

SPLASHMASTER

Volume 3 Number 4

September 2000

Swimming for My Life

A STROKE SURVIVOR'S STORY

The day after Christmas, 1965, is a day I will never lose. Never will it ever be far from my thoughts and recollection. I was a bright 81/2 year old enjoying the wealth of Christmas gifts and good cheer still ruminating throughout the family home from the festive day before. My mother, being the marvelous cook that she has always been, was in the kitchen, chatting with relatives and

concocting some delicious meal. What it was, I do not recall, I do remember however the warmth and comfort in the house and indeed, in my life that day.

Suddenly and inexplicably to me, something was not right. I stumbled to my mother's side from where I had been in the living room and announced that I thought I had a headache. She told me to go lie down on the couch, to where she had a direct line of sight from the kitchen. I did as told, and within moments my mother had scooped me in her arms and rushed me upstairs to my parents' bedroom. With a mother's keen instincts, she realized this was serious when she saw me try to get up again, my face (unbeknownst to me) and little frame were not responding to my efforts to get up. I had wanted to tell Mom that I was very quickly going blind. By the time it took me to formulate that urgent thought the whole of my visual world was total darkness. I tried mightily to move, to shout, yell, scream or something but nothing in my body was working as it should.

What was going on?

Mom made the frantic call to our doctor and he met us at the emergency

room of the local hospital. It was eventually determined that I had a stroke affecting my entire right side.

After nearly a month in the hospital, my return home was difficult at best. My parents brought an 8 1/2 year old "infant"

home. I struggled with every single aspect of life. I was the oldest of three girls and the dynamics of our family certainly changed dramatically. The process of rehabilitation was very slow and arduous. The doctors had given my family little hope for recovery. I was at the time, the youngest individual to have suffered and survived a stroke of that type and magnitude. That I was still alive was miraculous, but now the question was how much would I regain?

While devastating, in time I was able to begin to rebuild my life. One of the delights of my recovery was proving the doctors wrong. For instance when they told my Mom that I shouldn't ride a bicycle because my balance was so bad, I was soon trying my new Christmas bike determined to ride once again.

see Swimming for My Life, on page 3



CALENDAR OF EVENTS

Sept. 27 **Meet entries due** for Zone Short Course Meters Championships, (see entry form on page 10)

Oct. 7 & 8 **Zone Short Course Meters Championships** King County Aquatic Center, Federal Way WA

Oct. 29 **Swim Clinic with guest coach Clay Evans**, at Washington State University in Pullman WA (see page 5 for details)

Oct. 30-
Nov. 1 **Spokane, Coeur d'Alene & Wenatchee Swim Clinics with guest coach Clay Evans**, (see page 5 for details and locations)

Nov. 15 **Meet entries due**, for Sandpoint Fall Classic

Nov. 26 **Fall Classic Swim Meet** at Sandpoint West Athletic Club, Sandpoint ID

BOARD MEETING MINUTES

May 18, 2000 • Plummer Idaho

Minutes were approved from the last Board Meeting.

Treasurer • Marie Glynn reported that the LMSC is breaking even for the year. Potential expenses yet this year include new starting equipment and USMS convention expenses. Meet revenues have been exceeding expenses.

There is \$4824.17 in the checking account and \$500 in savings. She gave a breakdown of expenditures in graph form. Will be putting some of the funds into CDs on a revolving six-month basis.

Doug reported that he and his family are now folding the newsletters to save money. Doug also reported that his club lost \$27.59 on the Zone/Champs meet due to \$110 not being paid for housing and dinners. He will send an invoice to those folks who still owe. His club will be reimbursed by the LMSC if they do not at least meet their costs. Doug also said that his club was happy with the way the meet went and will consider hosting another meet. (editors note, WSU Masters did not lose money on the Zone Champs Meet).

In addition discussion of the need to provide food at the meets ensued. If food is donated there needs to be thank you note sent to the donor.

Registrar • Elin Zander reported that there are 167 registered swimmers to date. This is more than all of last year. The board also approved spending \$18.50 on a gift for Jackie Benning.

