



WAVE MAKER

November, 1985

PARTY!!! PARTY!!! PARTY!!! PARTY!!! PARTY!!! PARTY!!! PARTY!!!

This year's DC Masters Holiday Season party will be held at the Chuck and Laten Bechtel residence on Saturday night, December 7th. Details are as follows:

ADDRESS: 3105 Faber Drive, Falls Church, Virginia 22044

PHONE: (703) 532-0927

DIRECTIONS: From Beltway...Exit B East
..Rte 50..to 7 Corners...sharp right on Sleepy Hollow Rd....left on Carolyn...left on Hazelton...right on Faber Drive (dead-end court, park where you can)

From Arlington....west on Wilson Blvd or Rte 50 to 7 Corners, then same as above, except angle left to Sleepy Hollow Rd.

From Alexandria...Rte 7 (Leesburg Pike) to 7 Corners, then same as above except sharp left to Sleepy Hollow Rd.

TIME: 7:00.....Start
8:00.....Dinner begins

WHAT-TO-BRING: Pot luck...bring the following items according to your last name: *

A-J.....meats, pasta, main dishes, etc.
K-R.....salads, dressings, vegetables, etc.
S-Z.....desserts, Christmas cookies, pies, etc.

If you don't know the first letter of your last name, please call Dick Cheadle, Social Committee, 535-5850 (work), and he will be glad to help you work the problem out.

GAMES/GIFTS: Please bring one (1) gift per person attending for a grabag. Not to exceed \$5 per gift. The gifts can be nice or novelty, whatever.

TIMELINESS: Please do not plan to arrive later than 8:00 pm so that the foodstuffs are not arriving at 8:11, 8:31, 8:57, 9:04, etc.

PLEASE COME!!!! PLEASE COME!!!! PLEASE COME!!!! PLEASE COME!!!!

UPCOMING SWIM MEETS

To obtain entry forms for out-of-town meets, call Tony Young.
H-469-8955 W-828-1282.

- Dec. 1 Terrapins 1650
- Dec. 1 Upper Main Line YMCA, John Merryman
325 Abbey Rd., Berwyn, PA 19312
- Dec. 1 Wilkes-Barre YMCA, Sybil Nudo
240 Scott St., Wilkes-Barre, PA 18702
- Jan DC Masters One Hour Swim
- Jan. 26 DC Dept. of Recreation
- Feb. ? Maryland Masters
- March 15 DC Masters Pentathlon
- March 16 Upper Main Line YMCA
John Merryman, above
- Mar. 28-30 Middle Atlantic Masters, U. of Delaware
- May 15-18 Short Course Nationals, Ft. Pierce, FL
- May 18-25 Masters Swim Vacation, San Juan, PR
Exercise Excursions, 47 Spring St.
Lexington, Massachusetts 02173
- June Terrapins 1500
- July 11-16 FINA/MSI World Masters, Japan
- July DC Dept. of Recreation
- August 16,17 DC Masters East Coast Regional
- Aug. 21-24 Long Course Nationals, Portland, OR

TEAM T-SHIRTS

Hanes navy blue 50/50 with team logo on front. For those who participated in 1984 Long Course Nationals, shirts are available with imprint on back "1984 Long Course National Champions."

_____ Short Sleeve - \$5.00 _____ Long Sleeve - \$8.50

Make checks payable to: DC MASTERS

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Size (Circle): S M L XL

_____ I participated in 1984 Long Course Nationals

Send order to: Ann Svanson
1312 Seaport Lane
Alexandria, VA 22314

Minimum of 12 orders must be received before we can have shirts printed. As of October 25, orders for 8 shirts had been received. Order now for Christmas delivery!

DC MASTER OF THE MONTH--RAY CHEN

by Dick Cheadle

As always, I totally enjoyed Ray Chen's articles in the last Wavemaker....it's kind of funny, Ray taught me everything I know about writing, a fact he still denies to this date, for whatever reason...

That was a scary day at Wheaton in August...Ray had just finished the 800 free...he climbed out of the pool and told me his time...we both chuckled.....I gave him one of my best one-liners...he looked at me, sat down, looked at the sky, and peeled face first into the concrete...I thought...."maybe I'd best tone down some of my stuff".....

