



WAVE MAKER

June 1983 (also July)

NATIONAL SHORT COURSE CHAMPIONSHIPS

At the U.S. Masters Swimming Championships held in Ft. Lauderdale May 28-31 the DC Masters Swim Team----

Took 19 Firsts, 7 seconds, 9 thirds
Set 6 National Records
Scored 448 points in individual events
Scored 158 points in relays

Stars of the meet were--

Kelley Lemmon with 6 firsts (4 National Records)
Nancy Clark with 5 firsts and a third
Joann Leilich with 3 firsts (2 National Records)
Betty Brey with 3 firsts

First place relays were:

45+ mixed free
65+ mixed free (Clark, Latham, Murphy, Lemmon)
45+ mixed medley
65+ mixed medley (same)

The 1983 Short Course Championships were the largest ever held with over 1200 contestants. Competition was tough in every age group, especially the younger ones, but even in the mens 70-74 group - in which Kelley Lemmon made a clean sweep - there were 28 contestants. We were especially pleased to see Frank Murphy win the 1650 free, and Ed Emes win in the 50 fly - an event he has won in every National Championship for as long as we can remember.

Second place winners were:

Hochuli - 100 fly
A. Smith - 200 back
G. Worthington - 100 fly, 200 fly, 200 IM
F. Murphy - 500 free
R. Shephard - 100 back

Third placers:

N. Kirkendall - 100 back	E. Emes - 100 fly
J. Leilich - 100 IM	N. Clark - 50 fly
A. Smith - 100 back	R. Shephard - 200 back
R. Goodwin - 100 IM	D. McAfee - 500 free
G. Worthington - 50 fly	

Complete official results will be published in the next issue of SWIM MASTER.

HAWAIIAN RELAYS

46 DC Masters participated in the Hawaiian Relays this year, and we were able to field teams in all age groups. Congratulations to the 65+ women who broke the existing records in all four events they swam. Not to be outdone, the 65+ men broke the record in the 500 lo-comotor freestyle event. Let's hope they held up while this year's

results are tabulated. Special iron team recognition goes to the teams that swam all seven events, the 55+ women (as usual), the 45+ men (a very enthusiastic bunch), and the 25+ women (it's about time). Another team, the 35+ women managed to almost break a record despite recent operations and child bearing by two of its members. They are already looking forward to next year when they will be at full strength. The Hawaiian Team should be sending us the results about the beginning of July.

MARATHON SWIMMING NEWS

July will be marathon month for DC Masters. On July 10, Diddo Clark will compete in the World Professional Marathon Swimming Association's 22 mile race around Absecon Island (Atlantic City). On July 24, Art Smith and several other DC Masters will compete in the Second Annual Manhattan Island Swimming Marathon (27 nautical miles and 31.3 statute miles). Diddo Clark will be the media commentator for this event.

EASTERN STATES 2-MILE

The Virginia Masters are sponsoring a 2 mile swim at Chris Green Lake (Charlottesville, Va.) on July 16. This swim is a super fun event for all ages. Many DC Masters enter and we can win (and have won) the team title. Two miles is not that difficult - if you've been doing 2000-3000 yard workouts - it's only slightly farther! The course is well patrolled, there is a beautiful beach for relaxation after the event, showers and a changing place in the bathhouse. Plan on a fun day in the sun! We know there will be numerous carpools (it's about a 2 hour drive) so call Eileen McAfee (532-7775) if you are planning on going and she'll send you an entry form and keep a list of drivers/riders and will try to play matchmaker! Try it, you'll like it! (And, for those of us who favor one side or the other, the 10 AM start will be clockwise, the 11:30 AM heat counter-clockwise. No excuses, now!!)

A. Smith

A MEMBER'S LETTER

Dear Dave: We are moving to Abidjan, Ivory Coast this month. I'm in the Foreign Service and will be working at the Embassy, there. I'll miss DC Masters and the Fun and Fitness group - I'll look for somewhere to continue swimming in Abidjan. Please keep sending us the newsletter for the rest of our 1983 membership. Thanks, Morgan. Morgan Kulla, Leroy Lawson, Amembassy Abidjan, Dept. of State, Washington, D. C. 20520

AND ANOTHER--

Windsurfing is the fastest growing watersport in the world; it's been selected as an event in the 1984 Olympics, but more importantly it's a fun-way to keep in shape during the Summer. So for those of you who have spent most of your life in the water, Anton is now ready to teach you to enjoy yourself on the water. We're organizing an all-day picnic at nearby Fort Foote Park on July 9 (rain date-10), and Anton will be there with a fleet of windsurfing boats to help you get into this great new sport. Call Anton Ganev for details: 931-1390.