Newsletter • Doug Garcia reported that there is a problem with getting the non-profit status due to the name change of the LMSC. Marie will look into it further. Items from the Montana LMSC will not be included until they take the initiative to send information to Doug as well as pay for their portion of the printing and mailing expenses. Discussion ensued regarding sending the newsletter by e-mail. The option will be included on next year's registration form. Elin will research sorting of database to help the sorting process of those who want the newsletter sent by e-mail versus snail mail.

Top Ten/Data Entry • Margaret reported that Zach Taylor has been doing a good job at data entry. The only problem has been that relay cards have not been adequately filled out before they are sent to Zach. Teams need to be aware of how important this is.

Meets/Sanctions • Elin took the board through problems she had with Sanction packet. Doug will look into making it easier to go through. Changes approved by the board included- payment to be made to hosting team within 10 days, bylaws to be changed to require ribbons for only 1st through 3rd places at meets, changing the split for the extra \$4 for deck entries to \$2 for the hosting team and \$2 to the LMSC, deleting the host team expense sheet, adding the whistle start, and deleting the high point team trophy.

Discussion of next seasons meet schedule took place. There were no team representatives that contacted Elin regarding hosting a meet. Elin will contact them again so that we can schedule meets.

Any new rules will be shown at the beginning of each meet so that swimmers can get used to using them. They will also be added to the Sanction Packet.

Doug will contact a potential replacement for Sanction Chair.

USMS Convention • Elin's way is paid this year by USMS. Doug's way will be paid by our LMSC. In the event that he

cannot attend, Marie will go in his place. Doug will also apply to the Zone for monies towards his convention expenses.

Equipment Needs • Margaret reported that the LMSC needs 3 new lap counters at \$40 each and 12 stopwatches at \$20 each. The board approved the purchase of these items.

New starting system • Margaret looked into options for a new starting system. Following discussion of these options the board approved expense of \$675 plus shipping and tax towards a Swimstart Electronics starting system. Chris McKay will purchase this system for the LMSC.

Official Clinic • On hold pending contacting team representatives.

Clinics • Doug will look into having a Nike Champions clinic in Pullman in late October. Another possibility is Clay Evans from Southern California Aquatics.

Coaching • Elin reported that she is still pursuing getting a coach at the new YMCA in the valley and Spokane YMCA.

Other Business • Marie suggested that the dinner for the board meeting be paid for by the LMSC. After discussion of the travel time and costs of board members, this expense was approved.

*Nancy Taylor, Secretary
Inland Northwest Masters
Swimming Committee*

SPLASHMASTER

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Swimming for My Life, from page 1

I have a way of announcing things at the moment of most impact. While visiting my sister Janet in Maui, I announced that I was going swimming with her. Janet was the founder and coach of the Maui Masters Swim Team. Janet and I drove to the pool in a dumbfounded silence.

As a freshman in a high school tumbling class I gave myself simultaneous black eyes, I was humiliated. It convinced me that my two incredibly athletically gifted sisters were the shining stars, not me. As a consequence, my sisters never really encouraged me athletically, they saw first hand how much it saddened and frustrated me. However to their credit, they never discouraged me from sports.

Masters Swimming to the Rescue

Within a week of being back home in Menlo Park California, I had found a coach and the Menlo Park Masters, which is just the group I was looking for.

My original goal, was to complete a workout. I had other goals in mind when I called Janet and announced that I was coming back to Maui to participate in the Pan Pacific Swim Meet in June '97. Janet's stunned retort was, "Heidi, get some meets under your belt first!" The next time I talked with her, I informed her that I had indeed gotten a meet under my belt, and was signed up to do an open water swim, and felt I was ready to come to Maui! Had I known what kind of huge international event the Pan Pacs were, I am certain I would have

been far too intimidated to take part in them. I just knew that I wanted to be with Janet at the big event on Maui.

Once there, I met swimmers from all over the world and loved meeting all the people. I was also firmly cementing a terrific friendship with Janet, which previously in our lives had been tenuous at

"I had begun pushing myself far beyond my old self-imposed limits of childhood, with a kind of joy I didn't realize could ever be found within me."

— HEIDI RENNER

new swimming experiences!

