

# DC Masters

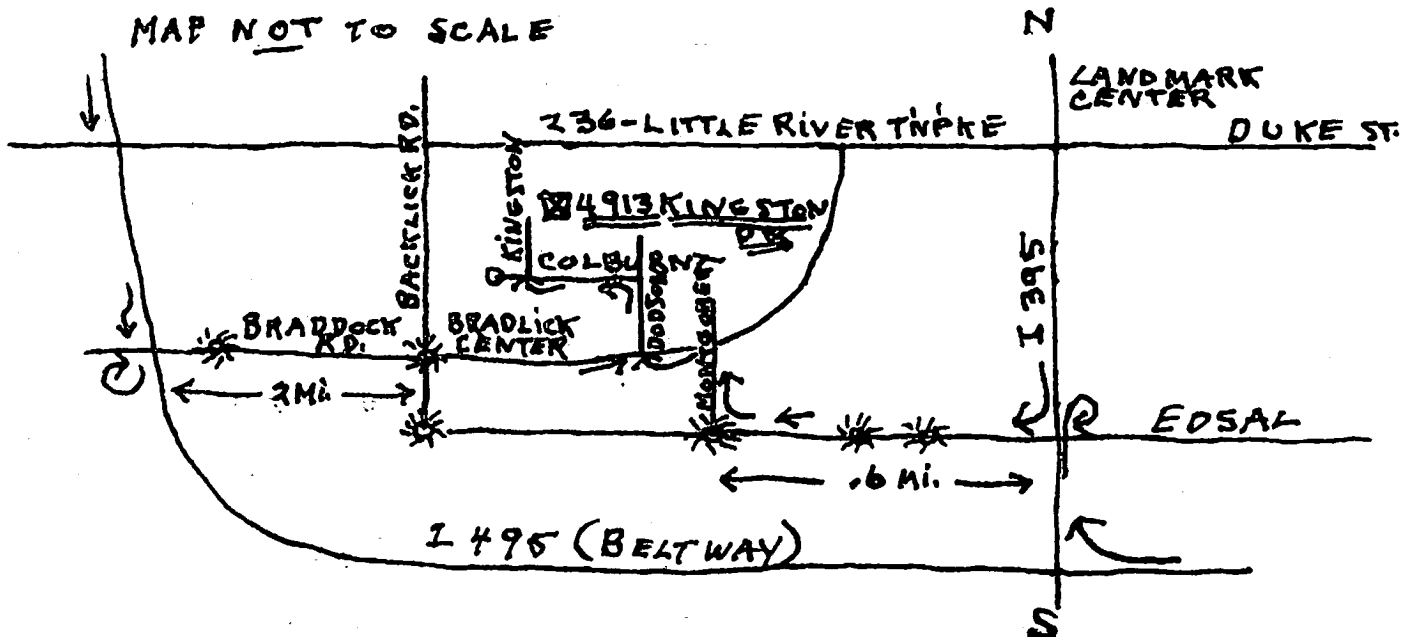
## WAVE MAKER

August 1983

DC MASTERS FALL POT-LUCK DINNER AND PICTURE SHOW!!!!

On Saturday, September 17 at the home of Joann and Bob Leilich, 4913 Kingston Drive, Annandale, Va., at 6:30 PM.

PLEASE RSVP by September 14 to tell Joann whether you will bring a main dish or a salad or a dessert. Her number is 354-2130.



### HAWAIIAN RELAY RESULTS TABULATED

The DC Masters women won the Hawaiian Relays again this year and the men took fifth place. Overall, the team came in 3rd, losing out to San Diego by only 3 points, 316 to 313. The New England Masters won the meet handily.

The women were led by the speedy and versatile 55+ team, which won 6 relays and took second place in the seventh. Two other women's teams, the 35+ and 65+ won two relays each. The 65+ women established new records in the 200 back and 800 free relays. They had broken the existing records in two other events, but a very strong HUMU team surpassed their new marks by a small margin. The 25+ women added points with 2 3rds and 2 4ths, and the 45+ women contributed 2 2nd place finishes and 4 3rds.

