



WAVE MAKER

February, 1985

1985 SHORT COURSE NATIONALS INFORMATION

The 1985 Short Course Nationals will be held in Brown Deer, Wisconsin, from May 9 to 12 (Thursday to Sunday). The meet will be in the Schrader Pool, a very fast pool in a residential suburb of Milwaukee.

ROOMS: The D. C. Masters have reserved a block of rooms at the headquarters hotel, the Hyatt Regency. Rooms have two double beds, and the rate is \$55 per night for the room and two people. Additional people cost more so if the hotel finds out you have four in the room, you'll be charged more. The hotel is about 10 miles from the pool. There are a couple of small motels closer (and cheaper), but the consensus seems to be to stay at a known decent place for the few dollars more per person per night.

To reserve a room, call Art Smith at home evenings before 9PM. Phone number is 759-2211. Since the first event is at about 8AM Thursday, we expect most to arrive Wednesday May 8. The 1650 is the only event on Sunday May 12, so most leave then. A deposit of one night's charge will be due about April 1 when we have to send the list to the hotel and pay the deposit.

AIR TRANSPORTATION: United, Northwest and some others offer a \$69 fare each way on their "Ultra Saver" to Milwaukee. Restrictions are that you must be ticketed no less than 30 days before the flight (i.e., April 8) and ANY changes or cancellations after you are ticketed will be penalized 25% of the value of the ticket. You also must stay over a Saturday night. However, there is no restriction on early reservations, so we strongly recommend that you reserve your seats today. Lots of Masters from DC and Baltimore will be traveling on that Wednesday and the airlines control the capacity and do not sell a lot of seats on their planes at that special fare.

RELAYS: Sue Schaffer will handle the relays again. As in the past, the D. C. Masters will pay your relay entry fee. You are responsible for getting your times for all your 50's to Sue. She will make up tentative relays based on fastest times so that we can enter the events. (There are no deck entries permitted, so we've got to get the relay times into the meet committee by April 8.) If you don't tell Sue you're going, she won't know and maybe we could have entered a "B" relay and scored more points. Therefore, please let her know your times asap. Call 536-8699.

Disclaimer--Sue's seeding of the relays will be based strictly on the submitted times. When we get out there, each age group will

be on its own to decide who swims on what relay, and in what order. Sue will not be expected to referee the matter, but she will have all the data with her and will help if asked. Please note that we can often enter two relays in an age group; that's eight swimmers. Last minute cancellations by a swimmer means three of your teammates can't swim, and the Club wastes the entry fee. Please make sure you're really going to go out there.

PARTY: The Club will host the usual post-meet party on Saturday night.

CLUB MEMBERSHIP: USMS is pretty sticky about "instant" members, so be sure to register with Joann Leilich as a D. C. Master, and also join the Club--to join DCM send \$10 to Dave McAfee, 510 E. Broad St., Falls Church, VA 22046.

If you have any questions or need further information, please feel free to call Art Smith (759-2211) or Sue Schaffer (536-8699).

FIRST CALL FOR LONG COURSE NATIONALS

As the current long course nationals champions, the D. C. Masters will be looking to defend its title in August at Providence, Rhode Island. We have a difficult task ahead of us since the meet is held in the home court of the New England Masters, whom we just beat out. (In fact, they thought they had won and had their newsletter already written to this effect.) We know that they will be out in force, so we must be also.

This is plenty of advance warning to let you get in shape and prepare your vacation schedule for the event. We will need everyone. This is just a general warning. Next newsletter we begin to name names.

MEET SCHEDULE

March 9,10	First Annual SPEEDO/TWA Swimming Classic 9th-clinic with Rowdy Gaines and Jane Katz 10th-Masters Meet of Champions Mike Meyers, Sports Promotion International PO Box 12672, Pittsburg, PA 15241
March 9	D. C. Masters Spring Fling Dave McAfee, 510 E. Broad St., Falls Church VA 22046
Mar ²⁹ ,30,31	MAM Championships, U. of Delaware Harry Rawstrom, 713 Colgate Lane, Newark, DE 19711
April 14	D. C. Masters Pentathlon Dave McAfee, see above
April 21	Hawaiian Relays, Tuckahoe Pool
April	York White Rose Spring Meet
May 10-13	USMS Nationals, Brown Deer, Wisconsin
May 17-20	Canadian Championships
June	VAM Long Course
June	Terrapins 1500

July National Two Mile Swim, Chris Green Lake, VA
Aug, 3,4 D. C. Masters Long Course
Aug. 8-14 Canadian Masters, Toronto, Canada
Aug. 17-20 USMS Long Course Nationals, Providence, RI

MEET RESULTS

UNIVERSITY OF DELAWARE -- PENTATHLON

November 18, 1984

by Joann Leilich

This meet featured the pentathlon, but also included 200's and the 500 free. The pentathlon events were seeded by age group and sex (as much as possible) rather than by seed time only. I liked this idea, as you were swimming against your competition and knew how you placed almost immediately. In general, there was a good turn-out with participants from a large geographical area providing more and different competition for most of us.