In August of '97 at the age of 40, I was diagnosed with a level 4 cancer. The news rocked me to the core, I was stunned and shocked. During those seemingly endless months of exams, tests and surgeries, it seemed for me the only place I felt in control of my body and my life was in the pool. Swimming gave me a sense of stability and acted as a rudder for my life



best. Best of all, I had begun pushing myself far beyond my old self-imposed limits of childhood, with a kind of joy I didn't realize could ever be found within me. I loved every moment of my

that once again seemed so tenuous. My workouts quickly became a daily ritual, and the chaos that I felt, became the fuel for me to complete my first "Killer Quad" (a Menlo Park Masters four segment event - one hour swim; 50 x 100's; 75 x 100's and 100 x 100's). My coach Tim and the team were enormously supportive during that time. I recently celebrated one year of being free of cancer!

Last summer, I tentatively tried a few triathlons, and found I loved them. It was fun! This summer I have a few more



The purpose of Strokes for Stroke is to raise awareness and help reduce the incidence of and impact of stroke. You can help by swimming a mile (not for time) and making a contribution to the National Stroke Association.

Information about the program can be found in *Swim Magazine*, or on-line at www.strokesforstroke.org.

Previously published information indicated the program ran through July 4. Due to the success of the program, United States Masters Swimming and the National Stroke Association have ***extended the campaign period to September 30.***

If you cannot swim the mile by yourself, team up with one or two others to swim the mile and make a donation. **DO IT TODAY!**

scheduled, as well as open water swims and 5k run/walks. I do what I can and if ever it is no longer fun, I will stop or slow down. I love swimming especially, because it gives me a grace that has eluded me since I was eight. As a child watching my sisters with all their grace and power, only served to make me more determined when my time came. I have a lot of catching up to do, but as long as I am in the water loving the feeling of gracefulness, I will continue to improve.

As I look back on the road I have traveled, I have only the briefest of memories from before my stroke. My life has been so full and rich with certainly a very unique perspective and experiences. Remember that my story began at a time when the modern technological medical age was just beginning to be considered. Everyone did the best they could for me with the tools available at that time. I am eternally grateful to those who struggled with me, both beside me and from afar. Never will I lose that fighting spirit that is so deeply embedded within; life is wonderful!

—Heidi Renner

SANDPOINT WEST ATHLETIC CLUB MASTERS
Fall Classic Swim Meet

SUNDAY NOVEMBER 26, 2000

Date/Times: Sunday, November 26, 2000. Warm-up starts at 8:30 am, Meet starts at 9:00 am, second warm-up at 10:00.

Sponsor: Sandpoint Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United State Masters Swimming Inc. (USMS) Sanction number 3501126.

Eligibility: All swimmers must be currently registered IWMSC/USMS swimmers. New IWMSC/USMS registrations (found on page 11 of the *Splashmaster*) should be sent to Elin Zander 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 2000 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

Deadline: All entires must be postmarked by November 15, 2000. Incomplete or late entries will be treated as "deck entries."

Fees: \$8.00 for entries sent before November 15, \$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.

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

Directions: Take I-90 east or west to Idaho State Highway 95 in Couer d'Alene. Go north on Highway 95 to Sandpoint. Cross the long bridge into town traveling on First Street. Stay on First Street through town, staying in the left lane. First Street turns left onto Cedar, continue on Cedar through stoplight at Chevron station and turn left (south) onto Division. Turn right onto Pine and look for Sandpoint West Athletic Club on the left. For more information call Mike Broshnahan at (208) 263-6633.

Postmarked by: November 15, 2000
Mail Entries to: Margaret Hair
 408 Vista Drive
 Coeur d'Alene, ID 83815
Entry Fee: \$8.00 prior to November 15
 \$12.00 for Deck Entries
Checks payable to: IWMSC

Name _____ Male Female Birthdate _____ Age _____
 Address _____ City, State, Zip _____
 Phone _____ USMS # _____ Club _____

Meter Times Please • Maximum of 5 Individual and 3 Relay Events.