The men's 65+ team won the 800 free event and 4 2nd place finishes. Other men's team results are: 55+-2 3rd places, 45+-2 3rds, 3 4ths, 3 5ths. The 35+-4 3rd places, 1 5th. 25+-2 5th places.

Congratulations to the following swimmers on winning relay teams: Jane Ristani, Joann Leilich, Nancy Kirkendall, Sue Schaffer, Mathilde Huber, Helen Hummer, Lorraine Murphy, Elsa Sagasti, Mimi Lee, Minna

Hammer, Gertrude Abraham, Mary Lathram, Rita Shephard, Nancy Clark, Frank Miller, Kelley Lemmon, Dave McAfee, Carroll Delaney. If you did not receive your first place pins call Jill Hoover on weed-ends at 522-3027. Thanks to all participants. Next year we'll have to try to regain our second place standing. Jill Hoover

#### DECISION-MAKING CAPABILITY

Terry Gernstein sends in a very interesting piece which appeared in the Purdue Engineering Alumni Magazine for Spring/Summer 1983.

The capability for crystallizing decision making skills is largely inherited, according to Prof. Gavriel Salvendy, a human factors specialist at Purdue, but "favorable environmental factors may help people to reach their maximum potential as decision-makers."

Salvendy, a member of the faculty of the School of Industrial Engineering, says that research carried out by one of his graduate students indicates that physical fitness can be a key factor in a person's potential for making complex decisions.

The researcher, Satu Suominen, said that the 13 persons who participated in the fitness program had 60% fewer errors in "formulating strategies in complex decision-making" than did the control group which did not engage in the fitness activities.

The stability of the personalities of those who participated increased by 20%. "They showed far less neuroticism and depression than did the control group," Suominen wrote in her doctoral thesis on the subject. Physical fitness, she stated, also increased the workers' senses of motivation and provided them with a "better self-feeling" than they had at the beginning of the program.

The participants in the project took a series of "career-life situations," in which he or she decided whether to take a risky opportunity or to preserve the status quo. One such test involved the subject in deciding whether to make an investment in "blue chip" stocks or to gamble on a new stock with an uncertain future. The study indicated that the experimental group enjoyed a lesser degree of anxiety than the non-exerciser, as well as "increased extroversion and stability." Biochemical changes that take place in the body when a person exercises regularly contribute to a worker's ability to resolve a problem and to make sound decisions, Suominen concluded.

#### DC MASTERS--DISTANCE SWIMMING

Currently the DC Masters Swim Team has about 150 active members. Of that total some 50 competed in local swim meets during the past Short and Long Course seasons. The others presumably swim laps primarily for physical fitness.

During the past few years there has been an increasing interest in distance swimming. The Summer issue of SWIM SWIM magazine lists no less than 43 Open Water Swims all over the United States. Distances range from one mile up to 27 miles. Most of these are held in lakes or in the ocean. In addition distance swims include the One Hour Swim (sponsored by DC Masters in January), the 10 K Swim (sponsored by U.S. Long Distance Swim Committee) and the regular 1650 yard & 1500 meter events, conducted in regulation pools.

Nearly 800 swimmers competed in the One Hour Swim in 1983, including entrants from Australia, Canada, Great Britain, Germany, South Africa. 17 DC Masters entered this event, swimming distances ranging

from 2295 yards to 4775 yards in the specified 60 minutes. The 1500 meter event sponsored by the Terrapin Masters in June attracted 16 DC Masters swimmers - essentially the same ones who entered the One Hour Swim. Twelve DC Masters swam the 2-mile event at Chris Green Lake. Clocking times ranged from 48:14 (John Flanagan) to 1:10:26 (Betty Griffin). Out of 50 women entrants Elaine Hochule placed 3rd and Stacy Chanin 4th. John Flanagan placed 9th and Tony Young 10th among 82 male entrants.