All kidding aside, I stared down at the fallen body of my thirteen year comrade, and, realizing that it might take mouth-to-mouth to resolve the issue favorably, immediately began looking around to see if I could find someone who would be willing to do that.

I then drifted on to Ray's second article about "Your Muscles Go To Pot When You Stop Training".....I loved the part about de-training and re-training, which might be a good thing...Since my traumatic 400 I.M. last Nationals, I have de-trained about as hard as any human being could. (Beer, pizza, waking up in alleyways, etc.). Now I know there could be a lot of good in this, I could be facing my best masters season ever. And Ray very beautifully ends the article with the dark cloud of threat...if you don't retrain properly, you could very easily be faced with "nuclear magnetic resonance" and "positron emission tomography"....I received the Wavemaker October 5th and began re-training October 9th...I hope I made it in time....

When I first joined DC Masters in January of 1973 Ray was already a legend.....and has since become something even more than that....a very good friend.....hats off, DC Master of the Month--Ray Chen.

DC MASTERS FALL CLASSIC--November 2

by Jill Hoover

DC Masters hosted the fall classic on November 2. This smoothly run meet was a result of hard work by meet manager Mary Lathram and assistant meet manager and referee Dave Lyons. In addition, Judy Berman, Helena Machado, Lucy Brown, Elaine McAfee, and Pepper and Tony Young put in a full day's work keeping score, passing out awards, serving as head timer, etc. Many other team members also took seriously the need for DC Masters to time and picked up a watch whenever their events allowed. Thanks to all!!!!

I did not get to collect many results (all are invited to send me theirs), however, I was very glad to meet some of our newer members, Allen and Gayle McCorkle from Winchester, VA. Allen and Gayle participated in their first sanctioned Masters Swim Meet. Together they have been practicing with the Winchester Gator USS Age Group Team for the past 9 months, 2 to 3 times a week with their 7 year old son Doug. Gayle swam a personal best of 1:21.4 for the 100 IM

(P.C.--Post College) and won the 50 backstroke. Allen swam 57.4 for a first in the 100 free, a personal Best (P.C) of 25.8 in the 50 Free and 29.6 50 Fly for a personal best but second. Welcome, Gayle and Allen (and Doug, a cracker jack timer).

For an inspiration coming out of this meet--Betty Griffin does it again. She took over 5 second off her 100 free, 4 off her 100 IM and 6 off her 200 free with a time of 3:10.27. Each year I think that she can't possibly continue her improvement--but she does!!

WARM-UP SAFETY

By Elaine Hochuli, DC Masters Swimming Safety

Committee

Throughout my experience at Masters swim meets, I have observed countless number of "almost accidents". These potentially dangerous situations were observed during swim meet warm-ups and could have been avoided completely if participants followed these rules:

1. DO NOT dive from the blocks or pool edge. Slip in from a crouched or sitting position or use a ladder.
2. DO NOT use any starting block until a meet official announces which blocks may be used as a "sprint lane".
3. A "sprint lane" is for practicing your racing dive and swimming in only ONE direction.
4. The end lanes are often designated for "sprint lanes" during the end of a warm-up period. So if you are circle swimming in an end lane during a warm-up, be alert to such a change.
5. If you are in a "sprint lane", please don't stop halfway. Complete the length or slip quickly into another lane or onto the pool deck.
6. If you want to try your turn in a "sprint lane", please tell the person behind you what you plan to do.
7. In the "sprint lane", if a backstroker is in the water, preparing to do a sprint, stand behind the block during his start, not on top.
8. Before entering a warm-up, check to see if there are any lane designations such as slow, medium. or fast.
9. Be familiar with the depth of the pool and height and design of the starting block prior to your first event.

I believe that it is up to the meet officials, coaches, and fellow teammates to enforce these common courtesies and safety procedures. Please, let's keep Masters swimming a healthy, enjoyable and safe sport.

ED. NOTE: The author has been an "almost" victim too many times. In addition, she is presently involved in a \$30 million law suit regarding a starting dive accident.