Only a few D. C. Masters attended this meet -- Dick Cheadle, a U of Delaware alumni who was coached by Harry Rostrom; John Flanagan, the only F&F swimmer not tapered for this meet; Mary Lathram, from the Skyline contingent of DCM; Joann Leilich, your reporter; Judy Collins, our enthusiastic D. C. Master from Annapolis; and Richard Hay, who remained incognito to the rest of us. Richard, I did locate you on the starting block, but refrained from introducing myself at that time.

Mary swam the backstroke events beautifully, improving her 200 back by 11+ seconds in 2 weeks. Her secret? She has been using interval training and without an organized, coached practice.

John swam the 200 and 500 freestyles and impressed all of us with times of 2:00.18 and 5:25.04. We hope he was pleased.

Dick looked good in the water, however, seeing his photographs in the archives of U of D was a highlight for me. Some BODY!! Dick was not as pleased with himself, however. For the first time as a Master's swimmer he competed at his alma mater. Showing rare early season form, Dick managed a personal worst in the 50 breast and 50 free and just missed a personal worst in the 50 fly by .5 seconds.

Judy swam her bi-weekly workout--the first four events (2 50's and 2 200's) then rushed off to her next engagement. Keep swimming, Judy.

Richard and Joann swam the entire pentathlon. Richard placed 2nd out of 6 and Joann placed 1st out of 5 in their age group (45-49) by sex.

This meet is an annual event, usually the Sunday before Thanksgiving. Attendance involves a long, but pleasant day including a stop of dinner on the way home. Hope more D. C. Masters will participate in 1985.

JCC CHANUKAH MEET
Svanson

December 16

by Ann Volmer

In the midst of the busy holiday season, many D. C. Masters, almost one-half of which were new members, took time out to swim at the

JCC Chanukah Meet.

Along with the familiar faces of Dave McAfee, Bert Kassell, Kelley Lemmon, Elaine Hochuli, Betty Griffin, Joann Leilich, and the recently returning Dick Cheadle and Jan Brand, were "debutants" Pam and John Locke, Harrison Brand, Dale McGinley, Anita Sciacca and Wayne Zimmerman.

Pam and John Locke were recently recruited by Elaine Hochuli whom they met at Wakefield where Elaine swam in November. For Pam this was her first meet in 4 years, and although her times were a bit slower, she was quite happy considering her lap swimming training of recent years. A former marathoner, John is new to swimming competition, having only competed in a 1650 meet and novice meet prior to this meet in which he swam the 50 fly and 100 breast.

Jan Brand, who came to Nationals in August just to swim on the 35+ relays, has been training regularly with Betty Brey. She's working on her breaststroke (in case she has to swim it in a relay again) and had a strong 200 IM. Her husband, Harrison, who swims as part of his triathlon training, swam in his first meet and had several excellent performances in the freestyle events. He surprised himself with times far below the seed times he had submitted.

Bert Kassell spent the meet struggling to beat his seed times and finally succeeded with a 1:38 100 IM.

Dick Cheadle was pleased with his performances of 2:26 in the 200 free and was particularly happy about 38.38 in the 50 breast, which "was his best in ages" (since '79 or '80).

On the last lap of the 100 free Joann Leilich forgot what event she was swimming--instead of a flip turn (which she has been working hard on) she did an open turn with a breaststroke push off. Luckily, because she's so good at that she didn't lose much time and those watching got a kick out of it. Otherwise, she swam no breaststroke at this meet, but continued to work on her 100 fly.

Kelley Lemmon had a good time -- something he's been doing a lot of since August.

Dale McGinley, who joined F&F this fall, proved that decent workouts pay off and was very happy with his performance in the 50 and 100 back and a close finish in the 100 IM.

Ann Svanson was extremely pleased with her times in the first short course meet since joining D. C. Masters last spring. She swam the 50, 100, 200 free and 50 and 100 back and had PR's in all.

