

SPLASH MASTER

Volume 9 Number 3

May/June 2006

Training and Diet

Avoiding Set Backs While Traveling

Training on the Road

BY RYAN HITE,
USAT LEVEL 1 COACH, NSCA-CPT

With spring here and summer fast approaching, people tend to travel more frequently. Many athletes become frustrated with on-the-road training facilities that are mediocre at best. Here are some hints for training on the road and maintaining your fitness level.

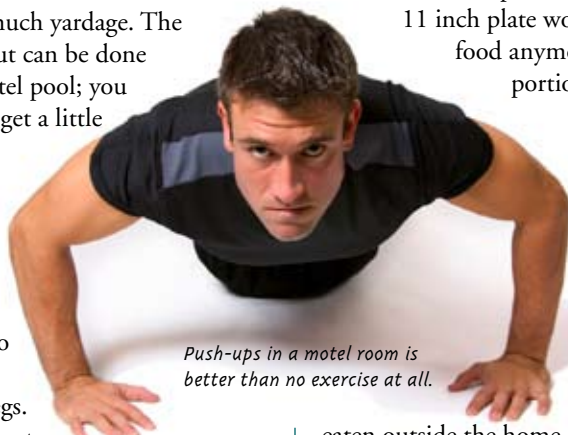
The Hotel Pool Workout

Many hotel pools are often too short to really put in much yardage. The following workout can be done in almost any hotel pool; you may just have to get a little creative.

Warm-Up—

Start off with some aqua jogging for five to ten minutes. The key here is to see how fast you can move your legs. Do not worry about taking long strides, just keep the legs pumping.

see **TRAINING ON THE ROAD** on page 3



Push-ups in a motel room is better than no exercise at all.

Eating on the Road

BY DOUG GARCIA,
ASCA LEVEL 4 MASTERS COACH

Keeping control of your diet in today's fast pace society is a challenge. According to the book *Restaurant Confidential* by Michael Jacobson and Jayne Hurley, in 1955 the average American spent roughly 19 percent of their food dollars on dining out. In 2005 that figure was roughly 41 percent. The restaurant association reports the largest selling restaurant supply item

is the 12 inch plate because the 10 or 11 inch plate won't hold enough food anymore. Comparing

portion sizes from 1955 to 2005, it's no wonder we are seeing the numbers of Americans being diagnosed with obesity and diabetes.

According to the USDA, food eaten outside the home is nutritionally worse than home-cooked food in practically every way. Restaurant meals are 20 percent fattier, and higher in sodium



Chicken Caesar salad, is it really the healthiest choice when eating out?

and cholesterol, they're also lower in dietary fiber and iron.

Trying to make the best decision for the healthiest selection at a restaurant can be difficult. Often times what seems to be a healthy choice—a salad for example, often ends up being the worst selection in terms of saturated fat. The authors of *Restaurant Confidential* provide travelers with an excellent guide for making such decisions. The book also reviews eating strategies, and suggests best choices for even some of the toughest situations.

Reliable information about the nutritional content of most restaurant food is available, but you have to dig for it. Restaurant Web sites sometimes provide this information, but most of us do not study that information before heading to the restaurant.

The government suggests 2000 calorie per day diet for adults which includes 65 grams of fat. If you train five to six times per week—be it in the pool, other aerobic activities or resistance training—you'll need more than 2000 calories a day. It is advised that you consult a physician or a nutritionist to determine the number of calories you should be consuming in relationship to your activity level.

The book assumes readers fall into the part of the population that eats out a majority of the time. If you don't eat out

see **EATING ON THE ROAD** on page 9

Inland NW Masters Calendar

July 16, 2006

Steve Omi Swim, entry form on page 7

August 4-10, 2006

FINA World Championships, Stanford, CA

August 5, 2006

Sandpoint Long Bridge Swim—visit Sandpoint.org/LongBridgeSwim for entry forms and details.

Inside This Issue

- **Results from Pullman, Spokane, Boise, and Coral Spring Meets**
- **Steve Omi Open Water Swim entry form, see page 7**
- **Board meeting minutes, page 2**



Inland NW Masters Board

MINUTES

April 1, 2006, Pullman, Washington

Inland Northwest Masters

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The meeting was called to order by vice chair Bernie Kingsly at 4 pm. In attendance were Margaret Hair, Brian Johnson, Paige Buehler, Virgil Crampton and Doug Garcia.

Minutes from the March 26, 2005 meeting were approved.

Reports

Treasurers Report—Virgil indicated we had a total of \$3622.83 in our accounts. He indicated since no one had convention expenses last year we were able to save some extra dollars.

Discussion was had regarding convention delegates. It was moved and approved to send up to two people to convention, with expenses not to exceed \$1200. Approved to go to convention in order of preference were Doug Garcia, Bernie Kingsly and Virgil Crampton.

Newsletter—no report.

Registrar—Currently 173 swimmers registered, about the same as last year. Seven teams were registered.

Meets/Sanctions—Brian reported there would be a Spokane Club meet on April 22, and the points for that meet would count towards the 2006-2007 short course season. Discussion was had about how best to schedule meets for the next year. Trying to avoid conflicts with USA meets as well as providing the teams that want to

host adequate flexibility in hosting. Paige Buehler indicated that Moscow Chinook Masters would like to host in the fall once again, possibly later if Sandpoint decides not to host.

The group discussed meet attendance and commented that most hosting teams rarely get more than a few out of town swimmers participating.

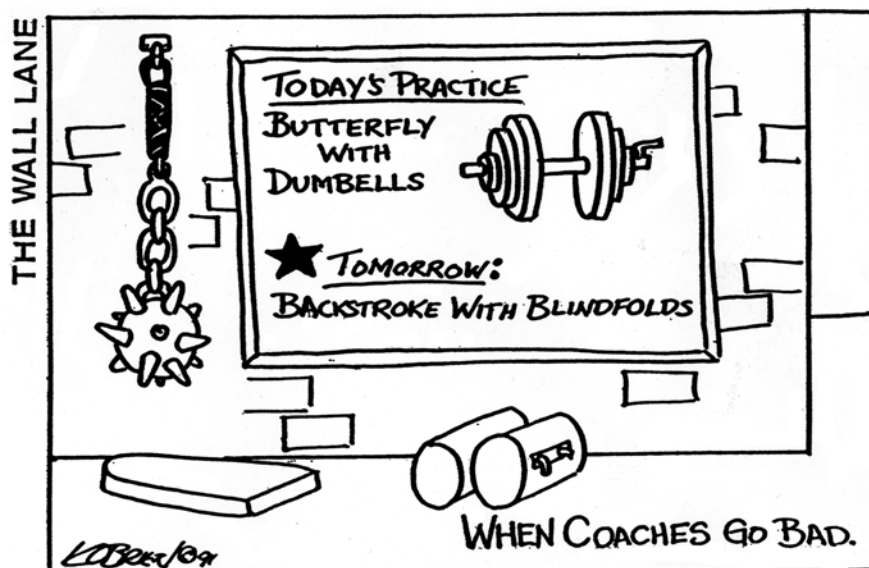
New Business

Open Water Nationals for 2007. The group briefly discussed the 1-3 Mile Open Water National Champs to be held as part of the Sandpoint Long Bridge Swim in August 2007. It was pointed out the Inland NW board had no responsibility for this event, and that Larry Krauser along with the event organizers were responsible for over seeing this event.

Club Registration—Doug brought up the issue of club registration and that he was considering registering WSU Masters as its own club in 2007—mainly to have WSU Masters show up on the results for the 3000/6000 Postal Champs and for the 2007 SCY Nationals that will be held at Federal Way, Washington.

Clinics—Doug indicated that he was trying to get Kerry O'Brien up from Walnut Creek for a fall clinic.

The meeting was adjourned at 4:30 pm.