FALSE-STARTERS BEWARE

by Elaine Hochuli

At the present time the 1985 U.S.M.S. rule book has a "no false start rule". This rule provides that, if in the opinion of the

Starter and Deck Referee, a swimmer commits, or causes a false start, the swimmer is disqualified and may not swim in the race.

So why is this rule not in effect at all Master's Meets? I will cite two examples. At the DC Masters Fall Classic the Referee and Starter personally felt that this rule is too harsh a punishment on swimmers who may have false started unintentionally, particularly novice competitors. Therefore, at the meet, these officials disqualified all the swimmers who false started, but allowed them to swim "for time".

Another example of not following the "no false-start rule" is in the Potomac Valley Masters Dual League Program. This fall the team representatives decided not to adopt this rule for various reasons. Participants in these dual meets, be aware that these are NOT U.S.M.S. sanctioned meets. Therefore meet procedure does not have to follow U.S.M.S. rules. In both these examples, not abiding by the rules has its pros and cons. I do not wish to discuss the issues. I have only one major concern. Suppose a swimmer, novice in particular, who has participated in one, or both of the meets cited above, false starts at a future "sanctioned" meet. If he is not familiar with the rule, he will be disappointed, confused, perplexed and maybe even embarrassed if he tries to return to the starting block for another try, and is ordered to step down.

DC Masters, you must be aware of the FULL ramifications of the 1985 "no false start rule". If a false start, intentional or not, there will be a disqualification: no place results, no medal, no second chance, no swim for time!

The moral of this article is: Read your 1985 U.S.M.S. Rulebook. There may be other rules you are unfamiliar with.

SPRINTS

We are very sorry to hear of the death of Blair Lee III, husband of DC Master Mimi Lee. Those of you new to the area may not know that he served as acting governor of Maryland from 1977 to 1978 and had a distinguished political career. THE WASHINGTON POST wrote, "Gov. Lee brought a courtly manner, a set of moderate political values and a noted wit to the governor's mansion....He also brought unquestioned expertise in such areas as health, education, tax reform and fiscal management." We wish Mimi well in this difficult time. The team contributed \$25 to the Holy Cross Home Care Hospice.

Congratulations to JULIE BILLINGSLEY who was married on June 22 to Rob McNeil.

Several DC Masters have had success recently at other sports. KAREN SULLIVAN was the third female finisher in the Nike Capitol Hill Distance Classic 3-Mile Run. She followed that with a 9th place finish in the Footlocker Partners 8k Run. HOLLY VAUGHAN finished 11th in the Army HG 10-Mile Run the Bridges. SUZANNE O'HARA ran the DC Road Runners Club 20-mile race in Alexandria on October 6.

The DC Masters have formed several committees; the results of their work are already evident. The social committee, chaired by Steve Hogan, planned the Christmas Party, the meet management committee planned the November meet and are already beginning plans for a large-scale summer meet. Elaine Hochuli chairs the Swimming Improvement and Safety Committee and contributed articles this

month. This committee is working on plans to help members with stroke and racing improvement. Ann Volmer Svanson and Dave Lyons are working on Paraphernalia such as the T-shirts advertised in this issue and new awards medals. Kelley Lemmon and his committee are recruiting for Nationals and helping to keep up membership. A complete list of volunteers will be in the next WAVEMAKER.

Welcome to AL BOVE and ROBERT PARKS. They have been participants for many years in the Potomac Valley. DC Masters is fortunate to have such loyal team supporters in their ranks--they swam for Nautilus Aquatic Club for many years. For 1986 their team was too small to register, so they decided to transfer. We look forward to swimming with you as teammates, Al and Robert.

DC MASTER MEMBERSHIP--HAVE YOU RENEWED?
by Kelley Lemmon

The following is a list of DC Masters who have not renewed their membership for 1986. The list was obtained from Dave McAfee on November 10 and is current as of this date. Call Dave if you have any questions as to your membership or to get another form if you did not receive one or have lost it. (703) 532-7775.

