

SPLASH MASTER

VOLUME 6 NUMBER 2

FEBRUARY 2003

WELCOME TO LAP SWIMMING

BY AN ANONYMOUS SWIMMER

FORGET PING PONG, guess what I started doing this week? Swimming!

I've been "swimming" in the back yard eighteen inch pool for years, I've gone to the beach, and I've "bathed." But I haven't done laps for over 25 years.

You would have loved my first day! I went with my friend Mary who was a US Marine, is involved with Masters Swimming, is ten-years younger than me, and is 6-months pregnant. At the recreation center locker room, with no shame she whips off her clothes and puts on her suit. I go to the bathroom for privacy—handicapped of course because there's more room—and put on my suit...my shorts...and my t-shirt on top of that. This 600 pound rotunda will not be caught dead with all the bathing beauties around! Not so Mary, who is looking at me and chuckling, but I can only see a hint of this on her face because I am blind without my glasses.

Inland Northwest Masters CALENDAR

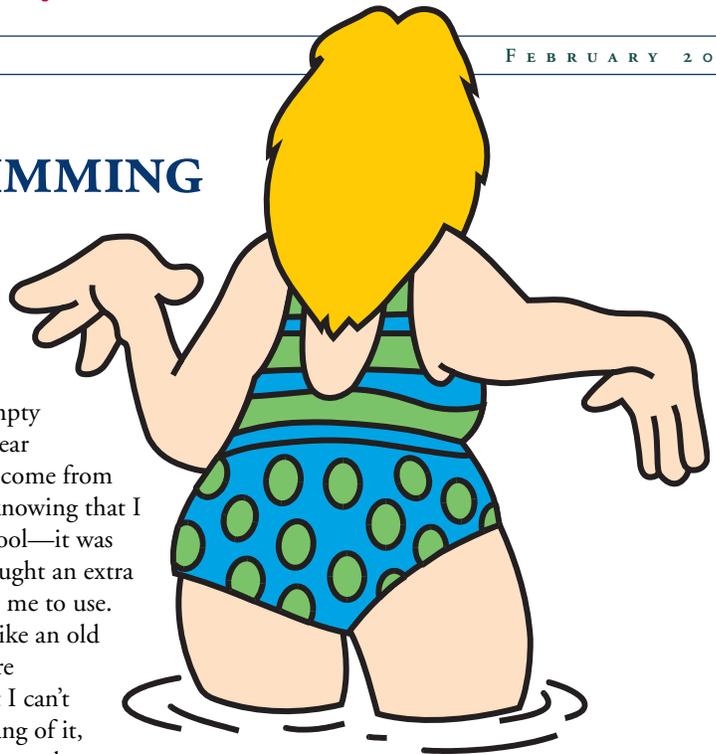
Feb. 26	Entries due for March Madness Meet, entry forms on page 4
March 9	March Madness Meet in Wenatchee
March 19	Entries due postmarked for Inland NW Masters Short Course Yards Championships <i>Deck entries will not be taken at this meet.</i>
March 29 & 30	Inland NW Masters Short Course Yards Championships in Pullman at Washington State University. <i>Deck entries will not be taken.</i>

On to the pool, which was supposed to be empty due to break. I swear people must have come from all over the state knowing that I would be at the pool—it was packed. Mary brought an extra pair of goggles for me to use. She puts hers on like an old pro. They really are simple things, but I can't seem to get the hang of it, the plastic curls up, and they're crooked on my face. I hand them back, I won't be wearing goggles today. She has an extra cap, I turn it down. Who knows what I would look like if the cap was on backwards.

Mary says, "grab a lane, and lets get started, will do some warm-up and then some drills."

I was on the swim team in high school even though it was the C-string, but I know how to swim, so I thought. We start with Freestyle, half way through the first lap I had forgotten that added poundage causes your lungs to be squished, when place in lots of water. I'm gasping for air and somehow my heart is thumping much stronger than I anticipated. I side-stroke to the end of the first lap. Mary has done two laps and is halfway done with her third, I plug on. I did some resemblance of Breaststroke on my way back.