TRAINING ON THE ROAD *from page 1*

Wall Kicks—Hold on to a wall and get your body parallel to the bottom of the pool. When you're ready kick to your heart's content. If you're just beginning try five rounds of 30-seconds each, taking no more than 30-seconds rest. For a challenge, muster through a set of fifteen to twenty 30-second rounds with 15-30 seconds rest.

Pulling—You'll need either a ladder or a ledge around the pool. Place your toes on the ledge of the pool or the wrung of a ladder (make sure you can get your feet out of the ladder first before suspending yourself in the water). Once your feet are set, get your upper body parallel to the bottom of the pool and start swimming. If your feet are secure you should be able to swim with all your might and still stay stationary. Focus on speed during these sessions to keep it high intensity. Try a ladder of one minute, two minutes, three minutes, and so on, up to five minutes, and take yourself back down. Rest 30-60 seconds in between each interval. (Tip: If you're having trouble reading your watch, try placing it around a heavier object (a rock) at the bottom of the pool. This should work if you are in the shallow end.)

Streamline Jumps—If the pool is deep enough; try vertical jumps from the bottom in the streamline position. Keep your elbows close to your ears as you jump. Dolphin kick towards the surface and repeat. Try two-three sets of 8-10 reps.

Cool Down—Repeat the same aqua jogging set used for the warm-up.

The Hotel Room Workout

With no traditional strength training equipment, body weight can be an effective

way to resistance train. Try the following exercises in circuit fashion. Perform the exercises for 30 seconds, and then allow 15 seconds rest to change exercises. Start off with three sets and build up to six sets. Make a conscious effort to perform as many reps in 30 seconds as possible with good form. Remember to perform some light walking for a warm-up and cool-down before and after this circuit.

Body Weight Squats—Squat down as if sitting in a chair until your thighs are parallel with the floor. Stand back up and repeat. Remember to keep your back flat and knees in line with your ankle and hips.

Push-ups—These can either be performed from your knees (less intense) or feet (more intense). Position your hands slightly wider than shoulder width apart at chest level. Lower yourself toward the floor and press back up to repeat.

Back Extensions (Superman)—Start

by lying on your stomach on the floor. Place your hands behind your head. Squeeze your glutes and lower back raising your chest slightly off the ground. Repeat by raising and lowering your chest off the ground.

Crunches—While lying on your back bend your knees and place your feet on the floor. Crunch your abdominals to bring your shoulder blades off of the ground. Lower your shoulders back toward the ground and repeat.

Stair Run/Walk—Next head out of your room to the stairs. You can jog up and down the stairs, walk up and down the stairs, or use a combination of the two. After you complete the stair run/walk grab a drink and repeat the entire circuit.

These two workouts may seem a bit esoteric, but they will work in a pinch.



Short Course Season Ends in Pullman

The short course season ended with a four hour meet at Gibb Pool on the Washington State University campus in Pullman. There were 53 swimmers with the largest group from Moscow Chinook Masters.

With the end of the season points tallied up, high point female and male swimmers are Mary Adam (LCM) and Bill Bresko (UNA) respectively.

As part of the season wrap-up, Inland NW Masters also presents a most inspirational award, and a most dedicated award. This year both awards went to swimmers from WSU Masters, Marvel Kimball (69) and Doug Garcia (44) respectively. Kimball suffered a serious shoulder injury and surgery last summer. The injury occurred when she fell off a ladder while taking pictures of her grand children. Kimball came back to swimming in February with limited range of motion but with a significant amount of gusto to get back to where she was before the accident. Garcia was cited for his work on the *Splashmaster* newsletter, the Inland NW Masters Web site in addition to his work on various national USMS committees.

SEASON POINTS

Place	Points	Name	Age	Team
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Individual Female Scores

1	115	Adams, Mary	50	LCM
2	96	Hair, Margaret	50	LCM
3	95	Clutter, Cynthia	46	LCM
4	70	Rudolph, Jean	84	MCM
5	61	Bell, Deborah	53	MCM

Individual Male Scores

1	130	Bresko, William	78	UNA
2	120	Morrison, Robert	51	UNA
3	106	Arndt, Armin	65	SMT
4	94	Wolcott, Steve	60	UNA
5	89	Tanner, Stephen	52	LCM

Team Scores

Place	Team	Abtrv	Points
1	Moscow Masters	MCM	1161
2	Lake City Masters	LCM	497
3	WSU Masters	WSU	414
4	Wenatchee Valley Masters	WVM	392
5	Spokane Masters & Tri	SMT	256
6	Spokane Club Masters	SCM	173
7	Sandpoint West Athletic Club	SWAC	165
8	West Kootenay Masters	WKM	58
9	North Spokane Masters	NSM	35
10	Yakima Valley Masters	YVM	20

Inland NW Masters Championships

April 1, 2006, Pullman, Washington

INDIVIDUAL POINTS

Pl Name	Age	Team	Pnts
Female Scores			
1 Hair, Margaret	51	LCM	50
2 Clutter, Cynthia	46	LCM	35
2 Chenoweth, Candice	51	MCM	35
2 Rudolph, Jean	84	MCM	35
5 Buehler, Paige	37	MCM	28
5 Garrigues, Emily	23	WSU	28
5 Bell, Deborah	53	MCM	28
8 Bean, Alycia	28	MCM	26
8 Bergquist, June	49	LCM	26
8 Schotzko, Teresa	36	WSU	26
11 Adams, Mary	51	LCM	24
11 Cosens, Barbara	50	MCM	24
11 Murphy, Catherine	49	WSU	24
14 Arndt, Evelyn	23	SMT	22
15 Santucci, Selene	56	WSU	21
15 Nelson, Annika	26	WSU	21
15 Palmer, Teva	19	MCM	21
15 Nelson, Sherri	41	MCM	21
15 Yenglin, Keely	34	MCM	21
20 Sutherland, Mary	48	WSU	19
20 Strand, Tara	31	MCM	19
22 Kayne-Langill, Michelle	27	WSU	7

Male Scores

1 Morrison, Robert	52	UNA	38
2 Tanner, Stephen	52	LCM	35
2 Kingsly, Bernie	47	NSM	35
2 Bresko, William	78	UNA	35
2 Allison, Tony	33	WSU	35
6 Tidwell, Joe	28	UNA	34
6 Arndt, Armin	65	SMT	34
8 Hartley, Michael G	36	WVM	33
9 Ridgway, Eric	45	SWAC	32
10 Wolcott, Steve	60	UNA	30
11 Richards, Neal	23	MCM	28
12 Brackney, Kevin	50	MCM	27
12 Murray, Glen A	67	MCM	27
14 Bronson, Matthew	40	UNA	26
14 Schmelzer, Devin	22	WSU	26
16 Lamar, Thomas	45	MCM	24
16 Naddell, Brandon	23	MCM	24
16 Brown, Wayne	63	WVM	24
19 Steenhuis, Harm-Jan	38	SCM	22
20 Johnson, Brian	44	MCM	21
20 Bevier, Jack	73	WVM	21
22 Hopper, Joseph	19	MCM	20
23 Brown, Robert	35	MCM	19
24 Gerke, Charlie	46	MCM	17
25 Garcia, Doug	44	WSU	16
26 Ehlinger, Jonathan	22	WSU	11
27 Vinsonhaler, Steve	44	MCM	7

TEAM SCORES

Pl Team	Abtr	Points
1 Moscow Masters	MCM	598
2 WSU Masters	WSU	312
3 Lake City Masters	LCM	170
4 Unattached-IWM	UNA	163
5 Wenatchee Valley Masters	WVM	78
6 Spokane Masters & Tri	SMT	56
7 North Spokane Masters	NSM	35
8 Sandpoint West Athletic Club	SWAC	32
9 Spokane Club Masters	SCM	22