The meet was well-organized by JCC members and ran smoothly with Chris Ruppert-Prosch officiating. Most swimmers seemed to be less concerned with their times as with having fun as is witnessed by the lack of times submitted for this article.

COMMENT on the 1650 MEET--

Congratulations to Betty Griffin, who had a personal best by 14 seconds with a 29:17.07!

TEAM NOTES

by your editor

Congratulations to Susie and Bob Husson on the birth of their daughter, Erin Joanne Husson, on December 4.

Best wishes to Dolly McClary, who had to be hospitalized with an injury to a disk in the upper part of her back. Unfortunately, the location of her injury is such that intense swimming is not beneficial.

By now many of you have probably heard of the recent demise of Fun and Fitness. Next month I hope that I can persuade Dick Cheadle to write an appropriate eulogy. I hope that John Flanagan is enjoying his new job coaching at Solitar.

Long-distance D. C. Master Bill Newman is serving as Commanding Officer of the United States Ship White Plains and is stationed in Guam. His family is enjoying the climate and water sports of Guam and are becoming certified in scuba diving. Bill, however, spent much of the first four months of his tour keeping the fleet supplied by steaming over 30,000 miles of ocean and crossing the equator 6 times. Best of luck with your work, Bill. We will look forward to your return to the area.

Gail Dummer supplied me with a list of many of the articles that resulted from the study of women Masters swimmers in which many of us took part. Since the list was published in SWIM magazine, I will not include it in this issue. If you missed it in SWIM and are interested in looking up the articles, call me and I will be glad to give you the references.

Art Smith, who once again is running the D. C. Masters Hour Swim, may be looking for help in collating the results around the end of the month. Please consider spending a few hours helping out the team if he calls. We can't promise exciting work, but we can probably promise a beer or two.

I apologize for missing an issue of the WAVEMAKER. With moving and catching every illness to come along except the Phillipine flu, I'm afraid the newsletter got low priority. I do plan, however, to get back on track with an issue approximately every five weeks. Contributions as always are strongly encouraged. I will place the deadline for the next issue and instructions on where to send them on the last page of each issue but before any attachments.

Thanks to this month's reporters, Joann Leilich, Ann Bvanson, and Art Smith for keeping up with what is going on with our members and planning for nationals, and to our esteemed columnists (I don't think any other team can boast of such quality), Ray Chen and Dick Cheadle. Also thanks to Eileen McAfee, who prepared the team list attached, and Joann Leilich who is keeping a list on the computer that will come in handy especially for relays.

CHEN'S COUNSEL

THOUGHTS ON THE BOOK "EAT TO WIN" by R. HAAS

For months the book "Eat To Win" by Robert Haas has been at or near the top of the non-fiction best seller lists. Up until fairly recently, there was little direct scientific evidence that any specific diet improved athletic performance. Then, about a dozen years ago, carbohydrate loading was shown by the Swede P.O. Astrand to enhance endurance. Now both the professional and weekend athlete are very conscious that what they eat will affect how they play. Dr. Haas' book describes the background and details of the "Haas Peak Performance Program" of nutrition.

The book has been slickly packaged to give the impression that Dr. Haas, a Ph.D. nutritionist, is the consultant for many major organizations. No doubt the success of his book ensures that he now has many clients, but whether this was true when the book was written is unclear. Famous names are cited over and over as being his clients. These include tennis players Martina Navratilova (who wrote the Forward), Gene and Sandy Mayer, Stan Smith, Fred Stolle, and the US Davis Cup team. Others are basketballer Nancy Lieberman, James and Jonathan DiDonato (who tried to butterfly across the English Channel), and triathletes Sylviane and Patricia Puntous.

Those of us who read diet fad books for fun will immediately recognize that Dr. Haas' program is the opposite of many weight loss diets. Such diets usually stress low carbohydrate and high protein foods, while Haas emphasizes high carbohydrate and low protein intake. The average American diet has much more protein than needed, and the extra protein load is harmful to the kidneys. The body in fact is stressed by the effort it must make to process the extra protein and other incorrect nutrients. Excessive salt and fat are also seen as leading to poor health and performance. Energy comes from burning carbohydrates ("it burns cleanly"), which are recommended in forms such as potatoes, rice, pasta, and breads. Simple carbohydrates like table sugar, as well as butter, are to be avoided.

In a chapter entitled "The Wrong Stuff", Haas dismisses as "myth" a number of dumb sports nutrition ideas which some people still believe. Among these ideas is the belief that athletes need to eat extra protein; no doubt this was the basis of the training table, where football players gorge themselves on eggs, steak, butter, and milk. Other myths: that salt tablets are needed in hot weather, that commercial sport drinks are any better than water, and that beer is good to drink for the purpose of replacing lost fluid.