Although, of course, you can swim as a master without belonging to the DC Masters; at only \$10, membership is one of the few bargains in D. C. We would like to point out the following:

1. Members get their own personal copy of the WAVEMAKER, delivered very approximately every five weeks. (By the way, if you have not joined before the next issue, this is your FINAL ISSUE).
2. Nonmembers will forego the THRILL of swimming for DC Masters in meets.
3. Nonmembers will become outcasts and NOT SOCIALLY ACCEPTABLE at DC MASTERS PARTIES.
4. And finally, delinquent members cause extra work and gas pains for DC Masters volunteer workers by being late re-registering. It would be nice to get a team roster out as soon as possible.

So with the above warnings in mind, the following swimmers have registered with US Masters as belong to DC Masters but have not in fact registered with DC Masters as of Nov. 10. This should be accomplished soon or swim "unattached".

Robert Dalton	Jim Stevens
John Flanagan	Kenneth Sullivan
John Padan	Joseph Valent
Barry Shay	

DC Masters who have not renewed their membership as of Nov. 10 are the following:

Nancy Baker	Bob Monshiemer
Robert Benson	Jacqueline Morgan
Charles Bonfield	Jean Monstrom
Nora Baskoff	
Maureen Burnett	Bill Newman
Ned Cahoon	Suzanne O'Hara

Carlyle Carpenter	Mary Jane Parks
James Cobb	John Padan
Thomas Cornell	Nancy Pessel
Robert Dalton	Michael Peterson
Carroll Delaney	Nick Peterson
John Duff	Edmond Piesen
Don Edgell	David Phelps
Leila Engman	Ted Rabenko
Randy French	Stephen Rogerson
Curt Furberg	Susan Schaffer
Dot Gates	Barry Shay
Edward Goit	Karen-Marie Schreiber
James Gray	Rita Shephard
Ronald Greger	Kenneth Sullivan
Pat Haffey	Sue Skiff
Ludwine Hall	Mary Thornton
Jane Haltmaier	Richard Tompkins
Sean Handelhan	Peter Ulrich
Jeff Homan	
Deborah Jenkins	Mary Veverka
Matt Kanzler	Don Wagner
Fred Lough	Martha Witebsky
Dr. Robert Lynn	Scroggie Wiley
Helena Machado	Tony Young
Michael Makarczyk	
Linda Martz	
Jack Meyer	

HAPPY BIRTHDAY

Happy birthday to the following November and December born DC Masters--Anita Sciacca, 43, Betty Brey, 54, Michael Peterson, 38, Tom Anderson, 39, Dick Clark, 41, Chuck Bechtel, 48, Helena Machado, 24, Bill Newman, 46, Bob Hansen, 31, Mary Ann Treiber, the BIG 55, Ann Volmer Svanson, the BIG 40, Jack Meyer, the BIG 40, and Julie Billingsley, 27.

EXERCISE AND SUDDEN DEATH

Ray Chen

An interesting review article recently appeared in U.S. Medicine, August 1, 1985, which covered the subject of sudden death in people taking part in exercise. The report by R. Virmani and J.C. Kishel is from the Department of the Army, Department of Cardiovascular Pathology and Armed Forces Institute of Pathology. The authors define "sudden death" as death occurring within 6 hours of the onset of symptoms in a previously healthy person. They review other published reports of deaths as well as deaths which they investigated and had autopsy findings on.

Dr. Thomas Bassler, a California pathology, once claimed that marathon running conferred immunity to coronary heart disease. However, since 1975 there have been at least 91 published cases of sudden death in runners including marathoners. In 72 percent of these, the cause of death was coronary atherosclerosis. The next most common cause of death was automobile accidents (3%). The authors state that "it is still uncertain whether physical activity, i.e. regular aerobic exercise, may protect against premature cardiovascular disease" but they go on to cite a monkey study where exercise did diminish the effects of a diet designed to cause atherosclerosis.

The article also reviewed some papers describing deaths in athletes of sports other than running, and these included a couple of swimmers. Again, most of the deaths were in people with atherosclerosis, but there were a number of rare conditions such as anatomic anomalies and congenital diseases.