- | | | |
|--|--|---|
| 1) 400 M Ind. Medley _____
2) 800 M Freestyle _____
Second Warm-Up at Approx. 10:00 am
3) 200 M Freestyle Relay _____
<p style="text-align: center;">10 Minute Break</p> 4) 50 M Freestyle _____
5) 100 M Breaststroke _____
6) 200 M Backstroke _____ | 7) 50 M Butterfly _____
8) 200 M Ind. Medley _____
9) 400 M Mixed Freestyle Relay _____
<p style="text-align: center;">10 Minute Break</p> 10) 100 M Freestyle _____
11) 200 M Breaststroke _____
12) 50 M Backstroke _____
13) 100 M Butterfly _____ | 14) 200 M Medley Relay _____
<p style="text-align: center;">10 Minute Break</p> 15) 200 M Freestyle _____
16) 50 M Breaststroke _____
17) 100 M Backstroke _____
18) 200 M Butterfly _____
19) 100 M Ind. Medley _____
20) 400 M 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 _____

SCHEDULE

Schedules are tentative and subject to change.

The Pullman schedule: the clinic will begin in the classroom at 9 AM for a instructional session on Breaststroke, then to the pool for a practical application session. A no host lunch at the WSU Athletic Complex will follow the Breaststroke pool session. Back to the classroom for a instructional session on Butterfly followed by a Butterfly pool session. Video taping and analysis will be included.

The Spokane, Coeur d'Alene and Wenatchee schedules and locations have not been developed as of press time. All of these clinics will be early morning or evening sessions. Check with your team representative or clinic director Doug Garcia after October 20 for more details.

Cost: for the Pullman clinic will be \$18 (not including lunch). Cost for the Spokane, Coeur d'Alene and Wenatchee clinics will be \$8. **All participants must be USMS registered.**

A one day registration for the additional cost of \$10 will be available at the clinic site to all non USMS registered participants.

Location: The Washington State University Athletic complex in Pullman.

Mail clinic registrations to: Clinic Director Doug Garcia, PO Box 145, Albion WA 99102-0145.

For more details call 509-332-1621 (before 9 pm please), or email to douggarcia@usms.org

Clinic Location: Pullman \$18 Spokane \$8 Coeur d'Alene \$8 Wenatchee \$8

Name _____ Email _____

Address _____ City, State, Zip _____

Phone _____ USMS # _____ Club _____

Make checks payable to IWMS, cash will not be accepted with the registration form or at the clinic.

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 _____

GUEST COACH CLAY EVANS

of Southern California Aquatic Masters

Coach Clay Evans is the founder and director of the Southern California Aquatic Masters (SCAQ), the nation's largest masters swim club. An Olympic silver medalist, coach Evans directs a coaching staff of 19 with over 60 workouts a week, and a membership of over 700 swimmers.

OPEN WATER RESULTS



SUNDAY JULY 16, 2000
LAKE PEND ORIELLE

The 6th Annual Lake Pend Oreille Long Bridge Swim was held on August 19, with over 218 finishers out of 225 who started the swim.

The youngest participant in the swim was Paulina Gralow (9) of Sandpoint who was the 143rd finisher of the 1.76 mile swim in a time of 1:09:35. The eldest to finish was Bill Odman (81) from Spokane who placed just ahead of Gralow at 142 in a time of 1:09:35.

Among the participants were experienced collegiate to novice swimmers. Participants traveled from as far away as Colorado and California. Eleven participants were age 12 and younger, 48 were between the ages of 12 and 18, and 8 participants were over the age of 60. Ten participants have swam this event for the past 5 years, including Wendy Auld (30), Ron Barrett (47), Mike Boseth (47), Cindy Clutter (40), Bill D'Olier (56), Uriel Fox (42), Phyllis Gutenberger (42), Lynn Moore (43), Briana Staglund (19), and event organizer Eric Ridgway

Ridgway commented, "that with 218 swimmers all completing 1.76 miles, the group swam a total of 383.68 miles on that Saturday morning.

Safety and fun are the two biggest priorities for this event. The focus is on participation, and not so much on how fast you swim. While some participants are college and Olympic trial caliber athletes, most are just swimming for fun and health.

Numerous safety boaters parallel the swimmers along the course to make sure that everyone has a positive experience and swimmers can stop at any time if they wish."