WOMEN'S EVENTS

Women 19-24

50 Yard Freestyle			
1 Garrigues, Emily	23	WSU	33.46
2 Arndt, Evelyn	23	SMT	39.10
100 Yard Freestyle			
1 Garrigues, Emily	23	WSU	1:14.87
50 Yard Backstroke			
1 Arndt, Evelyn	23	SMT	1:09.28
50 Yard Breaststroke stroke			
1 Palmer, Teva	19	MCM	38.69
2 Arndt, Evelyn	23	SMT	51.14
100 Yard Breaststroke stroke			
1 Palmer, Teva	19	MCM	1:28.71
2 Arndt, Evelyn	23	SMT	1:55.91
100 Yard Butterfly			
1 Garrigues, Emily	23	WSU	1:23.19
100 Yard Individual Medley			
1 Palmer, Teva	19	MCM	1:23.37
200 Yard Individual Medley			
1 Garrigues, Emily	23	WSU	2:57.52

Women 25-29

200 Yard Freestyle			
1 Bean, Alycia	28	MCM	2:51.98
1000 Yard Freestyle			
1 Kayne-Langill, Michel	27	WSU	16:32.97
50 Yard Backstroke			
1 Bean, Alycia	28	MCM	44.60
100 Yard Breaststroke stroke			
1 Nelson, Annika	26	WSU	1:18.56
50 Yard Butterfly			
1 Bean, Alycia	28	MCM	40.62
100 Yard Butterfly			
1 Nelson, Annika	26	WSU	1:08.71
100 Yard Individual Medley			
1 Nelson, Annika	26	WSU	1:10.71
2 Bean, Alycia	28	MCM	1:29.31

Women 30-34

50 Yard Freestyle			
1 Strand, Tara	31	MCM	29.36
100 Yard Freestyle			
1 Strand, Tara	31	MCM	1:04.30
1000 Yard Freestyle			
1 Yenglin, Keely	34	MCM	12:09.87
50 Yard Butterfly			
1 Yenglin, Keely	34	MCM	30.96
200 Yard Butterfly			
1 Yenglin, Keely	34	MCM	2:37.40
2 Strand, Tara	31	MCM	3:16.72

Women 35-39

50 Yard Freestyle			
1 Buehler, Paige	37	MCM	29.29
2 Schotzko, Teresa	36	WSU	30.47
100 Yard Freestyle			
1 Schotzko, Teresa	36	WSU	1:05.79
500 Yard Freestyle			
1 Buehler, Paige	37	MCM	6:52.88
1000 Yard Freestyle			
1 Schotzko, Teresa	36	WSU	13:23.04
100 Yard Butterfly			
1 Schotzko, Teresa	36	WSU	1:18.66
200 Yard Butterfly			
1 Buehler, Paige	37	MCM	3:14.76
200 Yard Individual Medley			
1 Buehler, Paige	37	MCM	2:54.14

Codes

Inland NW Masters Record	(I)
NW Zone Record	(Z)
USMS Record	(U)
World Record	(W)
Unofficial	(X)
Disqualified	(DQ)

Key for Teams

Lake City Masters	LCM
Moscow Masters	MCM
North Spokane Masters	NSM
Pacific Northwest Masters	PNA
Spokane Club Masters	SCM
Unattached	UNA
WSU Masters	WSU
Wenatchee Valley Masters	WVM
Yakima Valley Masters	YVM

Women 40-44

200 Yard Freestyle			
1 Nelson, Sherri	41	MCM	2:29.36
100 Yard Backstroke			
1 Nelson, Sherri	41	MCM	1:20.48
100 Yard Individual Medley			
1 Nelson, Sherri	41	MCM	1:20.84

Women 45-49

100 Yard Freestyle			
1 Bergquist, June	49	LCM	1:14.14
2 Murphy, Catherine	49	WSU	1:15.19
200 Yard Freestyle			
1 Bergquist, June	49	LCM	2:43.97
500 Yard Freestyle			
1 Clutter, Cynthia	46	LCM	6:54.30
2 Bergquist, June	49	LCM	7:09.61

1000 Yard Freestyle			
1 Clutter, Cynthia	46	LCM	14:05.87
1650 Yard Freestyle			
1 Bergquist, June	49	LCM	24:00.00
2 Murphy, Catherine	49	WSU	24:11.37
50 Yard Backstroke			
1 Sutherland, Mary	48	WSU	51.70
100 Yard Backstroke			
1 Sutherland, Mary	48	WSU	1:53.36
50 Yard Breaststroke stroke			
1 Clutter, Cynthia	46	LCM	43.02
100 Yard Breaststroke stroke			
1 Clutter, Cynthia	46	LCM	1:34.51
50 Yard Butterfly			
1 Murphy, Catherine	49	WSU	40.78
200 Yard Butterfly			
1 Clutter, Cynthia	46	LCM	3:21.56
100 Yard Individual Medley			
1 Murphy, Catherine	49	WSU	1:28.99
2 Sutherland, Mary	48	WSU	1:48.68

Women 50-54

100 Yard Freestyle			
1 Hair, Margaret	51	LCM	1:06.59 (I)
200 Yard Freestyle			
1 Chenoweth, Candice	51	MCM	2:46.46
1650 Yard Freestyle			
1 Hair, Margaret	51	LCM	22:35.27 (I)
2 Bell, Deborah	53	MCM	26:57.00
100 Yard Backstroke			
1 Chenoweth, Candice	51	MCM	1:29.90
2 Adams, Mary	51	LCM	1:45.18
200 Yard Backstroke			
1 Hair, Margaret	51	LCM	3:02.67 (I)
50 Yard Breaststroke stroke			
1 Cosens, Barbara	50	MCM	44.58

100 Yard Breaststroke stroke			
1 Cosens, Barbara	50 MCM	1:34.71	
2 Adams, Mary	51 LCM	1:46.69	
200 Yard Breaststroke stroke			
1 Hair, Margaret	51 LCM	3:04.36 (I)	
2 Cosens, Barbara	50 MCM	3:21.40	
50 Yard Butterfly			
1 Chenoweth, Candice	51 MCM	39.17	
100 Yard Butterfly			
1 Bell, Deborah	53 MCM	1:49.85	
2 Adams, Mary	51 LCM	1:58.41	
200 Yard Butterfly			
1 Chenoweth, Candice	51 MCM	3:38.19	
2 Cosens, Barbara	50 MCM	3:59.16	
3 Bell, Deborah	53 MCM	4:11.95	
100 Yard Individual Medley			
1 Chenoweth, Candice	51 MCM	1:30.22	
2 Bell, Deborah	53 MCM	1:37.50	
3 Adams, Mary	51 LCM	1:38.20	
200 Yard Individual Medley			
1 Bell, Deborah	53 MCM	3:27.29	
2 Adams, Mary	51 LCM	3:41.48	
400 Yard Individual Medley			
1 Hair, Margaret	51 LCM	5:59.53 (I)	

Women 55-59

50 Yard Freestyle			
1 Santucci, Selene	56 WSU	42.45	
- 50 Yard Breaststroke stroke			
1 Santucci, Selene	56 WSU	54.35	
- 50 Yard Butterfly			
1 Santucci, Selene	56 WSU	56.42	

Women 80-84

50 Yard Freestyle			
1 Rudolph, Jean	84 MCM	1:13.51	
50 Yard Backstroke			
1 Rudolph, Jean	84 MCM	1:14.49	
100 Yard Backstroke			
1 Rudolph, Jean	84 MCM	2:38.30	
50 Yard Breaststroke stroke			
1 Rudolph, Jean	84 MCM	1:32.07	
100 Yard Breaststroke stroke			
1 Rudolph, Jean	84 MCM	3:20.08	

MEN'S EVENTS

Men 19-24

50 Yard Freestyle			
1 Schmelzer, Devin	22 WSU	24.66	
2 Naddell, Brandon	23 MCM	26.93 (U)	
3 Ehlinger, Jonathan	22 WSU	27.37	
100 Yard Freestyle			
1 Richards, Neal	23 MCM	54.05	
2 Schmelzer, Devin	22 WSU	56.88	
3 Hopper, Joseph	19 MCM	1:16.36	
200 Yard Freestyle			
1 Ehlinger, Jonathan	22 WSU	2:05.81	
1000 Yard Freestyle			
1 Naddell, Brandon	23 MCM	15:05.47	
1650 Yard Freestyle			
1 Richards, Neal	23 MCM	19:50.75	
100 Yard Backstroke			
1 Richards, Neal	23 MCM	1:08.93	