Climaxing the distance swimming events of 1983 were the Manhattan swim in which 4 DC Masters participated and the Atlantic City swim in which Diddo Clark swam as a professional. See accounts of these events elsewhere in this issue.

Distance swimming is fun. We hope that more DC Masters will enter some of these events during the next year. After all, most members swim a mile or more during their daily workouts so they should have no difficulty in formal meet conditions.

#### "UNSINKABLE NELLIE BROWN"

"Isn't it wonderful that they all came here and I'm not dead yet," said Nellie Brown at her 90th birthday celebration in Alexandria. More than 200 friends, neighbors, relatives and former students came to the Del Ray Methodist Church to honor "the unsinkable Nellie Brown". Many called her a survivor. They marveled at how she endured polio as an infant, the early deaths of two of her three children, the loss of her husband to a hit-and-run drunk driver and later in life, the pains of numerous broken bones. We DC Masters members remember Nellie breaking records in free and back at many National meets. Here's to you Nellie!



## 1983 LONG COURSE SEASON

DC Masters swimmers have competed in meets held at Greensboro, N.C., Rockville (1500 M), Wheaton-Glenmont, Annapolis and Richmond (Region II Championship). In the latter event DC Masters won the High Point team trophy, which will be on display at the Fun & Fitness pool in Arlington. About 18 DC Masters have entered the Long Course National Championships to be held at Indianapolis August 25-28.

## REPORT

In the Summer issue of SWIM SWIM magazine appeared the following:  
PROFESSIONAL CIRCUIT LURES AMERICAN DISTANCE SWIMMERS

Twenty swimmers will gather at Gardner's Basin in Atlantic City on July 10th for the first of ten sanctioned races on the professional marathon swimming circuit, a tour that will take them from New Jersey to the Suez Canal. The World Professional Marathon Swimming Federation now stipulates payment of prize money down to the 15th place swimmer (the least amount for a finish within the time limit would be \$500) and new American entrants are joining the circuit to compete for it alongside swimmers who travel here from Egypt, Argentina, Yugoslavia, Italy, Holland, Canada and Mexico. Which brings us to this report filed by DC Master's own Diddo Clark.

## WINNING \$500 IN ATLANTIC CITY

I had to fight a seven knot current in the ninth mile of the Atlantic City marathon. It is impossible to outswim such a current and it was forbidden to touch land or boat. I didn't know what to do.

Chris Gilmore directed me from the escort boat: "Follow the boat [alongside the first rock-pile jetty at the southern tip of the island]. ... Pick-it-up! Pick-it-up! [as I sprinted through a wave that was breaking over the jagged end of the jetty] ... Straight for the beach! Go for it! [and I dashed into a cove between the two rock-piles] ... Through the surf. There's not much current in the shallow water [I stroked through the waves and ran aground]. ... Swim, Diddo, swim! [I lay in the sand gasping for breath. The next wave spun me like a rolling pin up the beach. But, with the loathing of the land of a fish out of water, I rolled back when the wave receded. In 6 inches of water, I crawled on my elbows toward the point of the next rock-pile. Twelve inches of water - I stroked and scrambled across the beach. In 18 inches, I would spurt forward on a wave, then brace myself with my legs against the current. Off the rock-pile in 2 feet of water, I crouched forward as for a track start into the face of the current. My muscles strained to maintain my position but the current blasted me backward and buried my feet in the sand.] Forward! Forward! Just a few more feet! [My kingdom for those feet! How can I advance when it takes all my strength to stay in one spot?] Come on Diddo! You can make it! [I pressed ahead - one step forward, half a step back - until I reached an eddy on the other side of the rock-pile. Whew!]"

For the next several miles, I evaded the current by swimming within touching distance of the island in 12 to 18 inches of water over sand, rock, and clam shells through mazes of pilings and docks. When I could swim freely again, I was so glad, I said to myself, "I want to swim. I want to swim. I want to swim."