REGION II - LONG COURSE SCHEDULE - 1983

- June 1 thru 10,000 Meter Swim - Postal, Dale Petranec, 1008 Oaklyn Court, Voorhees, N. J. 08042
Aug. 31
- July 16 2 Mile Lake Swim, Charlottesville, Va., Virginia Masters, Mike Stott, 3717 Titan Dr., Richmond, Va. 23225
- July 31 DC Masters-Wheaton-Glenmont Pool, Wheaton, Md.
- Aug. 6,7 Maryland Masters - USNA, Annapolis, Md., Lynne Bragg, 5121 Bonnie Branch Rd., Ellicott City, Md. 21043
- Aug. 25-28 USMS National Championships - Indianapolis, Indiana, Joan Diercks, Greater Indiana Masters, P.O. Box 30317, Indianapolis, Indiana 46230
- Sept. 25 Triathlon, Virginia Beach - Dr. Michael J. Hechtkopf, 4169 Virginia Beach Blvd., Virginia Beach, Va. 23452

EARLY FALL SHORT COURSE MEETS

- Late Sept. 1650 & Miscellaneous events - Joe McEvey, Swim Coach, Dickinson College, Carlisle, Pa. 17013
- Oct. 9 Phoenixville YMCA (25 Meter pool) - 105 E. Pothouse Rd. Phoenixville, Pa. 19460
- Oct. 15-16 Virginia Masters, Norfolk, Va. - Betsy Durrant, 211 66th St., Virginia Beach, Va. 23451
- Oct. 22 York Aquatic Club - Cal Shaeffer, YMCA, 90 N. Newberry York, Pa. 17401

TEAM PARTY - SATURDAY, JULY 30 - 4 to 8 PM

DC Masters will gather at the home of Chris Ruppert-Prosch, 3380 N. Deckerson St., Arlington for a barbecue and viewing of Art Smith's movies of the National Short Course Championships. Members should bring hot dogs, hamberger, steak, chicken or what ever they wish to barbecue. Also needed will be some salad and desserts. The team will provide beer and wine.

Please call immediately and state your intention to attend and what food you will bring.

Chris - 241-8575 - evenings

Julie Billingsley - 333-2383 - evenings

USMS LONG COURSE NATIONALS - INDIANAPOLIS - AUGUST 25-28

Usually the Long Course Nationals do not attract as many competitors as do the Short Course Nationals. About 40 DC Masters attended the Short Course Nationals at Ft. Lauderdale this year. An unforeseen problem arose because the Relay Planning Committee did not have a complete list of those who had entered or their times for the various strokes. It would be helpful if we know in advance who plans to go to Indianapolis. So--if you do, please phone Eileen McAfee, 532-7775 We are requesting a supply of entry forms.

DC MASTERS IN COLD WATER

The South End Rowing Club and the Dolphin Club sit side by side on San Francisco's Fisherman's Wharf. For more than a hundred years, members of these clubs have been swimming in the Bay despite water

temperatures that range from the high 50's in the summer to the low 40's in the winter.

At least four DC Masters belong to the swim clubs on the Bay: Jane Restani, Leroy Lawson, Morgan Kulla and Diddo Clark. Morgan holds many of the women's records for Bay swims. Diddo set her first record on June 12, 1983 in "Bridge to Bridge", the 5.8 mile swim from the San Francisco Bay Bridge to the Golden Gate Bridge. Thanks to the knowledge and skill of pilot John Brennan of the South End Rowing Club, Diddo caught a fast current and completed the course in one hour and seven minutes.

The next day at noon, Diddo and John returned to the Golden Gate for a Bridge to Bridge swim in the opposite direction. She concentrated on swimming as fast as possible. But this time, she fought cross currents, rip tides, and fresh water run-off from the mountains. The second trip took almost 2 ½ times as long as the first.

RELAY TEAMS FOR MARYLAND MASTERS & REGION II MEETS

Both The Maryland Masters meet at Annapolis - August 6 & 7 and the Region II Championships at Richmond - August 13 & 14 offer relay events. While relays can be handled as "deck entries" there is usually too much confusion just before the meet to organize relays efficiently. Therefore if you plan to go to either or both of these meets, and would like to swim in relays please phone Eileen McAfee, 532-7775, who will keep a list.

DR. JAMES COUNSILMAN, QUOTED FROM SWIM SWIM MAGAZINE

Research at Indiana University has shown that the body can operate most efficiently in water at temperatures between 72 and 79 degrees Fahrenheit. Temperatures lower than 60 degrees or higher than 90 degrees have extremely detrimental effects on performance. At 60 degrees and lower the body loses heat faster than it can be generated. Consequently, the body core temperature drops. If it drops too low, hypothermia results. In the case of water temperatures of 90 degrees or higher, the body is unable to dissipate the heat it generates and the swimmer loses efficiency as the core temperature rises. The body attempts to rid itself of excessive heat by shunting blood to the body's surface, resulting in less blood available to supply the muscles. At high water temperatures the oil on the skin dissolves more easily than it does at lower temperatures. People who train in warm water of 82 degrees or higher frequently complain of itchy skin. Reducing the water temperature by even a few degrees lessens this problem. Most swimming pools are held at a compromise temperature of 78 to 80 degrees F. to satisfy the needs of such diverse groups as beginning swimmers, lifesaving classes, recreational swimmers, diving classes and competitive swimmers. If Americans would become accustomed to swimming in water temperatures of 70 to 74 degrees I think it would be better for their health, make workouts easier and improve individual swimming performance. Most European pools, particularly those in Germany, are kept at 74 to 76 degrees F. The amount of body fat you have will affect the way you adapt to cold water, but try it. You'll like it--maybe.