Mary, wonder that she is, says, "ok, lets use the kick board to exercise our legs." I'm thinking, cramps and how about that hot tub. I take the board, and kick, gulp water, kick, gulp water, even the blind can see that the lifeguards are keeping a close eye on me. I wanted to wave and say "don't worry, I'll stop when I have died." How-



ever, I must concentrate as I have just crossed over into the other lane—with serious swimmers, this is a no-no. Luckily, I notice the guy next to me is using the kickboard and is moving slower than I am.

Now onto the drills. We put these floaty things between our knees so that our legs float, I thought that I would have no problem, but being 95 percent body fat I was wrong. So now my legs are straight behind me, but my back now feels like it is bending in two backwards. Mary says, "let's go and work our arms." I do that...for thirty-seconds. I can't get the hang of this, Mary gets to the end of both laps and waits for me.

"Well, how did that work," she asks. I reply, "I did the best dog paddle that anyone has ever seen!"

By now I am wheezing, my lungs are compressed, my back is aching, my eyes are stinging, my neck never to be the same, and my hair is in my eyes—we've only been at it for a half-hour.

Mary says, "let's go to the hot tub." I'm ready for this! However, I cannot get out of the pool, I have to cross the lanes to use the ladder. You can't go over the lane ropes,

see WELCOME on page 2

Inland Northwest Masters

Local Masters Swimming Committee

Board and Team Representatives

full contact information available online

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509-966-2361
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TEAM REGISTRATIONS

If you are an Inland NW Masters team (listed at the left) or would like to be an Inland NW Masters team, you need to submit an annual team registration. Each team will be allowed a representative on the Inland NW Masters board.

The team registration and fee allows to compete in relays at Inland NW Masters meets. The \$10 team registration fee includes a copy of the official USMS Rule Book containing rules for swimming competition, open water competition, postal events, athletes' rights, USMS National records, and USMS organizational information.

Name of the Team _____

Abbreviation: (4 Letters Maximum) _____

Team Representative Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email Address: _____

Team Web Site if available: _____

Head Coach's Name: _____

Address: _____

City, State, Zip _____

Phone: _____

Email: _____

Workout Pool Name: _____

Location: _____

Workout Times: _____

Mail Team Registrations to: Suzanne Dills • 639 N. Riverpoint Blvd. #3W • Spokane, WA 99202

WELCOME from page 1

so I go under. Holding my breath, now my butt floats just fine. I can barely pull myself out of the pool, but I do it.

I am expecting some sort of applause, but all I really get is a sense of relief from the poor lifeguards—they've earned their keep today I tell you.

We stay in the hot tub for five minutes and then off to the locker room for a repeat performance. Afterwards while walking to the car, I feel like jelly, and somewhat shaken. Mary asks, "well, what

do you think?" I said, "GREAT, when do we go again?"

Last night I used the fins and kick board exclusively. I had a much better time—even a great time. I have also been practicing holding my breath in bed at night.

Mary and I have settled on twice a week. She swims every morning, I think that coming with me is her mission of mercy.

Editors Note: The names have been changed to protect the innocent.

SLIM DOWN WITH MORNING WORKOUTS

BY IAN LEE

Rise and shine, my friend, because training in the morning definitely has its benefits. Let's start with the obvious ones.

Training in the morning will free up the rest of your day, allowing you to focus on work and enjoy evening activities.

By completing your workout early in the morning, you're also guaranteeing that you'll actually do it. We all know that after a long day at work, it's easier to make excuses or other plans in order to skip a workout. In the morning, your body and mind are fresh and ready to rock 'n' roll. Just remember that being disciplined is the key to staying fit, so start losing your snoozing habits.

As you may know, exercise increases mental acuity. By training in the morning, you'll wake up faster and be mentally alert at the crack of dawn. It'll also give you time to plan your day effectively before getting to work.

In addition, a good morning workout provides that rush of adrenaline and a sense of accomplishment that will stick with you throughout the day.

Finally, have you ever noticed how healthy you feel after a workout? And how you become turned off by greasy, unhealthy food? That said, training in the morning will force you to start watching what you eat from the first meal of the day. It will help regulate your appetite and set a "healthy mindset."