I swam more than 20 miles, mostly against the current, but after 12 hours and 20 minutes I was ordered from the water 2 miles from the starting line because it was getting dark, the current was bad and getting worse, and the officials wanted to go home. It was a difficult swim - most of my strokes hurt and I was stung by jellyfish - but I wouldn't quit for anything.

Eighty-seven people had applied for the 20 starting positions in this international Around the Island Swim and I was pleased to be one of the few Americans chosen. I was even more pleased when the race director interrupted my beer drinking an hour after I left the water to give me five crisp hundred dollar bills and invite me back next year. We made a deal: he will arrange more favorable currents and I will train more effectively. I have unfinished business in Atlantic City.

RESULTS of the Atlantic City race, July 10, 1983: (1) Paul Asmuth, U.S., 8:29:22; (2) Claudio Plitt, Argentina, 9:36:03; (3) Nasser Shalzy, Egypt, 9:45:31; (4) Monique Wildschul, Holland, 9:50:02; (5) Robert LaChance, Canada, 9:51:52; (6) Phillip Rush, New Zealand, 9:57:07.

**MANHATTAN II**  
**THE SECOND ANNUAL 'ROUND MANHATTAN SWIMMING MARATHON**  
 (27 nautical miles and 31.3 statute miles)  
 July 24, 1983

New York was in the midst of a rainstorm the night before the Second Annual 'Round Manhattan Swimming Marathon and the weather report a few hours before the start said, "thunderstorms, ending this afternoon". Dwindling to a drizzle as race director Drury Gallagher orchestrated the last minute details of swimmers, boats, and crews, the rain stopped for good by 10:30 a.m. when Julie Ridge fired the cannon that started the race.

Storm runoff swelled the rivers and delayed the changing of the tides. The faster swimmers had to fight the currents at the Battery. By the time the slower swimmers reached the Battery, the tide was with them. These conditions compressed the differences between the leaders and the later swimmers. Last year, a wind that whipped up the Hudson after the leaders passed exaggerated the differences between the leaders and the later swimmers.

The race was more dramatic this year. With 28 people in the water, most of them could see competitors ahead and behind whenever they looked. Most of the swimmers passed and were passed a number of times because of differences in currents, obstacles, and feedings and in levels of and tolerances for pain, fatigue, and chill.

The first three finishers were all 34 year old men. Harald Johnson of Los Angeles is the 1983 champion. An editor and co-founder of SwimSwim Magazine, Harald decided to enter after reading about the race in his own magazine. His time of 8 hours, 15 minutes, and 45 seconds was slower than Dave Horning's winning time last year (7:25:45) and Drury Gallagher's record (7:14:44) because of the errant currents around the Battery.

Following Harald Johnson was his friend Richard Marks who coined the term (and printed the T shirt) "circumswim". Harald and Richard train in the ocean off L.A. every day. Richard's time was 8:19:44.

Third was Dr. John Shrum of Charlottesville, Va. When a television interviewer asked him before the start what he did in his spare time, he said, "Dermatology, but after this race I may take up psychiatry." John's time was 8:25:18.

After the triumvirate of 34 year olds, it would have taken a high speed camera to record all the action at the finish line. Eight swimmers shot by within 12 minutes - including the two who tied for tenth place.

Charles Lang, 26, of Connecticut, finished fourth in 8:33:37. His 1650 seed time of 16:45 was more than a minute faster than that of any other finisher.

Two seconds after Charles Lang was Julie Billingsley, 24, a graduate student in Arabic Studies at Georgetown University. Julie is a member of the D.C. Masters Swim Team which placed 4 swimmers in the top 10: Julie, fifth overall and first woman, 8:33:39; Art Smith, 45, seventh, 8:39:00; Stacy Chanin, 22, ninth, 8:43:44; and Diddo Clark, 33, tenth, 8:44:46. All four train at Northern Virginia Fun and Fitness under the direction of John Flanagan.

