



WAVE MAKER

HAWAIIAN RELAYS

Join your teammates in one of the fun events of the season-- the Hawaiian Relays. The Hawaiian Relays is a postal relay event where teams in the age groups 25 & over, 35 & over, 45 & over, 55 & over, and 65 & over--men and women separately--compete in 7 relays. The relays are 4 x 50 butterfly, 4 x 50 backstroke, 4 x 50 breaststroke, 4 x 100 freestyle, 4 x 200 freestyle, 4 x 100 IM, and 500 locomotor (50, 100, 150 and 200).

DATE & TIME: Sunday, April 26, 8:30 AM warm-up, 9:00 start, done by 12:30.

COST : \$6.00, pay at the door. Cash or check made out to the DC Masters.

WHERE : Yorktown High School, 5201 N. 28th St., Arlington, VA. FROM THE BELTWAY, take I66 towards DC to the Washington Blvd./Lee Highway exit. Turn left onto Lee Highway. Proceed on Lee Highway towards DC about 1/2 miles. At Harrison, turn left (there's a shopping center on the corner), take the first right onto 26th Street. Take the first left onto Greenbrier. It runs into the back of the school. The entrance to the parking lot is on the left at Greenbrier and 27th Rd. The pool is the building next to the track. FROM DC ON I66, take the Glebe Road Exit. Turn right onto Glebe. At Lee Highway, turn left. At George Mason, turn right. Turn left onto 26th Street. Go 2 blocks to Greenbrier, turn right. The entrance to the parking lot is on the left at Greenbrier and 27th Road. The pool is the building next to the track. (If you've heard that this meet is at any other pool, disregard that information and come here. We've had a little trouble securing the pool this year, but the fifth pool is a char.)

Call your age group captain TODAY to participate. We need everyone. The trick of doing well in the event is to swim as many relays as we can. Last year the women won by one point largely as a result of the 8 relays swum by the 35-44 and 55-64 age groups. Also, if you can supply a friend or family member to time, please call Sandy Carey (237-1251). Nonswimming timers will make a more enjoyable meet for all. After the meet, all are invited to share a meal at a local restaurant. Details will be provided at the meet.

AGE GROUP CAPTAINS

	Women	Men
25-34	Martha Williams (569-4203)	Too Wolf (365-3973)
35-44	Sue Schaffer (536-8699)	Sandy Brown (w-245-8744) (h-320-2649 9-11 PM)
45-54	call Sue Schaffer, above	Dale McBinley (620-3732)
55-64	Minna Hauner (573-5911)	Bob Dalton (387-5858)
65 & up	Lorraine Murphy (229-4307)	Frank Murphy (229-4307) call before 8 PM

TEAM PARTY--BARBECUE (BYOM)

Come celebrate the start of the long course season and welcome back those who participated in Short Course Nationals.

WHERE : Chris Ruppert Prosch, 7213 Sanford Court, Annandale VA. Phone 876-8612

WHEN : Saturday, May 30, starting at 4 PM

HOW TO PARTICIPATE: Call Chris by Wednesday, May 27 at 876-8612. Tell her how many will be coming and what you will be bringing (A-J desserts, K-L condiments, salad, pasta salad, hors d'oevrs etc.) If you can provide a grill, please let her know.

WHAT TO BRING : BYOM--that is, bring your own meat for grilling; the dish agreed upon above; and folding chairs. The team will provide beverages and paper goods.

DIRECTIONS : From the Beltway, take the Gallows Road exit, EAST (towards DC). At the intersection of Gallows, Hummer and Annandale Roads, continue straight. Go two blocks and turn left on Wayne. After about one-half mile turn right on Murray. After a half block is Sanford Court, where they live in a two-story house. PLEASE park head in around the circle. From Columbia Pike, going west as in coming from Alexandria, turn right onto Gallows Road (Magraders on the corner). After one-half mile, turn right on Oliver Street. At the end of Oliver turn left onto Murray. After one-fourth mile turn left onto Sanford Court.