So, do morning workouts actually burn more fat?

Enough fluff already. I know that all you really care about is whether morning training will help you shed pounds quicker. The answer is "yes," morning training has been proven efficient for weight loss.

The reason is simple: Training in the morning will help "jump-start" your

metabolism and keep it elevated for up to 24-hours, thus burning more calories throughout the day.

Again, don't expect miracles. Training in the morning alone won't make you thin. You'll need to carry out a good training routine, maintain a healthy, low-fat diet, and acquire good sleeping habits.

More specifically, the key to losing weight is to carry out a cardiovascular routine first thing in the morning on an empty stomach. If you're feeling a little weak, sip a small cup of black coffee or a glass of orange juice. It will help you get started.

say good-bye, blubber

Now, here's why cardio training in the morning is a great way to blast fat:

Your levels of muscle and liver glycogen (also called stored carbohydrates) are normally very low when you wake up first thing in the morning. With depleted glycogen and lower blood sugar, you'll give your body the perfect environment to burn fat instead of carbohydrates.

Carbohydrates or glycogen are your body's primary and preferred source of energy. When they're low, your body will tap into your secondary energy reserve, which is your body fat. The idea here is similar to when the engine taps into the car's reserve tank because it's low on fuel.

Obviously, your body is way more complex than your car's gas tank. It burns up a combination of carbohydrates and fat. However, the less carbohydrates you have, the more fat your body will burn.

Are you convinced yet? If so, great—but expect an adjustment period. The same way you're jet-lagged after an overseas trip or drowsy when you suddenly have to switch from the graveyard shift to a regular 9 to 5 shift, training in the morning will require some lag time.

Normally, it should take approximately three weeks for your body to fully adjust to the time change. You'll start feeling fully energized; you'll wake up more easily and will generally be more alert.

Now all you need is a louder alarm clock to help you get up those first few weeks. Before you know it, you'll be a lean, mean, morning machine. Good luck and keep on pumpin'.

Taken from the MSN Fitness pages and AskMen.com

Award Nominations Sought

Please submit your suggestions for the **Most Inspirational** and the **Most Dedicated Swimmer** of the year award. Write a brief statement as to why the individuals should receive the award (it might actually be read at the dinner, so nothing too embarrassing). These two awards, along with the high point male and female swimmer will be announced at the dinner to be held in Pullman following the events on Saturday, March 29. Send your suggestions to: Susanne Simpson

3117 S. Jefferson
Spokane, WA 99203
509-458-3982
SBSBFLY@aol.com

United States Masters Swimming

TOP TEN

The following Inland NW swimmers made the USMS Top Ten for the 2002 short course meters season.

Margaret Hair (LCM, 45-49)
200 Freestyle 10th @ 3:23.26

Madonna Buder (UNA, 70-74)
800 Freestyle 9th @ 17:39.71

Jean Rudolph (MCM, 80-84)
50 Backstroke 7th @ 1:13.15
50 Breaststroke 5th @ 1:35.29
100 Breaststroke 5th @ 3:34.21

Trevor Gray (SWAC, 25-29)
50 Backstroke 5th @ :29.81
200 Backstroke 2nd @ 2:18.22

Larry Krauser (SCM, 45-49)
50 Freestyle 7th @ :25.90
800 Freestyle 5th @ 9:44.09
200 Butterfly 9th @ 2:50.65

Imre Schmidt (SWAC, 80-84)
50 Freestyle 9th @ :48.80
800 Freestyle 4th @ 19:35.98

C.J. Hamilton (LCM, 85-89)
100 Backstroke 10th @ 3:22.76
100 Breaststroke 5th @ 3:58.83

WENATCHEE VALLEY MASTERS PRESENTS
March Madness Swim Meet
SUNDAY MARCH 9, 2003

DATE/TIMES: Sunday, March 9, 2003. Warm-up starts at 8:30 am, Meet starts at 9:30 am. Event 3 (200 Yard Freestyle Relay) not to begin before 11:00 am

SPONSOR: Wenatchee Valley Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 353309.