Suzanne Rague, 32, came in sixth with a time of 8:37:10. She was Masters National Champion in the 1650 in 1982 and 1983.

Suzanne and her friend Sally Friedman, both Manhattanites, thought that one of the most curious things about Diddo Clark's account of her '82 Manhattan swim was that when Diddo got really cold, she thought that when she was warm she wanted ice cream (When Harald Johnson won the '83 race, one of the first things he wanted was ice cream.). ... Sally Friedman was sponsored by an ice cream company and was escorted around the Island by a boat flying a 6 foot ice cream flag. Sally, 27, finished eighth in 8:40:36.

Susan Westnedge, 37, of Atlanta, Georgia, tied with Diddo for tenth place. Susan works for an airline and has flown around the country to compete in open water swims and triathlons. She's tops in her age group.

Jim O'Malley, 24, an actor from Brooklyn, swam without a cap, came in twelfth, and was rushed to the hospital with a temperature of 85 degrees.

Dale Petranec, 48, U.S. Swimming Long Distance Chairman, was the steadiest swimmer. He finished in the middle of the pack both years. Nine of the 12 alumni from the first Manhattan race competed in the second (The other 3 - Norm Albert, Todd Bryan, and John Freihoffer - were swimming marathons in Canada.).

Diddo Clark, last finisher in 1982, was the first veteran to finish in 1983. Julius Carallo, 36, a printer from Brooklyn, didn't get far last year but he determined to finish this year. He learned to swim and to do flip turns. He worked hard and wouldn't quit. This year, he made it. Karen Hartley, 27, 1982 women's champion and current record holder, finished this year. The other veterans didn't.

Louise Comar, 30, from Los Angeles, who has swum the Catalina Channel and the Seal Beach 10 mile, finished fourteenth.

Ashby Harper, 66, headmaster of the Albuquerque (N.M.) Academy, swam across the English Channel when he was 65 in 13 hours and 52 minutes, a time which would be a credit to a swimmer of any age. He finished sixteenth in the Manhattan race in 9:03:45 behind Karen Hartley and before: Linda McGill, M.B.E., 37, who swam for Australia in the 1964 Olympics and broke the English Channel women's record in 1967 with a time of 9:59; Tom Hetzel, 50, from Texas, who had swum Manhattan twice before and the English Channel 4 times; Bo Gatch, 55, Santa Barbara, Ca., a born-again Christian who said grace before the race, rounded up sponsors, and raised \$9,000 for charity; Julius Carallo, whose 1650 seed time was 23:55 and circumswim time was 10:03:00; and T.J. Healy, 38, from Delaware, who asked when he finished 25 minutes after Julius, "Is this America?"

#### 'ROUND 'N 'ROUND WE GO!



From left, Diddo Clark, Julie Billingsley, Art Smith & Stacy Chanin take time out from one of their long daily workouts at the East Potomac Park pool.

Four DC Masters swimmers "made" the Post on Aug. 14 and we quote:

"Distance swimmers have discovered a virtual new frontier for record setting. All they have to worry about are sharks, tides, errant propellers and the diseased condition of the water. Before beginning her 28-mile swim around the island of Manhattan, Julie Billingsley asked a friend who had done it in 1978 just how nasty the river of Gotham really was. The way he described it, I thought I'd be swimming through a ton of debris, said Billingsley, a 24-year-old graduate student at Georgetown U. But enough people had done it, and nobody's ever died, so I decided to give it a try." Billingsley was one of 28 swimmers, four from the Washington area, who competed in the second annual 'Round Manhattan Swimming Marathon last month. That swim followed by

two weeks a professional marathon off the coast of Atlantic City. And both came on the crest of a new wave of aquatic marathons that enthusiasts hope will soon become a full-bore, competitive craze. The sport already has advocates who make die-hard runners sound like half-hearted wimps.

"This is something I've never done before. I wanted to see if I had the mental discipline for it," said Art Smith, a 44-year-old computer systems analyst for the Department of Justice who competed in the second Manhattan marathon. What did his family and friends think of his decision? "They're amazed; and, to a certain extent, so am I."