Place	Time	Name	From	Age	Sex
1.	0:36:26	Glynde Mangum	Boulder CO	37	M
2.	0:37:38	Sky Hoagland	Seattle WA	17	M
3.	0:37:55	April Cheadle	E Wenatchee WA	19	F
4.	0:38:04	Nancy Cheadle	E Wenatchee WA	16	F
5.	0:38:14	Larry Krauser	Spokane WA	47	M
6.	0:38:58	Susanne Simpson	Spokane WA	40	F
7.	0:40:01	Jeff Rigg	Coeur D Alene ID	24	M
8.	0:40:18	Joel Wilson	Santa Cruz CA	51	M
9.	0:40:44	Pat Mcchesney	Spokane WA	50	M
10.	0:41:05	Ben Palmer	Sagle ID	19	M
11.	0:41:09	Tommy Sykes	Sandpoint ID	17	M
12.	0:42:00	Megan Taggart	Coeur d'Alene ID	19	F

Place	Time	Name	From	Age	Sex
13.	0:42:06	Chance Linkenbach	Helena MT	16	M
14.	0:42:51	Jane Rockwell	Sandpoint ID	36	F
15.	0:42:58	Katrina Finley	Post Falls ID	15	F
16.	0:43:03	Jessica Isenberg	Post Falls ID	17	F
17.	0:43:09	Jim Stern	Santa Maria CA	51	M
18.	0:43:33	Brian Travis	Wenatchee WA	28	M
19.	0:43:38	Joe Organick	Spokane WA	41	M
20.	0:43:56	Charlie Martin	Spokane WA	45	M
21.	0:44:02	Cindy Cilyo	Spokane WA	46	F
22.	0:44:04	Dan Blee	Dalton Gardens ID	14	M
23.	0:44:24	Jay Underwood	Spokane WA	38	M
24.	0:44:44	Tom Lamar	Moscow ID	39	M
25.	0:44:45	Jon Grafious	Worley ID	27	M
26.	0:44:53	Jack Keane	Sandpoint ID	39	M
27.	0:44:57	Lindsay Taggart	Coeur d'Alene ID	21	F
28.	0:45:02	Ann Hemington	Santa Cruz CA	38	F
29.	0:45:09	Linda Locklin	Santa Cruz CA	47	F
30.	0:45:19	Stephen Murray	Spokane WA	43	M
31.	0:45:31	Briana Staglund	Sandpoint ID	19	F
32.	0:45:57	Clark Richman	Sandpoint ID	30	M
33.	0:45:57	Mark Comfort	Missoula MT	46	M
34.	0:45:58	Bill Travis	Coeur D Alene ID	52	M
35.	0:46:05	John Shields	Coeur D'alene ID	15	M
36.	0:46:13	Jaimie Hedrick	Cocolalla ID	14	F
37.	0:46:46	Braden Pence		17	M
38.	0:46:55	Ryan Moore	Moscow ID	31	M
39.	0:46:56	Cora Stoner	Sandpoint ID	12	F
40.	0:46:57	Austen Haynes	Rathdrum ID	40	M
41.	0:47:00	Elin Zander	Valleyford WA	46	F
42.	0:47:07	Magnus Eriksson	Sandpoint ID	33	M
43.	0:47:15	Ron Stevens	Whitefish MT	41	M
44.	0:47:19	Alcyone Finke	Spokane WA	13	F
45.	0:48:18	Mark Finke	Spokane WA	46	M
46.	0:48:57	Dustin Rushford	Helena MT	18	M
47.	0:49:47	Christine Mabile	Post Falls ID	13	F
48.	0:49:48	Drew Kimbrough	Spokane WA	39	M
49.	0:49:56	Michael Veith	Spokane WA	54	M
50.	0:50:00	Tom Simpson	Spokane WA	40	M
51.	0:50:03	Paul Konewko	Liberty Lake WA	38	M
52.	0:50:08	Scott Burgstahler	Sandpoint ID	44	M
53.	0:50:18	James Davies	Colbert WA	66	M
54.	0:50:40	Mark Chorzempa	Sandpoint ID	51	M
55.	0:50:44	Cindy Clutter	Coeur D Alene ID	40	F
56.	0:51:01	Allison Florea	Sagle ID	14	F
57.	0:51:05	Richard Law	Canyon BC	50	M
58.	0:51:09	Barclay Klingel	Spokane WA	44	M
59.	0:51:17	Jean Smith	Colbert WA	44	F
60.	0:51:19	Emmalee Gerstenberger	Spirit Lake ID	14	F
61.	0:51:24	Ellie Johnson	Spirit Lake ID	30	F
62.	0:51:38	Holly Apple	Whitefish MT	35	F
63.	0:51:46	Patti Ridgway	Sagle ID	42	F
64.	0:51:47	Eric Ridgway	Sagle ID	39	M
65.	0:51:49	Maidy Kress	Coeur D Alene ID	49	F
66.	0:52:01	Colin Barrett-fox	Sandpoint ID	12	M
67.	0:52:02	Uriel Fox	Sandpoint ID	42	F
68.	0:52:13	Brian Bartlett	Sandpoint ID	52	M
69.	0:52:25	Janel Falk	Moscow ID	19	F
70.	0:52:34	Mac Cavasar	Coeur D Alene ID	49	M
71.	0:52:39	David Weeks	Coeur D' Alene ID	52	M
72.	0:52:41	Sarah Shields	Coeur D'alene ID	13	F
73.	0:52:42	Rhia Pulizzi	Coeur D Alene ID	14	F
74.	0:52:47	Ursula Graef	Sandpoint ID	36	F
75.	0:52:52	Crystal Mulliner	Sandpoint ID	17	F

