merryman 225 Abbey Rd., Berwyn, Pa. 19312
- Mar. 24 Mid-Atlantic Championships - Newark, Delaware
25 Harry Rawstrom 713 Colgate Lane, Newark, Del. 19711
- Apr. 8 DC Masters Pentathlon - Colesville/White Oaks Swim Center
(Announcement enclosed)
- Apr. 14 New England Short Course Championships - Harvard Union
15 Susan Helmrich 305 Walnut St., Brookline, MA 02146
(Dave McAfee has 2 entry forms - call)
- Apr. 24 - 28 International Masters Championships, Christ Church, N.Z.
- May 15 Virginia Masters - 10 K Relay Postal Meet
thru Sept. 30 Mike Stott 3717 Titan Dr., Richmond, Va. 23225
- May 26 National Short Course Championships - Industry Hills, CA
- 29 Phone Dave McAfee (532-7775) for entry forms
- June Virginia Masters - Long Course (indoors), Richmond, Va.
Nancy Polisky 301 J, N.Hamilton, Richmond, Va.
- July 16 Virginia Masters - 2 mile Chris Green Lake Swim, Charlottesville
Mike Stott (address above)
- Aug. 23 - 26 National Long Course Championships, Raleigh, N.C.

TOP TEN RELAY TEAMS - 1983

	Short Course	Time	Place
Womens 25+	200 yd. Free Brooks, Hochuli, Clark, Hansen	1:49.90	8th
Womens 35+	200 yd. Free Brey, Gates, Leilich, Kerkendall	1:59.63	8th
Womens 55+	200 yd. Free N.Clark, Shephard, Murphy, Lathram	3:02.52	7th
Womens 35+	200 yd. Medley Kirkendall, Leilich, Brey, Gates	2:13.02	5th
Womens 55+	200 yd. Medley Lathram, Sagasti, N.Clark, Murphy	3:21.51	5th
Mixed 45+	200 yd. Free Bechtel, Gates, Brey, Worthington	1:47.28	1st
Mixed 65+	200 yd. Free N.Clark, Lathram, F.Murphy, Lemmon	2:20.63	1st
Mixed 45+	200 yd. Medley Bechtel, Goodwin, Brey, Gates	2:04.20	1st
Mixed 65+	200 yd. Medley Lathram, Lemmon, F.Murphy, N.Clark	2:47.75	1st
Mens 45+	200 yd. Free Emes, Goodwin, Worthington, Bechtel	1:40.06	2nd
Mens 65+	200 yd. Free Lemmon, McAfee, Miller, Murphy	2:09.42	7th
Mens 45+	200 yd. Medley Bechtel, Goodwin, Emes, Worthington	1:51.90	2nd
Mens 65+	200 yd. Medley McAfee, Lemmon, Murphy, Miller	2:43.83	9th

	Long Course	Time	Place
Mixed 25+	200 M Free	1:59.97	5th
	B.Hansen, Wolf, K.Hansen, Hochuli		
Mixed 65+	200 M Free	2:37.31	2nd
	F.Murphy, N.Clark, L.Murphy, Lemmon		
Mixed 25+	200 M Medley	2:04.43	5th
	Wolf, Leilich, B.Hansen, K.Hansen		
Mixed 65+	200 M Medley	3:35.16	3rd
	L.Murphy, Lemmon, Kassell, N.Clark		
Mens 65+	200 M Free	2:15.71	1st
	Murphy, Kassell, McAfee, Lemmon		
Mens 25+	200 M Medley	2:00.29	9th
	Wolf, Hansen, Gernstein, Parker		
Mens 65+	200 M Medley	2:57.27	1st
	Murphy, Lemmon, Kassell, McAfee		

REGION II CHAMPIONSHIP - UMBC - FEB. 25-26

The DC Masters Swim Team dominated the meet at the UMBC pool in Catonsville. Complete results are not yet available but we're virtually certain that the DC Masters scored the highest number of team points. Six national records were broken:

Joann Leilich	200 Breast	2:50.48
Jackie Hirsty	200 Free	2:02.20
	100 Free	:54
Kelley Lemmon	200 Fly	3:19.73
	400 IM	6:26.40
	500 Free	6:54.49

DC Masters fielded 14 relay teams including mens 65+ Free & Medley, both of which came in first.

We were impressed with the efficiency with which the Maryland Masters ran this meet. As usual their program carried a dozen pages of advertisements as well as "Benefactors, Donors, Friends". This required a great deal of effort on the part of members and raised a tidy sum of money for the Club. Members also served as managers, starter, judges, timers, award desk persons, etc. We estimate that at least 30 Maryland Masters helped run the 2-day meet. That's real team spirit!

HAWAIIAN RELAYS

The 8th Annual Hawaiian Relays will be run in April. Last year DC Masters were in 3rd place after the New England Masters and San Diego Masters. DC Masters hold nine records in this annual postal event, seven by womens teams. We have arranged to have the Tuckahoe pool on Sunday morning April 29. Jill Hoover has agreed to manage the event and will be phoning members to serve as Team Captains for the respective sex/age groups. The events include:

1. 4 x 50 Fly
2. 4 x 50 Back
3. 4 x 50 Breast
4. 4 x 100 Free
5. 4 x 200 Free
6. 4 x 100 IM
7. 500 Free (one each of 50,100,150,200)

This can be a lot of fun and if we all pitch in we can give NEM & SDM a good run for the Championship.