OUR OBSOLESCENCE IS PLANNED

The human body reminds me of a car which I once owned. In the late 1950s, Detroit decided to follow a policy of "planned obsolescence". This policy included subtle and not-so-subtle ways to make the American car seem undesirable after only a couple of years. Bodies rusted, hardware fell apart, motors burned out, and styles changed - fast. All this was meant to increase the rate at which the public bought new cars. I bought a 1957 Dodge in 1959. Within a year, the steering, transmission, water pump, brakes, and differential went out while the body rusted through. (In those days, one could not run out and buy a Japanese car.) Like these flimsy cars, the human body has apparently been designed to fall apart through "planned obsolescence".

Nature Expected Us to Die at Around Age 35

In primitive societies, people generally died at a rather young age - much younger than in modern society which provides safety, sanitation and care. A prehistoric caveman or even a contemporary headhunter somewhere in the jungle would be confronted with deadly situations all the time. Have you ever considered that simple conditions such as appendicitis, a broken leg, a skin infection, an animal bite, a bad cold, or diarrhea would probably be fatal under primitive conditions? Many of us have already survived one or more of these diseases, without even thinking they were serious. A friend who has done church work among African tribes was impressed by how few old people he met. In many of these primitive tribes, a person over 40 is looked on reverently as a Methuselah. Death by age 35 is the norm.

Everyone Thinks "Natural" is Good

In this age of improving quality of life, natural foods and ingredients seem to be all the rage. Anything that is "natural" is considered good, because our bodies are viewed as having evolved in "natural surroundings". Swimmers and runners feel good when they exercise, and this is taken to be evidence that nature meant them to exercise. In his book "The Joy of Running", Dr. T. Klostrabula, a marathoner and psychiatrist, points out that man was a hunter and gatherer. Running thus is natural to him, and modern culture, by making him sedentary, has robbed him of an activity necessary for mental and physical health. While everyone seems to agree that "natural is good", the fact remains that death is natural. Is it possible that "natural" is not good? Let us examine this heretical concept more deeply.

A Short Life Benefits The Species

In most species, the maximum length of life is quite a bit longer than the average length of life. In man, the longest lived person is somewhere around 115 years, yet if you look at primitive tribes in Africa or Borneo, for instance, the average age at death is in the 30's. A case can be made for nature wanting to dispose of its creatures shortly after their procreative years. A prime example of this fact is the rapid ageing and death of salmon after they have spawned. It is

generally not to the benefit of any species to have old members around taking up space and food. Some of the shortest lifespans occur among insects, which can be considered the most successful group of animals on earth in terms of numbers.

After Reproduction, Nature Wants You Out

There is a saying: "Nature is not perfect". If true, this is fortunate, because if nature were perfect, most of us would be dead by now. Is there evidence that nature is trying to kill us? Menopause is a sign that nature wants us out. Postmenopausal women become subject to osteoporosis and concomitant bone fractures, are more likely to develop heart disease and cancer, and often have psychological changes. One is hard pressed to think of any benefit which menopause could have to any individual. Clearly, menopause is nature's semi-bumbling way of trying to reduce the population. Although not as striking, a decline in sex hormones also occurs in men. A gradual loss of endocrine function starting around age 35 can be documented by following the levels of the testosterone metabolite, dihydroepiandrosterone.

"Unnatural" Tactics to Avoid a Natural Death

The point to be emphasized is that in older adults, nature is not trying to keep you around for ever: quite the contrary - nature is trying to do us all in. If we want to live longer, we have to consider doing unnatural things and making nature's ability to kill us even more imperfect. Here are a few examples of how this can be done:

In recent years it has become clear that estrogen replacement in women can avoid many of the problems of postmenopausal life, including osteoporosis, personality changes, and possibly the increased tendency to develop atherosclerosis. Anabolic steroids, like the ones used by weight lifters, have proven beneficial to very old people who have difficulty maintaining weight. Such steroids also have been beneficial to men having high triglyceride levels. Dr. Harry Benjamin was a controversial gerontologist who gave steroids to practically all his patients, at a time when this was frowned upon. Did he himself take steroids? Probably only his biographer knows. Dr. Benjamin died last year at the age of 101.

Medical interventions such as surgery and antibiotics can be viewed as "unnatural". When some old person's aorta weakens and threatens to blow out, did nature mean him to receive that Dacron graft? If we get a cancer, did nature want it to be excised? When somebody gets pneumonia, did nature mean that he should be injected with a synthetic antibiotic?