50 Yard Breaststroke stroke			
1 Richards, Neal	23 MCM	30.96	
2 Hopper, Joseph	19 MCM	39.06	
100 Yard Breaststroke stroke			
1 Hopper, Joseph	19 MCM	1:30.02	
50 Yard Butterfly			
1 Naddell, Brandon	23 MCM	29.81	
100 Yard Individual Medley			
1 Schmelzer, Devin	22 WSU	1:07.84	
2 Naddell, Brandon	23 MCM	1:15.10	
3 Hopper, Joseph	19 MCM	1:20.07	

200 Yard Individual Medley			
1 Schmelzer, Devin	22 WSU	2:28.98	

Men 25-29

50 Yard Backstroke			
1 Tidwell, Joe	28 UNA	27.42	
50 Yard Breaststroke stroke			
1 Tidwell, Joe	28 UNA	28.12 (I)	
100 Yard Breaststroke stroke			
1 Tidwell, Joe	28 UNA	1:02.85 (I)	
100 Yard Individual Medley			
1 Tidwell, Joe	28 UNA	57.35	
50 Yard Freestyle			
1 Allison, Tony	33 WSU	31.21	

Men 30-34

100 Yard Freestyle			
1 Allison, Tony	33 WSU	1:18.34	
1000 Yard Freestyle			
1 Allison, Tony	33 WSU	16:26.18	
100 Yard Breaststroke stroke			
1 Allison, Tony	33 WSU	1:29.91	
200 Yard Individual Medley			
1 Allison, Tony	33 WSU	3:19.10	

Men 35-39

50 Yard Freestyle			
1 Brown, Robert	35 MCM	27.29	
2 Steenhuis, Harm-Jan	38 SCM	28.87	
100 Yard Freestyle			
1 Brown, Robert	35 MCM	1:01.51	
2 Hartley, Michael G	36 WVM	1:06.43	
500 Yard Freestyle			
1 Hartley, Michael G	36 WVM	7:22.29	

50 Yard Backstroke			
1 Steenhuis, Harm-Jan	38 SCM	36.04	
2 Brown, Robert	35 MCM	36.67	

50 Yard Breaststroke stroke			
1 Hartley, Michael G	36 WVM	33.82	
2 Steenhuis, Harm-Jan	38 SCM	35.23	

100 Yard Breaststroke stroke			
1 Hartley, Michael G	36 WVM	1:16.91	
2 Steenhuis, Harm-Jan	38 SCM	1:17.06	

200 Yard Breaststroke stroke			
1 Hartley, Michael G	36 WVM	2:51.43	

Men 40-44

50 Yard Freestyle			
1 Vinsonhaler, Steve	44 MCM	26.58	
2 Bronson, Matthew	40 UNA	30.07	
3 Garcia, Doug	44 WSU	31.22	
100 Yard Freestyle			
1 Bronson, Matthew	40 UNA	1:08.78	

2 Garcia, Doug	44 WSU	1:13.89	
200 Yard Freestyle			
1 Bronson, Matthew	40 UNA	2:41.36	
50 Yard Backstroke			
1 Johnson, Brian	44 MCM	30.34 (U)	
200 Yard Backstroke			
1 Johnson, Brian	44 MCM	2:23.96	
50 Yard Breaststroke stroke			
1 Garcia, Doug	44 WSU	39.99	
50 Yard Butterfly			
1 Bronson, Matthew	40 UNA	35.92	

100 Yard Individual Medley			
1 Johnson, Brian	44 MCM	1:04.17	

Men 45-49

100 Yard Freestyle			
1 Kingsly, Bernie	47 NSM	55.59	
200 Yard Freestyle			
1 Lamar, Thomas	45 MCM	2:16.88	
500 Yard Freestyle			
1 Ridgway, Eric	45 SWAC	6:52.14	
1000 Yard Freestyle			
1 Gerke, Charlie	46 MCM	14:13.10	
50 Yard Breaststroke stroke			
1 Kingsly, Bernie	47 NSM	33.44	
2 Gerke, Charlie	46 MCM	34.37	
3 Ridgway, Eric	45 SWAC	35.52	

100 Yard Breaststroke stroke			
1 Ridgway, Eric	45 SWAC	1:15.92	
2 Gerke, Charlie	46 MCM	1:23.11	

200 Yard Breaststroke stroke			
1 Ridgway, Eric	45 SWAC	2:49.53	

50 Yard Butterfly			
1 Kingsly, Bernie	47 NSM	27.41	
2 Lamar, Thomas	45 MCM	30.36	

100 Yard Butterfly			
1 Kingsly, Bernie	47 NSM	1:03.16	
200 Yard Butterfly			
1 Lamar, Thomas	45 MCM	3:01.73	

100 Yard Individual Medley			
1 Kingsly, Bernie	47 NSM	1:03.41	
2 Lamar, Thomas	45 MCM	1:13.00	

200 Yard Individual Medley			
1 Ridgway, Eric	45 SWAC	2:43.77	

Men 50-54

50 Yard Freestyle			
1 Tanner, Stephen	52 LCM	31.31	
2 Brackney, Kevin	50 MCM	33.58	

100 Yard Freestyle			
1 Morrison, Robert	52 UNA	55.26	

500 Yard Freestyle			
1 Morrison, Robert	52 UNA	6:09.63	

1650 Yard Freestyle			
1 Tanner, Stephen	52 LCM	24:33.40	
50 Yard Backstroke			
1 Tanner, Stephen	52 LCM	36.84	
2 Brackney, Kevin	50 MCM	43.39	

50 Yard Breaststroke stroke			
1 Morrison, Robert	52 UNA	30.46 (I)	

100 Yard Breaststroke stroke			
1 Morrison, Robert	52 UNA	1:08.62	
2 Brackney, Kevin	50 MCM	1:42.65	

200 Yard Breaststroke stroke			
1 Morrison, Robert	52 UNA	2:37.37	
50 Yard Butterfly			
1 Tanner, Stephen	52 LCM	39.72	
100 Yard Butterfly			
1 Brackney, Kevin	50 MCM	1:46.94	
100 Yard Individual Medley			
1 Tanner, Stephen	52 LCM	1:22.54	
2 Brackney, Kevin	50 MCM	1:33.49	

Men 60-64

50 Yard Freestyle			
1 Wolcott, Steve	60 UNA	27.55 (I)	
2 Brown, Wayne	63 WVM	29.64	

100 Yard Freestyle			
1 Wolcott, Steve	60 UNA	1:03.21 (I)	
2 Brown, Wayne	63 WVM	1:09.31	

50 Yard Breaststroke stroke			
1 Brown, Wayne	63 WVM	37.08	

100 Yard Breaststroke stroke			
1 Brown, Wayne	63 WVM	1:24.14	
50 Yard Butterfly			
1 Wolcott, Steve	60 UNA	31.03 (I)	

Men 65-69

100 Yard Freestyle			
1 Murray, Glen A	67 MCM	1:28.31	

500 Yard Freestyle			
1 Arndt, Armin	65 SMT	8:23.70	
2 Murray, Glen A	67 MCM	8:26.81	

50 Yard Breaststroke stroke			
1 Arndt, Armin	65 SMT	39.89	
2 Murray, Glen A	67 MCM	43.49	

100 Yard Breaststroke stroke			
1 Arndt, Armin	65 SMT	1:27.78 (I)	
2 Murray, Glen A	67 MCM	1:33.96	

200 Yard Breaststroke stroke			
1 Arndt, Armin	65 SMT	3:17.88 (I)	
2 Murray, Glen A	67 MCM	3:26.44	

Men 70-74

50 Yard Freestyle			
1 Bevier, Jack	73 WVM	35.06	

200 Yard Freestyle			
1 Bevier, Jack	73 WVM	3:23.67	

1650 Yard Freestyle			
1 Bevier, Jack	73 WVM	31:00.00	

Men 75-79

50 Yard Backstroke			
1 Bresko, William	78 UNA	1:12.45	

50 Yard Breaststroke stroke			
1 Bresko, William	78 UNA	53.43	

100 Yard Breaststroke stroke			
1 Bresko, William	78 UNA	2:02.23	
50 Yard Butterfly			
1 Bresko, William	78 UNA	1:04.23	

100 Yard Individual Medley			
1 Bresko, William	78 UNA	2:12.29	

see CHAMPS on page 6
for relay results

Training the Older Swimmer

Editors note: *This article appeared in Great Lengths, the newsletter of the British Columbia Masters Swimming Association. Gail Roper who responds was a US National Champion. She swam competitively until she was 26 then stopped for 18 years to raise a family. She completed in her first Masters meet in 1970 and began to break national records in all four strokes and the Individual Medley.*

GL: How and where do you feel that older (65+) swimmers can make the most improvements?