see Long Bridge Swim Results, on page 6

Long Bridge Swim Results, from page 5

Place	Time	Name	From	Age	Sex	Place	Time	Name	From	Age	Sex
76.	0:53:26	Jenny Thomson	Spokane WA	39	F	148.	1:09:58	Mark Varela	Spokane WA	48	M
77.	0:53:37	Allison Delong	Hope ID	36	F	149.	1:09:59	Tiffany Haddock	Baltimore Md	25	F
78.	0:53:44	Kevin Stucka	Bonnors Ferry ID	17	M	150.	1:10:03	Maddy Houghton	Spokane WA	47	F
79.	0:54:30	Rodney Wharton	Post Falls ID	44	M	151.	1:10:05	Lynn Moore	Sandpoint ID	44	F
80.	0:54:50	Van Bennett	Coeur D Alene ID	64	M	152.	1:10:16	Jim Houghton	Spokane WA	51	M
81.	0:56:00	Jerry Clauson	Lynnwood WA	36	M	153.	1:10:23	Helle Aaes-Jorgensen	Spokane WA	40	F
82.	0:56:02	Tommy Schram	Vancouver WA	53	M	154.	1:10:44	Stu Snyder	Seattle WA	46	M
83.	0:56:06	Schram	Vancouver WA	18	M	155.	1:11:17	Linda Varela	Spokane WA	48	F
84.	0:56:07	Liz Cooperrider	St Maries ID	36	F	156.	1:11:43	Anne Irmer	Spokane WA	46	F
85.	0:56:22	David Barnett	Post Falls ID	43	M	157.	1:12:10	Phyllis Gutenberger	Sandpoint ID	42	F
86.	0:56:42	Deb Allen	Moscow ID	42	F	158.	1:12:13	Melissa Wright	Sandpoint ID	12	F
87.	0:56:45	Anne Mitchell	Sandpoint ID	43	F	159.	1:13:01	Wendy Auld	Sagle ID	30	F
88.	0:56:46	Bill Davies	Spokane WA	64	M	160.	1:13:05	Cynthia Dalsing	Sandpoint ID	47	F
89.	0:56:50	Tom Groesbeck	Spokane WA	42	M	161.	1:13:20	Emily Reina	Sagle ID	13	F
90.	0:56:58	Russell Lesage	Brewster WA	45	M	162.	1:13:49	Deborah McShane	Sandpoint ID	48	F
91.	0:57:03	Patricia Lohstroh	Spokane WA	30	F	163.	1:13:52	Bill Boggs	Coeur D Alene ID	53	M
92.	0:57:13	Paul Myers	Spokane WA	44	M	164.	1:13:58	Katie Bray	Spokane WA	13	F
93.	0:57:15	Ann Isenberg	Post Falls ID	53	F	165.	1:13:59	Lori Myers	Spokane WA	40	F
94.	0:57:26	Corleen Mckinnon	Creston BC	33	F	166.	1:14:35	Kathleen Hagen	Pullman WA	37	F
95.	0:57:28	Zoe Tessier	Sandpoint ID	12	F	167.	1:14:43	Cyndi Johnson	Pullman WA	46	F
96.	0:57:32	Amy Tessier	Sandpoint ID	39	F	168.	1:14:47	Kristi Rennebohm-Franz	Pullman WA	53	F
97.	0:57:41	John Turkenburg	Coeur D'alene ID	40	M	169.	1:14:57	Paul Weid	Sandpoint ID	45	M