"Nature Is Good" Should Be Taken With a Grain of Salt

It is no accident that there are so many different diseases that can do us in. The philosophy of life which predominates these days is that mother nature will take good care of us if only we do "natural" things and eat "natural" food. Perhaps this is all wrong: After our peak physical years, mother nature no longer loves us but is trying her rather poor best to do us in.

Is exercise natural? Clearly, exercise is natural and beneficial in young animals. Is exercise natural in older animals including people? The question is meaningless because nature never made provision for animals to get very old. In a sense, anything that an old animal does is unnatural.

Heavy exercise in the older age groups is probably "unnatural" but beneficial. Nature tries to sabotage us by causing various bone, tendon, and muscle disorders which would sideline us. Without exercise, our bodies lose tone, the immune system fades, and we get subject to chronic and infectious diseases. By ignoring or fixing up our orthopedic problems, and continuing to do wind sprints into our 70's and 80's, we defeat nature's deadly intentions. Are food additives and preservatives all that bad? Maybe we will accidentally eat some chemical which fouls up the ageing process. Are huge doses of vitamins (megavitamin therapy) bad because they are unnatural?

Conclusion: "Unnatural" Might Be Good

The point of this little essay is that we need to rethink the concept that nature has our best interests in mind. Rather than basing health decisions on what we perceive as "natural", we should do what works for our bodies. Some people refuse blood transfusions or medicines on the basis that these are not "natural". What we need to realize that we are fighting a battle in which we need to use whatever ammunition is available, natural or not. A drink or two a day seems to decrease heart attack rates; exercise in the elderly seems unnatural but seems to work wonders; innumerable new drugs for high blood pressure, heart conditions, infections, etc. are effective; megavitamins may be helpful. In short, a view that "Unnatural" might be good could serve as the basis of a practical philosophy for health.

CALENDAR

- April 11-12 *NY State Championships, Syracuse, NY
 - April 11-12 NC State Championships, Raleigh, NC. Dick Joanis, P.O. Box 19845, Raleigh, NC (includes 1650)
 - April 17 Deadline for LA Beer Super Swim (2 mile postal)
 - April 25 *York Masters Meet, York PA (deadline April 25)
 - May 2-3 East Coast Masters Open, Bridgewater, NJ (includes 1650 Sat. eve.)
SASE to Skip Ferris, Soaerset Valley YMCA, PO Box 6881, Bridgewater, NJ 08807
 - May 3 Reston Short Course Meters Meet. Beth O'Connor, 689-8858, 476-3414
 - May 8-18 YMCA Masters National Championships, Schroeder Pool. Brown Deer, Wisconsin (includes 18-24 age group)
 - May 15-18 USMS Short Course Nationals, Stanford University, Palo Alto CA
 - May 21-25 *Virginia Cavalier Masters Swim Camp, UVA, Charlottesville
 - June 6-7 Maryland Masters Long Course Meet at Naval Academy, Annapolis, MD
 - June 14 4th Annual Chesapeake Bay Bridge Swim. Fletcher Hanks, Box 560, Oxford, MD 21654
 - June 27-28 Virginia Masters Long Course Meet (tentative)
 - June 28 Terrapin Masters 1500, Rockville, MD
 - July 11 *Chris Greene Lake 2-mile Swim
 - July 25 DC Recreation Dept. Long Course Meet, Hains Point, DC
 - August 8, 9 2nd Annual DC Masters East Coast Championships, Hains Point, DC
 - August 25-28 USMS Long Course Nationals, Woodlands, TX
 - Sept. 6 1st Annual Chesapeake Bay Bridge/Tunnel 17 mile Swim. Fletcher Hanks, see above
- *For entry sheets, send self-addressed, stamped envelope to contact listed or to Ann Svanson, 1312 Seaport Lane, Alexandria, VA 22314.

Those going to nationals, please inform team coordinator, Tom Wolf, as soon as possible. Call 365-3973 (h) or 778-4038 (w) or send this form to him at 7441 Crestberry Lane, Bethesda, MD 20817. This information will be used to form relays.

Yes, Tom, I am going to nationals.

Name: _____ Age Group: _____

I can swim relays all days? (yes, no)

If no, I am not available for relays on the following days:

SPRINTS

Congratulations to Don Edgell on the birth of his first child on December 30, a son, Ian. Also, he would like you to note his new address 4759-3 Fairway Dr., Andrews Air Force Base, Maryland 20335. Phone--599-1215.