GR: this is a delicate subject, and most swimmers do not like to improve as they row older. I am not an exercise physiologist, but from what I've experienced, myself and other swimmers in my age group, everyone has a point of no

return. Everyone seems to age differently depending on genetic factors and how much you have abused your body over your Masters or other careers. Swimmers that begin Masters competition later, say in their 50's and 60's, appear to continue to swim well into their 60's and 70's, whereas swimmers who have been in swimming from their 30's and 40's begin to slow up earlier. Once you slow down, nothing can be done to improve. Rather, it is a struggle to stay in one place. My last PB was when I was 57.

GL: What is quality in terms of swim sets and can you give an example?

GR: If you are over 60, you need to be very careful of stressing your body as stress causes aging. If you are training for a 200 race, then a set might be 2x100 negative split with about 20 seconds between

hundreds x 2. That's 400 yards of training at 90%; that's enough. Another set would be 4x50 giving yourself an interval that gives 10 seconds rest, as in a broken 200. Two broken 200's are all you need. Focus more on your quality sets, as you can't do many of them without breaking down.

GL: What is garbage yardage can you give an example?

see **OLDER SWIMMER** on back cover5

CHAMPS from page 5

RELAY EVENTS

Women 19+ 200 Yard Freestyle Relay

1 MCM 2:14.26 (U)
Nelson, Sherri 41 Palmer, Teva 19
Bean, Alycia 28 Yenglin, Keely 34

2 WSU 2:19.65 (U)
Garrigues, Emily 23 Sutherland, Mary 48
Schotzko, Teresa 36

Women 19+ 200 Yard Medley Relay

1 MCM 2:20.18
Yenglin, Keely 34 Palmer, Teva 19
Bean, Alycia 28 Buehler, Paige 37

WSU DQ

Garrigues, Emily 23
Kayne-Langill, Michelle 27
Schotzko, Teresa 36
Murphy, Catherine 49

Women 35+ 200 Yard Medley Relay

1 MCM 2:42.79
Bell, Deborah 53 Cosens, Barbara 50
Nelson, Sherri 41 Chenoweth, Candice 51

Men 19+ 200 Yard Freestyle Relay

1 MCM 2:13.39
Murray, Glen A 67 Gerke, Charlie 46
Lamar, Thomas 45 Johnson, Brian 44

2 WSU 2:47.57
Schmelzer, Devin 22 Allison, Tony 33
Ehlinger, Jonathan 22 Garcia, Doug 44

Men 19+ 200 Yard Medley Relay

1 MCM 2:08.83
Brown, Robert 35 Hopper, Joseph 19
Richards, Neal 23 Naddell, Brandon 23

2 WSU 2:15.54

Garcia, Doug 44 Allison, Tony 33
Schmelzer, Devin 22 Ehlinger, Jonathan 22

Men 19+ 200 Yard Medley Relay

1 WSU 2:13.39
Garcia, Doug 44 Allison, Tony 33
Garrigues, Emily 23 Sutherland, Mary 48

Men 35+ 200 Yard Medley Relay

1 MCM 2:08.10
Johnson, Brian 44 Gerke, Charlie 46
Lamar, Thomas 45 Brackney, Kevin 50

Mixed 19+ 200 Yard Freestyle Relay

1 MCM 2:19.65
Lamar, Thomas 45 Brackney, Kevin 50
Bell, Deborah 53 Chenoweth, Candice 51

Mixed 19+ 200 Yard Freestyle Relay

1 MCM 1:48.14
Palmer, Teva 19 Hopper, Joseph 19
Bean, Alycia 28 Naddell, Brandon 23

2-WSU 1:57.34 (U)

Nelson, Annika 26 Allison, Tony 33
Murphy, Catherine 49 Schmelzer, Devin 22

Mixed 19+ 200 Yard Medley Relay

1 WSU 1:56.51
Schmelzer, Devin 22 Ehlinger, Jonathan 22
Nelson, Annika 26

Mixed 45+ 200 Yard Freestyle Relay

1 MCM 2:04.06
Chenoweth, Candice 51 Gerke, Charlie 46
Bell, Deborah 53 Brackney, Kevin 50

USMS Short Course Nationals Results

May 11-14, 2006 Coral Springs, Florida

Event	Time	Place
Dills, Suzanne (61, SCM)		
1000 Freestyle	13:27.21	1 I
400 Individual Medley	6:13.13	2 I, Z
200 Freestyle	2:26.19	1 I
500 Freestyle	6:34.16	2
200 Individual Medley	2:51.96	2
100 Individual Medley	1:18.16	1
Kingsly, Bernard N (47, NSM)		
50 Butterfly	26.68	19
100 Butterfly	58.50	14
50 Breaststroke	30.43	17
100 Individual Medley	1:00.24	13
100 Freestyle	52.75	15
Krauser, Larry B (52, SCM)		
1000 Freestyle	10:38.80	1
1650 Freestyle	17:58.13	1
200 Freestyle	1:50.87	1
50 Freestyle	22.94	1
500 Freestyle	5:03.96	1 I
100 Freestyle	50.37	2
Morrison, Robert W (52, UNA)		
200 Freestyle	2:04.91	12
200 Breaststroke	2:35.71	8
50 Freestyle	24.59	11
100 Breaststroke	1:09.30	7
50 Breaststroke	31.12	6
100 Freestyle	54.90	12
Simpson, Susanne B (46, SCM)		
1000 Freestyle	11:01.15	1
1650 Freestyle	18:22.74	1
200 Freestyle	2:00.67	2
500 Freestyle	5:24.23	2
100 Butterfly	1:01.49	1
200 Butterfly	2:16.60	1
Wolcott, Steve J (60, UNA)		
50 Butterfly	30.39	8
200 Freestyle	2:14.13	5
50 Freestyle	26.50	11
100 Individual Medley	1:14.64	12
100 Freestyle	1:00.62	10

Does not include no shows or DQ's

13TH ANNUAL

Steve Omi Memorial Open Water Swim

Date: Sunday July 16, 2006
Time: Check In At 8:45 am
Place: 12th Street Entrance Sanders Beach Lake Coeur d' Alene
Course: One Mile, along Sanders Beach Public Swim area to Coeur d' Alene Resort Golf Course, Wetsuits permitted
Fee: \$25 includes mesh gear bag, or \$15 without the mesh gear bag
 \$28 day of the swim, or \$18 without the mesh gear bag
Additional donations to Steve Omi Scholarship accepted

NAME	AGE	
ADDRESS	EMAIL ADDRESS	
CITY	STATE	ZIP
DAYTIME PHONE	EVENING PHONE	

Make checks payable to: Steve Omi Swim

Mail to: Steve Omi Swim, 408 Vista Drive Coeur d'Alene ID 83815

- Enclosed is my \$25 registration fee. Please have entry postmarked by July 12, 2006
- Enclosed is my \$15 registration fee, without mesh gear bag.