ELIGIBILITY: All swimmers must be currently registered IWMSC/USMS swimmers. New IWMSC/USMS registrations (found in the *Splashmaster*) should be sent to Sue Dills or will be available at the meet.

RULES: All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2003 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

DEADLINE: All entries must be postmarked by February 26, 2003. Incomplete or late entries will be treated as "deck entries."

FEES: \$8.00 for entries sent before February 26, \$12.00 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

CONDUCT OF THE MEET: Each participant may swim five individual, and three relay events.

AWARDS: First-Third place ribbons will be available free of charge.

RELAYS: Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

DIRECTIONS: Off Interstate 90 take Wenatchee exit, traveling through the town of Quincy and into East Wenatchee. Follow the signs to Wenatchee taking you across the Columbia River bridge. After crossing the bridge turn right onto Mission and get in left lane for immediate left on Ferry (first light). Follow Ferry until you hit Miller (note Ferry changes name to Russell). At Miller, Russell becomes Millerdale and the high school is on this corner. Turn left onto Miller, then turn right into the parking lot behind the high school and follow it to the end. The pool door is marked and will be propped open.

POSTMARKED BY: February 26, 2002
MAIL ENTRIES TO: Margaret Hair
 408 Vista Drive
 Coeur d'Alene, ID 83815
ENTRY FEE: \$8.00 prior to February 26
 \$12.00 for Deck Entries
CHECKS PAYABLE TO: IWMSC

NAME _____ **MALE** **FEMALE** **BIRTHDATE** _____ **AGE** _____

ADDRESS _____ **CITY, STATE, ZIP** _____

PHONE _____ **USMS #** _____ **TEAM** _____

SHORT COURSE YARD TIMES PLEASE - MAXIMUM OF 5 INDIVIDUAL AND 3 RELAY EVENTS.

1) 400 Y Individual Medley _____

2) 1650 Y Freestyle _____

If you are doing the 1650, would you be willing to share the lane with one other swimmer. Yes No

SECOND WARM UP

3) *Freestyle Relay*

4) 50 Y Butterfly _____

5) 100 Y Breaststroke _____

6) 200 Y Backstroke _____

7) 100 Y Freestyle _____

8) 200 Y Individual Medley _____

10 MINUTE BREAK

9) *Mixed Medley Relay*

10) 50 Y Backstroke _____

11) 100 Y Butterfly _____

12) 50 Y Freestyle _____

13) 200 Y Breaststroke _____

10 MINUTE BREAK

14) *Medley Relay*

15) 200 Y Butterfly _____

16) 100 Y Backstroke _____

17) 200 Y Freestyle _____

18) 50 Y Breaststroke _____

10 MINUTE BREAK

19) 100 Y Individual Medley _____

20) 500 Y Freestyle _____

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide by and be governed by the rules of USMS.

YOUR SIGNATURE _____

DATE _____

Java Jive

I was, as is my custom, up at a ridiculously early hour, preparing myself for the 2002 Pacific Crest triathlon. I was walking along the shoreline of Cultus Lake, where the swim leg would be held. I came upon a sport fisherman who guessed my plans for that day from the running tights I was wearing.

"What are you drinking," he asked.

"Just a cup of coffee," I answered.

"I'll bet you're the only athlete doing that," he speculated.

"No," I said, "I'd bet that just about every athlete who does not have a religious objection will also start his or her day with a cup of coffee."

Coffee, or more specifically caffeine has managed to evolve a poor reputation that it is only now beginning to grow out of. Were coffee just recently discovered, it would undoubtedly be marketed as an herbal remedy, a mental

stimulant and an energy releaser, just as ginseng, Saint John's wort, ephedra and ecanacia are today. The difference would be that coffee could live up to its billing.

Recent research has confirmed what many endurance athletes have known for years: Caffeine improves performance. In fact, if it were not already such an integral part of the world's diet, it's likely that athletic governing bodies would include caffeine in their list of banned substances. As it is, the International Olympic Committee and the National Collegiate Athletic Association have placed limits upon the levels of caffeine they will tolerate in an athlete's body.