We are glad to see that Nancy Kirkendall is recovering from the broken leg that resulted from a Vermont ski trip. This is the second time she went to Killington and the second broken leg.

The executive committee met at American U. on Sunday, February 15. The meeting was followed by a pot luck social for the membership. Since President Bill Newman will be out of town during April and May, it was decided to fill our vacant vice presidency. Steve Hogan was nominated and subsequently approved. Membership voting on the new constitution/by-laws has been overwhelmingly "yes". As of the closeout date, 21 Feb., 56 of 60 votes received (93%) were "yes" and the constitution/by-laws are thereby approved. The interim officers will get on with the task of incorporation as soon as possible. After three years of excellent service, Jill Hoover will relinquish the reigns as WaveMaker editor. Suzanne O'Hara has agreed to take over and publish six times a year.

Please send articles for the next WAVEMAKER, scheduled for publication after short course nationals, to Suzanne O'Hara, 16401 Grande Vista Dr., Derwood MD 20855.

Congratulations to the following DC Masters who participated in the Hour Swim: Pam Locke, Ann Svanson, Mimi Lee, Lorraine Murphy, Jim Densmore, John Locke, Lee Bettis, Art Smith, Barry Shay, Bill Newman, Don Walter, Bob Dalton and Frank Murphy.

TEAM SHIRTS--Available are short-sleeve t-shirts (\$5.00), long-sleeve t-shirts (\$8.00), crew-neck sweatshirts (\$10.00) and hood sweatshirts (\$13.00). If you are interested in ordering one, please send Ann Svanson, 1312 Seaport Lane, Alexandria, VA 22314, a check (Payable to "DC Masters") for the appropriate amount with your name, address and shirt size NO LATER THAN APRIL 20. This will be the last opportunity to order before Nationals.

1986 LONG COURSE NATIONAL TOP TEN

compiled by Ann Svanson

WOMEN: 25-29--Cindy Watts (50, 100 fly) 30-34--Elaine Hochuli (800 free, 50, 100, 200 fly, 400 IM); Sue Skiff (50 back, 50 fly) 35-39--Chris Prosch (100 fly, 200 IM); Sue Schaffer (400 IM) 40-44--Sue Herrington (50, 100, 200 free and back); Ann Svanson (100, 200, 400, 1500 free, 200 back, 400 IM); Nancy Kirkendall (800 free) 45-49--Joann Leilich (*50, *100, *200 breast, 200 IM) 50-54--Jayne Bruner(*50, *100 free, *50, *100 back, *50, *100, *200 breast, *50, *100 fly, *200 IM) 65-69--Helen Hummer (50, 200, 800 free, 50, 100, 200 fly); Mimi Lee (100, 200, 400, 800, 1500 free, 100, 200 back, 50, 100, 200 breast and fly, 200, 400 IM) 70-74--Nancy Clark (50, 100, 200, 400 free); Mary Lathram (50, 1500 free, 50, 100, 200 back) 75-79--Rita Shephard (100, 200, 400 free); Elsa Matilla (all * 50, 100 back, 50, 100, 200 breast and fly, 200, 400 IM)

MEN: 25-29--Mark Heinrich (*200, 400, 800 free, *100, 200 back) 30-34--Ted Kanamine--(200, 400, 800 free, 100, *200 fly, 200, 400 IM); John Locke (200 breast); Jim Densmore (100, 200 fly, 200, 400 IM); Bob Hansen (100 fly) 40-44--Dave Lyons (50, 100, 200, 500, 800 free, 50, 100 fly); Dave Hicks (200 back) 45-49--Dale McGinley (50, 100, 200 back); Art Smith (50, 100, 200 back, 200, 400 IM); George Worthington (100 fly) 60-64--John Woods (200, 400 free, 50, 100, 200 back, 50, 100 fly, 200 IM) 65-69--Frank Murphy (800 free, 400 IM) 70-74--Bill Fite (50, 100 back, 100, 200 breast, 50, 100, 200 fly, 200, 400 IM) 75-79 Dave McAfee (50, 100, 200, 400, 1500 free, 50 back)

Congratulations to everyone but especially to John Locke and Cindy Watts who made Top Ten for the first time and to Jayne Bruner and Elsa Matilla who were the top of Top Ten (*=All American) in each event in which they competed. Fortunately for the team Mimi Lee did NOT make her goal of making Top Ten in every event in Short Course and Long Course (she missed only the 50M Free and the 50 M Back); she can't slack off now and will have to keep swimming hard and making lots of points in 1987!