What is "The Drink of Champions"? It is pure water. Haas points out that a 2 pound water loss results in a 15% drop in performance. He recommends drinking 6-8 cups of water a day, 2 cups of water 15 minutes prior to exercise, 1 cup of water every 15-30 minutes during exercise, at least 2 cups beyond your thirst requirements after exercise, and more water if you have been drinking caffeinated drinks.

The book discusses various vitamins and minerals needed, and the foods which contain them. Generally, Haas recommends obtaining these nutrients by eating legumes, leafy vegetables, and other foods rather than taking pills, but he is not totally against such supplementation.

The Haas program has three levels. Before going on his program, one is to get a set of blood tests at the doctor's office for total and HDL cholesterol, triglycerides, glucose, and uric acid. If you are in relatively bad nutritional shape, your chemistries will have unacceptable levels, which are listed in the book. As you eat the foods specified for Level I, your chemistries will improve. A more liberal diet, Level II, is then started. After a few more weeks you go on Level III foods.

The diet plan is nutritionally sound, but for most Americans it would represent a major change in lifestyle. The diet is low in salt, has no table sugar, and is low in protein. Soda pop, potato chips, and steaks are out. Alcoholic and caffeinated beverages are discouraged. There is a large section of recipes, and the dishes sound very good. However, it takes some time to make them.

"Eat To Win" is obviously a phenomenal best seller, much like James Fixx' "Book of Running". Everyone will now watch Robert Haas to see if he keels over dead while eating spaghetti.

For those who want to improve their health and performance, the book's program is safe. If you are unfamiliar with today's nutritional ideas, this book is a good place to start. The Haas program sounds like it should be effective, and a good many people say it helped them. Still, it is never easy to "prove" that any diet actually works.

PHYSICAL FITNESS AND INTERPERSONAL RELATIONS

Being physically fit benefits the way you relate to others. Life is full of stresses and strains, but if you are not always tired and edgy, you can cope. Psychotherapists often forget that depression and anger may arise from subtle loss of energy. This in turn may be due to lack of conditioning, poor nutrition, alcohol intake, or some illness. A few thousand yards in the pool a day are better than a few thousand dollars on the psychiatrist's couch.

CONGRATULATIONS TO DC MASTERS 1985 ALL AMERICANS

Jackie Hirsty	Tom Wolf
Christine Ruppert-Prosch	Mathew Kanzler
Joan Leilich	George Worthington
Helen Hummer	Charles Bechtel
Nancy Clark	Ed Emes
Rita Shephard	Kelley Lemmon

If You're in a Really Tough Race and It Really Hurts,
Why Finish?

Back in the spring of '75 I witnessed a rather unusual Masters 200 fly race in Wilmington, Delaware. The gun went off, the field started. One swimmer in particular got off to a good, quick start, slicing the water smoothly, then gliding into a strong yet contained stroke. Looking good. Twenty-five yards. Easy. Zap. Fifty yards. Still looking great. Zap. Seventy-five yards. Still strong. Pop, up out of the water and into the shower. And that was that. The remaining one hundred and twenty-five yards were left to be swum perhaps another day. For whatever reason that swimmer decided that there were other things to do at that particular point in time that were more pressing than an additional 125 yards of fly. I was quite impressed. Here was an individual who escaped from what might have been a very unpleasant situation with grace and dignity, with a certain amount of dash. The swimmer became a role model for me for years to come. To avoid personal embarrassment we will not name the swimmer here; for the sake of this article let's just call him Ed Emes.

Now let's drift on to August of '73, the Long Course Nationals in Chicago. The team is doing well. The men's 35+ medley relay of Dick Cheadle (back), Meredith Smith (breast), Ed Emes (fly) and Al Allan (free) had just taken 2nd place. (Shows you what the competition was like in the early days). I had taken 5th in the 50 fly with a :32.6, and now it was time for the 100 fly. I pictured the race out in my mind; splits of :36+ and :43+ should put me just under 1:20, which would probably be good for a 4th place. Off we went. At 50 meters I was right at :36+ and feeling great. At 70 meters no change. Cruising along in 4th or 5th place on my way to a very respectable finish. At 75 meters it started to go, and when it went, it went fast. Everything from head to toe started to fall apart. At 80 meters it was over. No longer a race or competition or DCM or anything, it was now purely a question of survival. By 85 meters I knew I was in deep, deep trouble. I started breathing to the side to see if I could alert any of my teammates on the side by the look on my face that I might need to be hauled out of the water. You can imagine what that looked like. The first one I saw was Ed Emes. He was lying on the deck beating both fists into the tile, rocking convulsively with laughter. No help there. Then I saw Betty Brey, Dot Gates and Nancy Kirkendall. They were sort of huddled together, staring at me, transfixed, mesmerized. They looked like three Sunday strollers who had just seen a puppy run over by an eighteen-wheeler. A strong sense of tragedy, yet personal helplessness. No help there either. At 90 meters I became very afraid that I was going to drown. (New World Record; first Masters swimmer ever to actually drown in the middle of a race.) My forward motion had virtually stopped. My elbows were locked in close to my body, my wrists were making small, 5" concentric