Race day registration fee is \$28, or \$18 without mesh gear bag.

For more information call 208-667-3721, 208-772-6753 or e-mail: swim@steveomi.org

ACCIDENT WAIVER AND RELEASE OF LIABILITY: I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risk include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event and lack of hydration. These risk are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors and organizers, in which I may participate and that it may govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: STEVE OMI SWIM organizers, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by negligence or releases or otherwise.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and or illness during this event.

I understand that at this event or related activities, I may be photographed.

I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and assigns.

The Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document; and, I understand its content.

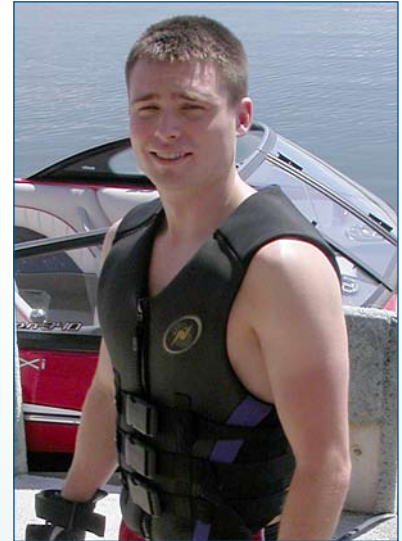
Print Participant's Name (If under 18 years old Parent or Guardian must sign)	Age	Signature	Date
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PARENT GUARDIAN WAIVER FOR MINOR (Under 18 years old)

The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Print Participant's Name	Age	Signature of Parent or Guardian	Date
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MEMBER PROFILE



Name: Devin Schmelzer

Age: 22

Team: WSU Masters

How long swimming masters: 5 years

Occupation: WSU Student

Favorite event: 100 Free, 100 Back

Least favorite event: 200 Butterfly,

Favorite book: Ender's Game

Favorite movie: Beautiful Mind

Favorite music: Alternative Rock.

Favorite food: A good steak

Little known fact: I don't like sleeping more than 5.5 hours a night. 5 hours is perfect!

Before a race I: Mentally jump up my heart rate without using muscle

After a race I: relax and dry off to avoid the chills.

Swim History: Started with Spokane Area Swimming at the age of 5 or 6 and swam with them until the age 16. I swam high school and made state three out of four years. I received a number of awards including MVP and most inspirational. I still swim roughly 4.5 hours a week.

Masters Swimming is better than age group swimming because: its about health, fun, personal enjoyment and friends. Age group was more about training and winning, loads of stress on the mind and body. At least now I can fall asleep without my arms going numb due to over devolped rotator muscles.

Northwest Zone Short Course Yards Championships

April 28-30, 2006
Boise, Idaho



Inland NW Masters Swimmers at the NW Zone meet in Boise. Back row from left: Devin Schmelzer, Doug Garcia, Robert Morrison, Bernie Kingsly, Eric Doering, Tony Allison. Front: Steve Wolcott, Margaret Hair and Teresa Schotzko. Not pictured Melinda Tomlinson-Macias, Jesse Macias, Wayne Brown, Steve Vinsonhaler, and Robin Durant.

Women's Events

Teresa Schotzko (36, WSU)

100 Freestyle	1:04.99	1
200 Freestyle	2:23.77	1
500 Freestyle	6:29.29	1
1000 Freestyle	13:26.05	1
100 Butterfly	1:16.41	1

Melinda Tomlinson-Macias (47, YVM)

50 Freestyle	35.15	1
100 Freestyle	1:22.31	1
200 Freestyle	3:26.78	2
50 Backstroke	42.50	1
50 Breaststroke	50.43	1
100 Individual Medley	1:34.47	1

Margaret Hair (51, LCM)

50 Freestyle	29.17	2 (I)
100 Freestyle	1:06.07	2 (I)
1000 Freestyle	13:31.28	1 (I)
100 Butterfly	1:17.90	2 (I)
100 Individual Medley	1:14.29	1 (I)
200 Individual Medley	2:45.07	1 (I)

Robin Durant (50, YVM)

100 Freestyle	1:21.04	3
500 Freestyle	7:28.26	1
1000 Freestyle	15:13.53	2
50 Backstroke	45.42	1
100 Backstroke	1:37.92	1

Men's Events

Devin Schmelzer (22, WSU)

50 Freestyle	23.98	1
100 Freestyle	53.78	1

Tony Allison (33, WSU)

50 Freestyle	32.96	1
100 Butterfly	1:34.36	1
200 Individual Medley	3:10.47	1

Steve Vinsonhaler (44, MCM)

50 Freestyle	26.51	2
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Doug Garcia (44, WSU)

50 Freestyle	28.65	3
100 Freestyle	1:04.46	3
50 Breaststroke	38.29	2
100 Individual Medley	1:18.93	1
400 Individual Medley	6:17.30	2

Eric Doering (44, WSU)

100 Freestyle	54.59	2
200 Freestyle	2:03.43	1
500 Freestyle	5:43.27	2
50 Backstroke	30.88	1
50 Breaststroke	33.87	1

Jesse Macias (48, YVM)

200 Freestyle	6:09.57	3
100 Individual Medley	2:57.19	5

Bernard Kingsly (47, NSM)

100 Freestyle	53.92	2
50 Breaststroke	32.32	1
50 Butterfly	28.16	1
100 Butterfly	1:01.68	2
100 Individual Medley	1:02.63	2

Robert Morrison (52, UNA)

50 Freestyle	24.95	1
50 Breaststroke	30.74	1
200 Breaststroke	2:38.54	1

Steve Wolcott (60, UNA)

50 Freestyle	26.74	1
100 Freestyle	1:01.83	1
50 Butterfly	31.31	2
100 Butterfly	1:16.62	2

Wayne Brown (63, WVM)

50 Freestyle	29.02	3
100 Freestyle	1:06.47	3

Relay Events

Men 18+ 200 Freestyle Relay

1:52.35, Second	
Garcia, Doug 44	Alison, Tony 33
Doering, Eric 44	Schmelzer, Devin 22

Mixed 18+ 200 Freestyle Relay

2:04.06, Second	
Hair, Margaret 51	Garcia, Doug 44
Schotzko, Teresa 36	Morrison, Robert 52

Mixed 18+ 200 Medley Relay

2:06.35, Second	
Schmelzer, Devin 22	Hair, Margaret 51
Schotzko, Teresa 36	Doering, Eric 44

Does not include no shows or DQs.

Tips for Staying Healthy

BY THE WASHINGTON STATE DAIRY COUNCIL

Consider Milk as Part of Your Diet

	Fat Free Milk 80 Calories	Cola 100 Calories	Fruit Punch 119 Calories
Percent of daily value			
Calcium	30%	0%	0%
Riboflavin	24%	0%	0%
Protein	16%	0%	0%
Potassium	11%	0%	2%
Vitamin A	10%	0%	0%
Vitamin B12	12%	0%	0%
Magnesium	8%	0%	0%
Niacin	10%	0%	0%
Phosphorus	20%	3%	0%

Tips for Reaching Your Goals

- Control portion sizes: read nutrition labels and be aware of serving sizes—often they're much smaller than we suspect.
- Choose lean or lowfat meats and poultry, include more beans.
- Try a variety of foods within each food group.
- Choose cooking methods that use less fat such as roasting, steaming or broiling.
- Choose more dark green and orange vegetables.
- Make half your grains whole grains.
- Go low-fat or fat-free when choosing milk, yogurt and other dairy products.

EATING ON THE ROAD from page 1

a lot, and you eat healthy at home, then an occasional night out won't hurt you. Though if you travel to away meets, its suggested that you watch your patterns and don't deviate too much from your regular training diet before important events.