STROKE DRILLS

by Sue Schaffer

Stroke drills are a great way to: 1) perfect stroke technique by isolating and practicing portions of the stroke; 2) recover from strenuous full-stroke swimming while still doing something constructive; 3) cheat, so you will be less tired than your companion swimmers and subsequently able to beat them.

No matter what your purpose in doing stroke drills, you probably get quite bored if all you know how to do is right-arm, left-arm. Here are some other drills to test your coordination and skill. Usually only one stroke movement is described. Of course you should continue the drill for 25-50 or even 100 yards.

FREESTYLE

1. Catch-up. With arms extended overhead and a normal kick, do one complete stroke with right arm, then one complete stroke with left arm. Breathe to right side when using right arm, etc. After each stroke, hands meet briefly in front of body. Concentrate on strong underwater pull with elbow high and hand on mid-line of body; on high-elbow, low-hand recovery; and on turning head as little as possible to breathe.

2. Kick and roll. Lie on right side, right arm overhead and left arm at side. Do six kicks, breathing to left side. Continue kicking as you roll to left side, doing underwater portion of pull with right arm and recovery with left arm. Do six kicks breathing to right, then roll back to right by doing underwater stroke with left arm while recovering right arm. Concentrate on keeping elbow up and pushing all the way to your thigh underwater, and on high-elbow, low-hand recovery.

3. Delayed breathing. Do one-arm swimming with arm you are not using at your side. Breathe to motionless side. Concentrate on head position, on breathing into pocket between shoulder and chin, and on keeping elbow high at all times.

4. Fingertip drag. On recovery, keep TIPS of fingers (not whole finger) in water. Concentrate on keeping elbows high and hands close to body. Use normal underwater pull.

5. Fist closed. Ball hand into a fist and keep fist closed on both pull and recovery. Concentrate on maintaining the feeling of pressure on your forearm from the entry to the end of the stroke (be sure to pull all the way through).

6. Thigh brush. While swimming normal stroke, brush thumb against thigh at end of every pull. Concentrate on power from pushing all the way through.

BACKSTROKE

1. Overhead catch-up. Start with both arms overhead, elbows straight. Using normal kick, do one complete stroke with right

arm, then one complete stroke with left arm. Concentrate on underwater S-shaped pull and straight-arm recovery with hand entering little-finger-first directly above your shoulder.

2. Side catch up. Same as above, but start with both arms at sides of body and finish each stroke below buttocks. Concentrate on power of push at end of stroke and on deep finish and entry. Roll entire body toward arm pulling underwater.

3. Double-arm. With normal back flutter kick, swim with both arms together. Concentrate on finishing pull under buttocks and on keeping firm pressure on entry as hands catch the water.

4. Cross-over finish. Using normal stroke, extend finish of underwater portion so that right thumb brushes left buttock and the reverse. Concentrate on rolling hips and shoulders and on powerful press at end of underwater stroke.

5. Fist closed. Same as freestyle, but on back.

BREASTSTROKE

1. Narrowed kick. Swim normal stroke, except keep pull buoy between thighs. Bring heels as close to buttocks as possible on each kick recovery. Concentrate on powerful pressure generated by propeller-action of the feet.

2. Over-glide. Take as few strokes for each length as possible by gliding as long as possible. Concentrate on using power rather than speed to move through the water. Try to take from 4 to 6 fewer strokes than with normal stroke.

3. Two dolphin-1 breast kick. With normal pull, do two strokes with dolphin kick, then one with breast kick. Concentrate on good extension of arms and getting hips high during extension. It's easier to do with dolphin kick, so try to maintain the feel with dolphin kick when doing breast kick. Eventually try to switch to 2 dolphin-2 breast, then 1 dolphin-2 breast.

4. Squeeze-pull. Using breast or dolphin kick, squeeze water between hands while hands are under chest by rapidly pressing palms together and upward. Try to make water rush up and forward in a little spout on each press.