Caffeine has been shown to improve the contractile performance of muscles, but in

all probability, caffeine's greatest benefit descends from its lipolytic effect. Lipolytic means that caffeine stimulates mobilization of the body's fat stores. It primes the body's metabolism into an aerobic state and helps keep it there longer.

An aerobic metabolism will preferentially burn fat over carbohydrates. Sled dog racers have known this for years. Musherers in the Iditarod sled dog race will withdraw all carbohydrate from their dog's diets and will feed them almost exclusively salmon for weeks leading up to the big race. The point is to adapt the dog's metabolism to an almost exclusively aerobic state.

To my knowledge, nobody has tried to feed marathoners high fat, carbohydrate free diets and measured the effect upon performance. I would be interested in the results.

A study at Guelph's School of Human Biology found that athletes performing at 85% of their VO_2 maximum could sustain that level up to 50% longer with caffeine.

Other studies have shown lesser effects, but the consensus is that a cup of joe before a race will improve your performance.

And sports nutrition companies have made it convenient for athletes to keep their caffeine titers up during a race.

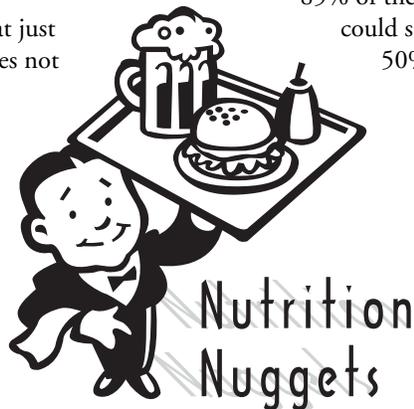
Gu, for example,

offers caffeinated versions of their gels.

As little as 250 milligrams of caffeine will confer the benefits noted above. This translates into about one cup of coffee. Don't overdo it though. Caffeine is also a diuretic. Not only will this send you to a Port-a-Potty, but could also contribute to dehydration.

So, go ahead and enjoy your java on race day. There's no reason not to and it might help you reach the medals stand.

Editors Note: Michael Costello's nutrition column will be appearing regularly in the *Splashmaster*.



Nutritional information for swimmers as compiled by Michael Costello



Mark Your Calendar for Blossoms in the Hood River Valley!

April 26-27, 2003

Columbia Gorge Masters and the Hood River Valley Swim Team will be hosting the Northwest Zone Short Course Yards Championship April 26-27, 2003. This will be the first Masters meet in the Hood River Valley Aquatic Center pool which is 25 yards x 25 meters (10 lanes SCY and SCM) plus a warmer therapy pool for those aching and cold bones!

The Masters competition will be in conjunction with a USA-Swimming meet on Saturday AM with the Masters competition on Saturday afternoon and Sunday. If your Masters team is associated with a USA-Swimming team, you can bring both groups and cheer the others to great swims.

This is an exquisitely gorgeous time in the Hood River Valley with blossoms galore on the pear and apple trees. Plan to bring the family, spend the entire weekend, and enjoy some of the valley's attractions. If you need information about the meets, contact Meet Director Shelly Rawding at 509-493-4679 or rawding@gorge.net. If you need information about area attractions, please contact the Hood River County Chamber of Commerce at hoodriver.org or 1-800-366-3530.

Entry forms can be found online and in the March issue of the *Splashmaster*.

WASHINGTON STATE UNIVERSITY MASTERS PRESENTS
INLAND NORTHWEST MASTERS CHAMPIONSHIPS

SATURDAY AND SUNDAY MARCH 29 & 30

DATE/TIMES: Saturday, March 29 warm-up starts at 11:00 am, meet starts at Noon. Sunday March 30 warm-up starts at 8:00 am, meet will begin at 9:00 am.

SPONSOR: Washington State University Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 3530330.

ELIGIBILITY: All swimmers must be currently registered USMS swimmers. New registrations will be available at the meet.

RULES: All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2003 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

DEADLINE: All entires must be postmarked by March 19, 2002.

FEES: \$12.00, make checks payable to: IWMSC. Cash will not be accepted with entry forms or at the meet. **NO DECK ENTRIES.**

CONDUCT OF THE MEET: Each participant may swim six individual (no more than five in one day), and four relay events.