Smith, Clark, Billingsley and Stacy Chanin, the four local swimmers in last month's marathon, all belong to the DC Masters swim team that is coached by John Flanagan. For 48 weeks each year, team members swim two to three miles a day at either the Northern Virginia Fun & Fitness Center or the East Potomac Park pool. Before the Manhattan marathon, the group practiced a few days in the Chesapeake Bay and the Atlantic Ocean. But nothing could prepare them for the waters that swirl around Fun City. The race began at the 89th St. pier, just below Gracie Mansion, at 10 AM. The 28 swimmers, going counterclockwise around Manhattan, stroked north for half a mile of East River to Hell's Gate, where the East and Harlem Rivers meet. It was slack tide, the only time the whirlpools and four-foot waves there subside. After a seven-mile trip up the Harlem River, the swimmers crossed the northern tip of Manhattan at Spuyten Duyvil to the Hudson. For the 12 miles of Hudson River swim, the current was carrying them faster than most of the joggers who watched incredulously from shore. The final leg of the trip was the trickiest. After rounding the Battery, the swimmers had to go back up the East River. If the timing is not right, a swimmer can meet an outgoing current that is impossible to buck. The tide was supposed to go slack at 4:05 PM, but because of recent rain, it did not occur until 4:20 PM. "We were on time, but the tide was late," said Clark, who finished in 10th place. Billingsley finished fifth, and first among the women, in 8 hours and 33 minutes. Chanin, a 22-year-old student at the University of Maryland, had to detour around the Statue of Liberty, but still finished in ninth place after 8 hours and 40 min. Art Smith was seventh. The toughest part of his swim was keeping his mind occupied, he said. For that purpose he "sang '99 Bottles of Beer on the Wall' into the ground." Asked what he did to celebrate his finish, Smith said, "I took one of the world's greatest hot showers."

#### DIDDO CLARK TALKS ABOUT HER SECOND TRIP AROUND MANHATTAN

I didn't mean to swim Manhattan this time. I was there because Joe Coplan had asked me to be the media commentator for the Second Annual 'Round Manhattan Swimming Marathon, Sunday, July 24, 1983. On Friday evening, race director Drury Gallagher urged me to swim it. Joe Coplan, the assistant director, pointed out that if I were on the press boat, I'd want to be in the water. I told them I'd sleep on the idea. That night, I dreamed I was swimming around Manhattan Island.

On Saturday afternoon, I wondered what my coach, John Flanagan, would say if I asked his advice on whether to swim around Manhattan the next day. I figured he would say, "Swim it as a workout. You need a workout Diddo." So I swam it as a workout - a Sunday swim. I liked it and I'm eager to do it a third time.

I like daily hard workouts. They make me feel good. The toughest thing for me in swimming is tapering - swimming less and less each day for one to three weeks before the big event so my muscles will be rested and raring to go. Tapering drives me mad. I want to swim so bad. Withdrawal from hard workouts makes me nervous, restless, irritable, and depressed. I get aches and pains. I lose my short term memory - I stand in the shower after a light practice and I can't remember whether I have just washed my hair. Socializing helps - taperers anonymous. I call and visit friends and they calm me down. Another thing that helps is knowing that it is a physiological phenomenon. I don't get uptight about my races - the withdrawal symptoms recede as the event approaches and my body adjusts to the respite. It's a relief when I finally get to race and release my pent-up energies. I feel physically happy after a hard race. Marathons make me high for a month.

I hadn't planned to swim Manhattan this year because it was so soon after my first professional marathon and I didn't think I was strong enough to swim more than 50 miles in two days only two weeks apart. I rested after the pro race - swimming no more than a few thousand meters a day - and this unintentionally and painlessly became a taper for Manhattan II.

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*Joann*  
*you were in my*  
*to pick me up*

FIRST CLASS MAIL