The authors seem to imply that many of these deaths could have been avoided if the people had undergone stress electrocardiograms. These tests are usually administered while the patient is running on a treadmill. If the heart's arteries are narrowed, the amount of blood reaching the heart muscle will be insufficient during heavy exercise. This will result in characteristic changes in the electrocardiogram. Most of the 25-30 million Americans on a regular aerobic exercise program have not had stress electrocardiograms. It would require contacting an internist, preferably a cardiologist, who does them. The test itself runs about \$300, plus whatever is charged for general evaluation. While most of this probably would be covered by insurance, people tend to be cheap or assume that since they feel good they have no underlying illness. Another psychological factor may be that they do not want to know if they have some condition which would necessitate a change in lifestyle. Arterial narrowing can be treated surgically with bypasses or angioplasty (inflating a small balloon to open up the arteries), and some people think that diet can reverse atherosclerosis.

Deadline for the next WAVEMAKER, Dec. 5. Send contributions to Jill Hoover, 2509 Arlington Blvd. #302, Arlington VA 22201.

DOWN UNDER

BY Carlyle Carpenter

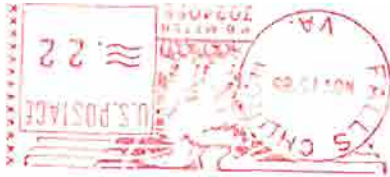
Knowing the play was close to completion, I had hoped to run into Dick Cheadle before this column was due....I'd checked all of his favorite watering holes in D.C. and Virginia (and that takes a lot of checking) without any luck....I was just about to sit down and write a column about the ten most beautiful talented women swimmers on the team (by age group) when, lo and behold, I wandered into the El Framinguito Lounge on E. 57th St. in New York (a theatre place where directors, sissy boys, producers, etc. hang out and there was Dick, seated alone at a table in the back, surrounded by a stack of manuscripts and four empty bottles of Pouilly-Fuisse burgundy. He got to telling me about the final act of the new play, and the whole place was hysterical, and I was the only one who knew what he was talking about.

Okay, it's the final act and the curtain opens.....the big swimming pool is again on stage and the swimmers are going back and forth, back and forth.....and in the background, the Norman Tabernacle Choir (from Norman, Oklahoma) is humming the dirge "Song of the Volga Boatmen".....the choreographer, John Brannigan, is walking along with them dressed in a villain's costume (tiny black racing suit and a thick mustache)...yelling, cajoling, threatening...driving them, driving them...when all of a sudden the audience gasps, thinking they've heard some kind of a sound....what could it be?....suddenly, they know....the sound they heard was a snap.....a definite SNAP....Brannigan has driven the swimmers too far and they have snapped the breaking point and rebelled.....now the swimmers are up out of the water....the chase is on....down the stage right stairs, up the isles, into the orchestra, down the stage left stairs, into the balcony, through the wings.....the audience is wild and screams approval...all except for Mr. Dudley Winterthur of Ridley Flats, Oregon, who, realizing that he is a John Brannigan lookalike, runs out the front door of the theatre at the first sign of trouble. Poor Mr. Winterthur was last seen running down W. 54th St. with Tom (the Wolf) Lobo and Jim Swismore in hot pursuit.....the chase continues.....at one point Brannigan is just about to be beheaded by a two-handed backhand by Joann (the Flower) Lilac with a kickboard when Brannigan just manages to escape, as the audiences' attention is momentarily distracted when Dr. John Allevier, who had forgotten to tie the drawstring on his bathing suit, trips over his own suit and sails headfirst into the Little Sisters of the Poor Field Trip Reserved Seating Section....the chase continues with fewer and fewer people appearing on stage until there is none left....Brannigan has disappeared into his last wing exit....the audience waits.....and waits....and looks for a curtain call....and as one realizes that that is it.....the last actor has appeared on stage...now the audience is screaming, laughing, roaring....many are crying unashamedly.....and the curtain closes.....

Well, Dick and I (and eleven other patrons) got to carrying on so that they did throw us out of there.....I think that Dick would like to address the team himself in the next Wavemaker about the play, so I've agreed to let him use this column space for that purpose.....See you two issues from now.

JOANN LEILICH
4913 KINGSTON DR
ANNANDALE VA 22003

FIRST CLASS MAIL



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