Cooking Methods

What seems like a no brainer, many people ignore. Fried anything is not going to help your diet. In general we get enough fat in

Best & Worst

Recommended limits for a 2,000 calorie diet includes 65 grams of fat. For more details visit www.health.gov/dietaryguidelines

Breakfast

Avoid: Skillet Breakfasts (1200 plus calories and 70 grams of fat)

Select: Hot or Cold Cereal (210 calories and 5 grams of fat)

Sandwich Shops

Avoid: Tuna Salad (860 calories and 50 grams of fat)

Select: Turkey with mustard rather than mayonnaise (370 calories and 6 grams of fat)

Chinese

Avoid: Orange Crispy Beef (1700 calories and 66 grams of fat)

Select: Szechuan Shrimp (930 calories and 19 grams of fat)

Italian

Avoid: Fettuccine Alfredo (1500 calories, and 97 grams of fat)

Select: Spaghetti with Marinara sauce (850 calories and 17 grams of fat)

Mexican

Avoid: Taco Salad with sour cream and guacamole (1100 calories and 71 grams of fat).

Select: Chicken Fajitas, a bonus entrée you get vegetables (840 calories and 24 grams of fat)

Steak House

Avoid: Fried Whole Onion (1,600 plus calories and 116 grams of fat)

Select: Filet Mignon (350 calories and 18 grams of fat)

our diet by the meat and dairy products we consume, as well as the excess converted simple carbohydrates. Broiling, steaming, or grilling is going to provide as much and in some instances more flavor than frying or sautéing, with a fraction of the fat. Most of the time frying adds another layer of breading that retains more fat, calories and adds on low quality carbohydrates. Frying vats in restaurants often use shortening, which contains large quantities of trans fats. If you're not sure about the cooking method, don't be afraid to ask your server.

Ingredients:

Reading the menu can be deceiving. You might think a chicken salad might be a healthy choice, and in some instances it can be. However, a Chinese chicken salad—with crispy (translated as fried chicken) a lot of fried Chinese style noodles, drenched with dressing that includes saturated fats and sugar—what seemed like a healthy choice is not. A chicken Caesar salad kicks in at a whopping 660 calories (around 30 percent of a 2000 calorie diet) and 46 grams of fat.

Healthy ingredients are generally not seen at restaurants. Rarely do you see vegetables that are not smothered in sauce or butter, or over cooked and having lost many nutrients. Most of the carbohydrates are simple rather than complex.

Portion Sizes:

The quantity of food that is served at most restaurants also leads to some bad decisions. In general most restaurant meals can be shared, or half taken home for lunch the next day. Remember a serving of meat is about the size of a deck of cards, a serving of potato or fruit should be the size of your fist.

The best practice is to make sure you know your ingredients and the method for preparing the meal. When in doubt go for the least amount of processing, and the closest to the original source—such as fresh fruits and vegetables and lean cuts of meat and fish that is grilled or broiled.

Odman to be Missed

On May 15, 2006 Bill Odman, a long-time Masters swimmer, passed away at the age of 86 years old. His obituary in the *Spokesman-Review* showed the importance of swimming in his life, with half of the obituary centered around swimming. An excerpt from the article: "As a youngster, he swam at the Washington Athletic Club in Seattle and at the University of Washington. After a long hiatus, at the age of 58 he resumed swimming and competing. He swam with the Spokane Masters for 25 years. Bill's favorite race was the 200 meter freestyle. At LC Nationals in Grand Forks North Dakota, Bill won national titles in the 100 and 200 freestyle. He achieved the honor of being designated an 'All American Masters Swimmer' in 1989." These national recognitions were achieved by Bill at the age of 70. Bill continues to hold many local records, especially in freestyle events, in the 65+ age groups. Bill's presence will be missed at the local meets and open water swims.

CORRECTION



Editors Note: In the last issue I inadvertently included the photo of another swimmer for the member profile. The photo above is the correct image of swimmer Lesley Allan (47) of Wenatchee Valley Masters.

—Doug Garcia

Spokane Club Masters Spring Fling **RESULTS**

April 22, 2006, Spokane, Washington

WOMEN'S EVENTS

Women 30-34

50 Yard Freestyle		
1 Tiffani Roesler	31 LCM	27.35
50 Yard Breaststroke stroke		
1 Tiffani Roesler	31 LCM	36.89
50 Yard Butterfly		
1 Tiffani Roesler	31 LCM	29.62
100 Yard Individual Medley		
1 Tiffani Roesler	31 LCM	1:19.32

Women 45-49

100 Yard Freestyle		
1 June Bergquist	49 LCM	1:17.65
500 Yard Freestyle		
1 Cynthia Clutter	46 LCM	7:02.84
1650 Yard Freestyle		
1 Cynthia Clutter	46 LCM	23:41.36
2 June Bergquist	49 LCM	24:06.13
50 Yard Breaststroke stroke		
1 Cynthia Clutter	46 LCM	44.31
100 Yard Breaststroke stroke		
1 Cynthia Clutter	46 LCM	1:35.71
50 Yard Butterfly		
1 Susanne Simpson	45 SCM	29.46
100 Yard Butterfly		
1 Susanne Simpson	45 SCM	1:06.46
2 Cynthia Clutter	46 LCM	1:37.56

Women 50-54

50 Yard Freestyle		
1 Margaret Hair	51 LCM	31.01
100 Yard Freestyle		
1 Margaret Hair	51 LCM	1:06.75
50 Yard Backstroke		
1 Margaret Hair	51 LCM	37.43
100 Yard Backstroke		
1 Mary Adams	51 LCM	1:48.72
50 Yard Breaststroke stroke		
1 Margaret Hair	51 LCM	39.49 (I)
100 Yard Breaststroke stroke		
1 Mary Adams	51 LCM	1:48.92
50 Yard Butterfly		
1 Margaret Hair	51 LCM	32.87 (I)
100 Yard Butterfly		
1 Mary Adams	51 LCM	2:00.86
100 Yard Individual Medley		
1 Mary Adams	51 LCM	1:43.70
200 Yard Individual Medley		
1 Mary Adams	51 LCM	3:42.78

MEN'S EVENTS

Men 35-39

50 Yard Freestyle		
1 Harm-Jan Steenhuis	38 SMT	29.11
100 Yard Breaststroke stroke		
1 Harm-Jan Steenhuis	38 SMT	1:17.75
100 Yard Individual Medley		
1 Harm-Jan Steenhuis	38 SMT	1:16.12

Men 40-44

50 Yard Freestyle		
1 Matthew Bronson	40 UNA	30.10
100 Yard Freestyle		
1 Matthew Bronson	40 UNA	1:07.78
2 Doug Garcia	44 WSU	1:09.74
200 Yard Freestyle		
1 Doug Garcia	44 WSU	2:37.96
500 Yard Freestyle		
1 Doug Garcia	44 WSU	7:02.15
50 Yard Backstroke		
1 Doug Garcia	44 WSU	42.46
50 Yard Breaststroke stroke		
1 Matthew Bronson	40 UNA	44.94
100 Yard Individual Medley		
1 Matthew Bronson	40 UNA	1:26.62

Men 45-49

100 Yard Freestyle		
1 Holger Caban	49 SCM	59.65
200 Yard Freestyle		
1 Holger Caban	49 SCM	2:15.68
100 Yard Breaststroke stroke		
1 Holger Caban	49 SCM	1:17.09
100 Yard Individual Medley		
1 Holger Caban	49 SCM	1:13.16

Men 50-54

50 Yard Freestyle		
1 Stephen Tanner	52 LCM	33.30
100 Yard Freestyle		
1 Robert Morrison	52 UNA	1:00.77
2 Stephen Tanner	52 LCM	1:09.65
1650 Yard Freestyle		
1 Stephen Tanner	52 LCM	24:55.23
50 Yard Backstroke		
1 Stephen Tanner	52 LCM	36.21
50 Yard Breaststroke stroke		
1 Robert Morrison	52 UNA	31.59
100 Yard Breaststroke stroke		
1 Robert Morrison	52 UNA	1:09.09