5. Stop-start. Start with arms extended overhead in glide. Bring arms to chest and heels to buttocks. Hesitate as long as possible before recovering arms while executing kick. Take breath while in scrunched-up position. Concentrate on timing-- pull while recovering legs, and kick while recovering arms; breathe when arms are at chest and thus shoulders are raised.

6. Slanted elbow-lock recovery. Using normal kick, extend arms on recovery of each pull so that arms are completely straight (elbows locked) and arms are pointed slightly downward with palms facing slightly outward. Angle between water surface and arms should be 30-45 degrees. This places arms and hands in

proper position for powerful, efficient pull.

BUTTERFLY

1. Side kicking. Lie on right side with right arm extended and left arm at side and do dolphin kick. Concentrate on feeling a smooth flow from shoulders to feet. Do the same on left side.

2. Right, left, both w/breath. Start with arms extended in front of body. Using normal kick (2 kicks per stroke), take one stroke with right arm only, one with left arm only, and one with both arms. Breathe only on the stroke with both arms. Concentrate on feeling a forward surge as you breathe.

3. Right and left w/breath; both w/out. Start as above. Take breath while using only one arm and do not breathe while using both arms. Concentrate on timing and head position. Take breath on second kick, as arms complete underwater push and begin recovery, and drop head forward as arms enter water. Be sure to breathe straight ahead, not to the side.

4. Power push. Push off wall with arms extended, take a couple of dolphin kicks, then do only the underwater portion of the pull and glide with hands at sides. Concentrate on hourglass path of hands and on powerful push. When forward motion has practically stopped, begin motion again with a few dolphin kicks while bringing arms back in front of body with breast or fly recovery, then repeat.

5. One-arm, two-arm mix. Try various combinations of one- and two-arm swimming; for example, 2 right-2 left-2 both, 1 right-1 both-1 left-1 both, 2 right-2 left-3 both, etc. Vary breathing patterns. Concentrate on making 2-arm swimming as smooth and powerful as the easier 1-arm swimming. Kicking and breathing form should not change with the changes in arms.

MEET REPORTS By Joann Leilich

Pentathlon/Terrible Triple--Thanks to ALL the DC Masters (and their spouses and children) who pitched in to run this meet. About 90 local swimmers participated - 20 completing the Terrible Triple and 31 the Pentathlon. Working with the newly formed Burke Masters Club to establish this meet has been a pleasure for me. We wish them much success in 1988 (and beyond) when they accept the challenge of running the meet alone.

Zone I Championships - A baker's dozen (12 swimmers and Frank Clark) DC Masters attend the first ever Zone meet held at Bentley College in Waltham, Mass on March 20-22. The 12 were: Cindy Watts, Martha Williams, Sandra Carey, Maureen Lindsey, Joann Leilich, Nancy Clark, Steve Hogan, Fred Zaon, Bill Newman, Lee Bettis, Bob Dalton, Bert Kassell. We fielded 2 relays, a 35 Mixed 400 Free and 25 mixed 400 Medley. Perhaps DC Masters will sneak into the Top Ten listings for these new relays.

Nancy Clark's summary of the meet was quite representative of the group. "Spring arrived on the calendar, but in Waltham winter's snows still 'blowed'. 442 entered swimmers -- a lot of bodies, but not enough to warm the 75 degree temperature of the water. The oldsters enjoyed the slow to fast -- the youngsters didn't. Too many events selected for the first night made a long day for everyone, followed by 2 more long days. This has been a great way to get to know more of our teammates." Bill Newman adds, "The pool was cold and slow, but the dance floor was warm and fast." Sandy Carey would like to plug the chocolate eclairs at Matoris Diner in New Jersey. Lee Dettis (Bettis to us) made the local newspaper when he broke the WOMEN'S 100 IM record by 10 seconds -- pushing Joann to second place. Bob Dalton swam his first 1650; Martha Williams swam her latest (11:40 PM) -- and that was with everyone swimming 2 per lane. Maureen Lindsey did several personal bests -- not many of us could say that.

Of the 442 entries 276 were New England Masters, so Joann reluctantly conceded the team score to Jim Edwards (NEM). It looks like NEM and DCN will be in different scoring groups at Stanford. Perhaps our next challenge will be long course in Tx.