circles, my feet were settling to the bottom. I was "swimming" butterfly straight up and down, bottom to ceiling. I thought very seriously about wrapping myself around the lane divider. I almost did it, except that a number of small logistical problems began racing through my mind.....What about the next heat? Would the starter be able to start the race with a 6'4", 220 pound (at that time) behemoth wrapped head to toe around the lane divider 10 meters from the starting blocks?.....What if the lane divider snapped? Certainly I would go right to the bottom with my end.....Maybe they could unfasten both ends of the divider so that the meet could continue. And I could go to sleep (as in putting a pet to sleep) in the bowels of a coiled lane drum.

Suddenly, it was over. My chin hit something hard, it was the wall. For whatever reason, I had been miraculously spared. It was either a Religious Experience (like God personally intervening in the 4th quarter of a Notre Dame football game) or a strong current in my lane had swept me into the wall. Either explanation is equally plausible.....My time was 1:43+ on splits of :36+ and 1:17+. And again, we may be talking World Record here. The most disparate splits ever in a 100 meters race.

So, what do we have here?.....Wilmington, Delaware and Chicago.....Two people facing potentially the same disaster, handling it in two very different ways...One with style and a certain amount of class, the other making a complete fool out of himself....The one probably forgetting the whole thing the next day, the other still bearing strong mental scars from the experience. (To this day people who I haven't seen in years look at me, then say...."hey.....Dick Cheadle!!...Chicago, '73 .." and then they crack up.)

So the next time you find yourself in an uncomfortable position in some kind of a tough race, hey, knock off a few laps early and go get yourself a bottle of red wine and a steak. There will be other days. Dick Cheadle will never point the finger.

Don't miss the next Wavemaker. I am currently working on an article which should be finished by then entitled "Why I Am Seriously Considering the 200 Fly at the Long Course Nationals Next Summer", or, for the sake of conciseness, I might call it "Death Wish II". If it goes it'll be an SRO event.

DEADLINE FOR NEXT ISSUE--Monday, March 11

Send contributions or suggestions to Jill Hoover 2509 Arlington Blvd., #302, Arlington, VA 22201. Phone (703) 522-3027.

NATIONAL 10 BEST TIMES - LONG COURSE - 1984

Thirty DC Masters placed in the Top 10 Long Course in 1984. Foremost swimmer was Kelley Lemmon who placed in all 15 events and was first in the 50,100,200 M Free, 100 Back and 200 IM. Jackie Hirsty was the leading woman, placing in eight events and was first in the 50,100,400,1500 Free and 200 IM. Joann Leilich placed in seven events and took first in the 50 and 200 Breast. Chris Ruppert Prosch placed in five events and was first in the 100 Fly. Nancy Clark placed in seven events and took first in the 1500 Free. Rita Shephard placed in nine events and was first in the 200 Back. Tom Wolf placed in seven events and took firsts in the 100 and 200 Back. Mathew Kanzler placed in three events and was first in the 200 Breast. George Worthington placed in six events and was first in the 50,100 and 200 Fly.

Others appearing in the 10 Best Times were:

Elaine Hochuli	5 events	Jim Densmore	2 events
Susan Skiff	3 events	Dave Lyons	6 events
Susan Schaffer	4 events	Tony Young	1 event
Nancy Kirkendall	8 events	Ken Bergquist	2 events
Judith Collins	3 events	Charles Bechtel	6 events
Betty Brey	3 events	Art Smith	3 events
Mimi Lee	9 events	Frank Murphy	5 events
Nancy Pessel	1 event	Bert Kassell	2 events
Helen Hummer	8 events	Bill Fite	4 events
Mary Lathram	1 event	Dave McAfee	6 events
Bob Hansen	6 events		