RELAYS: Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

AWARDS: Ribbons will be available free of charge.

LODGING: University residence halls will not be available for this year's meet. Go to <http://www.aswsu-ddp.wsu.edu/new/Info/Lodging.asp> and scroll down for a list of area motels. The House Our Swimmers Tonight (HOST) program will also be available, please contact meet director Doug Garcia (see below) for details.

DIRECTIONS: *From Spokane*, take Highway 195 south to Pullman. Turn left at first stop light onto Grand Ave, go north on Grand to Stadium Way, and turn right. Follow Stadium Way to Colorado St., turn right. The WSU Athletic Complex will be on your left. *From Moscow*, Idaho, turn right onto Stadium Way travel to Colorado Street, and turn left. The WSU Athletic Complex will be on your left. *Gibb Pool* is in the Physical Education Building, next to the building with curved glass front. Do not park in the grey zone across from the pool, meters are ticketed on the week-ends. Follow all parking signs.

QUESTIONS: Contact Meet Director Doug Garcia at 509-332-1621 evenings before 9 pm please, or email douggarcia@usms.org.

POSTMARKED BY:	March 19, 2003
MAIL ENTRIES TO:	Margaret Hair 408 Vista Drive Coeur d'Alene, ID 83815
ENTRY FEE:	\$12.00 (No Deck Entries)
CHECKS PAYABLE TO:	IWMSC

Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS No. _____ Team _____

Yard times • Enter no more than 5 events per day • Include a copy of your USMS registration card if you are from out of the Inland Northwest LMSC.

SATURDAY MARCH 29

Warm-up at 11:00 am, meet starts Noon

1) 400 Individual Medley _____

2) 1650 Freestyle _____

3) 1000 Freestyle _____

(you may swim 1650 or 1000, not both)

Warm-up, event 4 not to begin before 1:30

4-6) *Mixed Freestyle Relay*

7) 50 Backstroke _____

8) 200 Butterfly _____

9) 100 Freestyle _____

BREAK

10) 100 Individual Medley _____

11-12) *Medley Relay*

13) 100 Backstroke _____

14) 50 Freestyle _____

15) 200 Breaststroke _____

BREAK

16 & 17) *Mixed Medley Relay*

ANNUAL AWARDS BANQUET

see award nomination on page 3

Location in Pullman to be determined (probably same as last year).

Lasagne dinner hosted by WSU Masters Swimming. **\$8 per/person (include with your meet entry fee)** including lasagne, salad, bread, beverages and dessert.

Reservations must be included with your entry form.

Yes, I will attend the banquet

Number of guests _____

SUNDAY MARCH 30

Warm-up at 8 am, meet starts 9 am

18) 100 Breaststroke _____

19) 50 Butterfly _____

20) 200 Freestyle _____

BREAK

21) 200 Individual Medley _____

22-24) *Freestyle Relay*

25) 50 Breaststroke _____

26) 200 Backstroke _____

27) 100 Butterfly _____

BREAK

28) 500 Freestyle _____

All USMS regulation relay distances will be available for all relay competitions.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide by and be governed by the rules of USMS.

Your Signature _____ Date _____

2003 UNITED STATES MASTERS SWIMMING & INLAND NORTHWEST MASTERS MEMBER REGISTRATION

Register with the name you will use for competition, please print clearly

Last Name	First Name	Middle Initial	For Office Use
Street Address	Apt.#		
City	State	Zip	
Phone (with area code)	Email: (to be used for online newsletter, and will not be sold for junk email)		

Date of Birth	Age	Sex	Today's Date (not good before 11/1/2002)
---------------	-----	-----	--

Team Affiliation

- | | | | |
|--|---|---|---|
| <input type="radio"/> Inland Empire YMCA | <input type="radio"/> Lake City Masters | <input type="radio"/> Moscow Chinook Masters | <input type="radio"/> North Spokane Masters |
| <input type="radio"/> Sandpoint West Athletic Club | <input type="radio"/> Spokane Club Masters | <input type="radio"/> Spokane Masters and Tri | <input type="radio"/> WSU Masters |
| <input type="radio"/> Wenatchee Valley Masters | <input type="radio"/> Yakima Valley Masters | <input type="radio"/> Unattached team | <input type="radio"/> Unattached club |

Unattached team means you will not be able to participate in relay events at Inland NW Masters meets, but can still participate in relays at zone or national meets as part of the Inland NW Masters club. **Unattached club** means you will not be able to participate in relay events at Inland NW Masters meets, zone or national meets.