Men 60-64

50 Yard Freestyle		
1 Steve Wolcott	60 UNA	27.32 (I)
2 Michael Hinnen	64 SCM	34.25
100 Yard Freestyle		
1 Steve Wolcott	60 UNA	1:02.18 (I)
2 Michael Hinnen	64 SCM	1:15.37
200 Yard Freestyle		
1 Steve Wolcott	60 UNA	2:23.18 (I)
2 Michael Hinnen	64 SCM	2:51.96
100 Yard Individual Medley		
1 Michael Hinnen	64 SCM	1:28.44

Men 70-74

50 Yard Freestyle		
1 James Davies	71 SMT	34.93
100 Yard Freestyle		
1 James Davies	71 SMT	1:18.12
200 Yard Freestyle		
1 James Davies	71 SMT	2:58.23
500 Yard Freestyle		
1 James Davies	71 SMT	8:11.96
1650 Yard Freestyle		
1 James Davies	71 SMT	27:33.05 (I)

Men 75-79

50 Yard Backstroke		
1 William Bresko	78 UNA	1:15.38
50 Yard Breaststroke stroke		
1 William Bresko	78 UNA	55.20
100 Yard Breaststroke stroke		
1 William Bresko	78 UNA	2:15.46
200 Yard Breaststroke stroke		
1 William Bresko	78 UNA	4:56.15
100 Yard Individual Medley		
1 William Bresko	78 UNA	2:29.30

INDIVIDUAL POINTS

Pl Name	Age	Team	Pnts
Female Scores			
1 Margaret Hair	51	LCM	38
2 Mary Adams	51	LCM	30
3 Cynthia Clutter	46	LCM	28
4 Tiffani Roesler	31	LCM	24
5 Susanne Simpson	45	SCM	12
6 June Bergquist	49	LCM	10
7 Gretchen Wolf	32	UNA	6

Male Scores

1 James Davies	71	SMT	34
2 Steve Wolcott	60	UNA	30
2 William Bresko	78	UNA	30
4 Matthew Bronson	40	UNA	24
4 Holger Caban	49	SCM	24
6 Stephen Tanner	52	LCM	22
6 Doug Garcia	44	WSU	22
8 Robert Morrison	52	UNA	18
8 Harm-Jan Steenhuis	38	SMT	18
8 Michael Hinnen	64	SCM	18

TEAM SCORES

Pl Team	Abv	Points
1 Lake City Masters	LCM	152
2 Spokane Club Masters	SCM	54
3 Spokane Masters & Tri	SMT	52
4 WSU Masters	WSU	22
5 Unattached	UNA	108

Codes

Inland NW Masters Record	(I)
NW Zone Record	(Z)
USMS Record	(U)
World Record	(W)
Unofficial	(X)
Disqualified	(DQ)

Key for Teams

Lake City Masters	LCM
Moscow Masters	MCM
North Spokane Masters	NSM
Pacific Northwest Masters	PNA
Spokane Club Masters	SCM
Unattached	UNA
WSU Masters	WSU
Wenatchee Valley Masters	WVM
Yakima Valley Masters	YVM

United States Masters Swimming & Inland Northwest Masters 2006 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)	

USMS 2006

Date of Birth	Age	Sex
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Team Affiliation

- | | | | |
|---|---|---|--|
| <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.

- I am a certified USA Swimming Official
 I am a certified high school swimming official
 I coach Masters Swimmers

Benefits of Membership Include:

⇒ *USMS Swimmer 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 *USMS Swimmer Magazine*)
 ⇒ \$10.00 to Inland Northwest Masters Swimming Committee for local programming and communications.

2006 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION (Membership will expire 12/31/2005)

Please check appropriate level • You may start renewing or registering for 2006 memberships on November 1, 2005

- Individual Registration \$30.00
 Couples Registering together \$55.00
 Senior Registration (age 60+) \$27.50
 Late Year Registration \$18 (for those registering in September-December, to expire on December 31, 2006)

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

<p>United States Masters Swimming Endowment Fund</p> <p><input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the USMS Endowment Fund</p>	<p>International Swimming Hall of Fame Endowment Fund</p> <p><input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the International Swimming Hall of Fame Endowment Fund</p>
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Make check payable to: IWMSC Mail check and form to: Sue Dills 639 N. Riverpoint Blvd. #3W Spokane, WA 99202	Amount Enclosed <hr style="border: 0.5px solid black;"/>
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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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Permit No.1**OLDER SWIMMER** *from page 6*

GR: Most Masters programs are geared to giving swimmers an hour's worth of variety. Any set that does not prepare you for your goal is probably not worth doing. One example: a set like 5x100 on a given short rest interval where the goal is to make the interval and not recording the time. It would be better to do a longer rest interval and keep the 100's under a goal time. Any set that mixes up the strokes without regard to the time achieved is garbage. A set like this would be 5x100 with the first 100 free, the 2nd 100 75 free, 25 stroke, the third hundred 50-50, the fourth 25 free, 75 stroke and the last 100 all stroke. You can't work this type of set as the time for each 100 can't be repeated or worked upon.

GL: How can Masters swimmers over 65, capable of 2000-3000 meter workouts, apply this to workouts when training for stroke/middle distance events when they are schooled swimmers?

GR: Swimmers over 65 should give themselves a day of rest between workouts to recover if they are doing 90% efforts. On the off days, stretching programs could be included. You need to achieve your workout goals in one 600-800 yard set, enough to maintain systems. 400m of warm up, 200m of drills and kicks, main set of 600-800 yards, 400 of drills and kicks, and 200 easy. The main set could be a kick, pull or swim set of any one stroke or IM.

GL: And not schooled swimmers (little background in swimming technique)?

GR: I don't think any swimmer should be doing a lot of sets without first learning proper technique. Lots of 25's focusing on form. This is hard as most swimmers want a "workout" and not do technique training.

GL: Backstroke and freestyle turns tend to be challenging in terms of breath control or spatial awareness especially as we grow older. Is there a time when open turns are a better choice?

GR: Yes, when the cost in oxygen depletion results in trying to recover for the first half of the next lap. It would be better to take a breath and a good push off than not go into oxygen debt. This will also happen to breaststrokers on the pull down off the wall, and a time will come when doing this is detrimental as well as dangerous. Lack of oxygen to the brain can cause cell damage. If you feel you need air, take it. I now breathe every stroke on the 100 and every fourth on the 50 free.

GL: Do you suggest that older swimmers try using breaststroke kick on the fly or possibly double arm backstroke to help them? In some cases to be able to do more strokes and IM in particular?

GR: Yes. Swimming other strokes is good for flexibility and it should be permitted if they feel better doing it.

GL: How can older swimmers be integrated with other Masters swimmers sometimes 30 years younger and often very fast and fit? I know you sometimes work out with youth teams.

GR: Fast and fit is relative. Older swimmers might be faster and fitter than 30-year-olds who are new to Masters swimming. It is dangerous to combine these two in one lane, as the older swimmers are more prone to injury from younger inexperienced swimmers who haven't learned to swim straight. If a 30-year-old hits another 30-year-old, it's a bruise. But, a 30-year-old hitting a 60-plus-year-old is a broken bone. I swam with youth teams for a lot of reasons. They were disciplined, swam straight, followed the set as given and never complained. Now that I'm 75, I can't keep up with the 10-year-olds, so I swim with a very small Masters program run by the age-group coach.

GL: Do you have any other suggestions or hints helping older swimmers to continue to swim well as they age?

GR: Give yourself rest days to let your body recover. Do not do excessive macho yardage challenges, like the February Fitness challenge, "training camps" that go for yardage, the New Year's Day set of 50 x 100's etc. 2000 yards is enough to maintain. Don't spread yourself too thin and try to do too much. Stick to the strokes you know best. Do keep up flexibility training; maintain muscle strength and deep a healthy outlook. Swimmers over 60 should not do hypoxic training, in or out of the wall without breath. Avoid any breath control training. Be happy you can still swim!