- | | | |
|--|--|--|
| <input type="radio"/> I am a certified USA Swimming Official | <input type="radio"/> I am a certified high school swimming official | <input type="radio"/> I coach Masters Swimmers |
|--|--|--|

BENEFITS OF MEMBERSHIP INCLUDE:

⇒ *SWIM Magazine* for the length of the membership ⇒ the *Splashmaster* newsletter, other mailing and emails from Inland Northwest Masters Swimming ⇒ Secondary accident insurance ⇒ Coached workouts in locations nationwide.

WHERE DO MY REGISTRATION FEES GO? ⇒ \$20.00 to United States Masters Swimming (\$7.00 for *Swim Magazine*) ⇒ \$10.00 to Inland Northwest Masters Swimming Committee for local programming and communications.

2003 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION (Membership will expire 12/31/2003)

- | | | |
|---|--|---|
| <input type="radio"/> New Registration | <input type="radio"/> Renewal, my current USMS Number is _____ | |
| <i>Please check appropriate level</i> | | |
| <input type="radio"/> Individual Registration \$30.00 | <input type="radio"/> Couples Registering together \$55.00 | <input type="radio"/> Senior Registration (age 60+) \$27.50 |
| <input type="radio"/> Late Year Registration fees not set (for those registering in September or October) | | |

SWIMMING ENDOWMENT FUNDS (Please consider making a donation one or both of these funds.)

United States Masters Swimming Endowment Fund

- In addition to my registration fee, I have enclosed \$ _____ for the USMS Endowment Fund

International Swimming Hall of Fame Endowment Fund

- In addition to my registration fee, I have enclosed \$ _____ for the International Swimming Hall of Fame Endowment Fund

Make check payable to	IWMSC	Amount Enclosed
Mail check and form to:	Sue Dills	
	639 N. Riverpoint Blvd. #3W	
	Spokane, WA 99202	

Waiver: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNATURE  _____ **DATE** _____

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30-Minute Fitness Swim Challenge

The 30 minute challenge is a fitness postal event designed to motivate you to swim continuously for 30 minutes. It can add to your overall fitness, measure your fitness and motivate you to participate in longer distance swims such as the TAM 1650, the One Hour Postal, or the 3000/6000 Postal swims. See how far you can swim and send in your yardage.

Any registered Masters swimmer may participate, swimming in any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0926 and round down to the nearest five-yard increment. Submit the distance in yards.)

You can take the challenge anytime in 2003. You can submit your distance each six months. An entry can be made in July for the first six months of the year and in January for the second six months of 2003 or for the entire year. Your

whole team can take the Challenge. Swims must take place in 2003.

Each swimmer must have a verifier to certify you swam continuously for 30 minutes. A verifier can be your coach, a counter, a teammate, spectator or a lifeguard.

If you want to submit your yardage, you must do so accurately, using the official event entry form. An official entry form and split sheet is available at the fitness pages of the USMS Web site—www.usms.org/fitness/swim30.shtml The verifier should time the event with a stopwatch and record cumulative split to the nearest second for each 50 split.

Floating and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not



permitted. Two or more swimmers may share a lane.

Entries are US \$5 per swimmer for US (\$8 for non-US swimmers). All entries must be received by January 10, 2004.

Participants will receive an 8 1/2 x 11 commemorative certificate of completion sometime before February 10, 2004. T-shirts will also be available at a cost of \$15 each.

Results will be posted on the USMS website under the fitness section. These results will show the names alphabetically of those that accepted the challenge, completed the 30 minute swim, and submitted an entry form.

Editors Note: Other fitness events are also available in the Fitness Section of the USMS Web site.