98.	0:58:10	Mira Cucek	Sagle ID	33	F	170.	1:15:19	Ben Beach		36	M
99.	0:58:33	Holly Sylvester	Olympia WA	33	F	171.	1:15:39	Courtney Simpson	Spokane WA	11	F
100.	0:59:24	Danielle Mccabe	Sagle ID	16	F	172.	1:15:54	Pamela Burrows	Portland Or	35	F
101.	0:59:44	Lydia Young	Littleton CO	51	F	173.	1:15:58	Terri Alvarado	Spokane WA	38	F
102.	0:59:47	Brian Kulik	Pullman WA	34	M	174.	1:16:11	Tammy Owens	Spokane WA	38	F
103.	0:59:48	Andrew Austin	Medical Lake WA	39	M	175.	1:16:14	Laurens Willard	Bonnors Ferry ID	18	M
104.	1:00:22	Ronald Barrett	Sandpoint ID	47	M	176.	1:16:32	Stephen Nickodemus	Sandpoint ID	45	M
105.	1:00:35	Davis Donegan	Coeur D'alene ID	49	M	177.	1:16:39	Joani Vogel	Sagle ID	45	F
106.	1:00:50	Kelan Freeman	Calgary Alberta	10	M	178.	1:17:10	Virgil Crampton	Colfax WA	39	M
107.	1:00:57	Jocelyn Flitton	E Wenatchee WA	30	F	179.	1:17:15	James Guichard	San Francisco CA	45	M
108.	1:01:01	Eric Mann	Sandpoint ID	10	M	180.	1:17:17	Chuck Prussack	Spokane WA	47	M
109.	1:01:25	Heather Bateman	Spokane WA	25	F	181.	1:17:41	Matthew Wade	Medical Lake WA	28	M
110.	1:01:27	Jeff Haughey	Sandpoint ID	36	M	182.	1:18:14	Jennifer Gasser	Sandpoint ID	18	F
111.	1:01:40	Joan Terrell	Sandpoint ID	46	F	183.	1:18:36	Sharon Barclay	Bonnors Ferry ID	48	F
112.	1:02:37	Marsha Lutz	Sagle ID	38	F	184.	1:20:04	Joyce Lawrence	Canyon BC	47	F
113.	1:03:01	Glenn Mabile	Post Falls ID	40	M	185.	1:20:30	Kathy Dalberg	Coeur D'alene ID	46	F
114.	1:03:09	Sunny Blende	Sausalito CA	50	F	186.	1:21:55	Nancy Radcliffe	Post Falls ID	43	F
115.	1:03:28	Catherine Julien	Veradale WA	45	F	187.	1:22:02	James Emmer	Hope ID	45	M
116.	1:03:35	Monica Donegan	Coeur D'alene ID	50	F	188.	1:22:37	Dennis Mccracken	Laclede ID	35	M
117.	1:03:38	Taylor Angelo	Desmet ID	18	F	189.	1:23:18	Debbie Hackworthy	Sagle ID	42	F
118.	1:03:42	Bill D'olier	Sandpoint ID	56	M	190.	1:23:35	Scott Capan	Sandpoint ID	35	M
119.	1:03:46	Jon Nylund	Sandpoint ID	55	M	191.	1:23:50	Eric Sheppera	Bonnors Ferry ID	16	M
120.	1:04:00	Chantelle Mozingo	Bonnors Ferry ID	14	F	192.	1:24:37	Randy Bailey	Sagle ID	51	M
121.	1:04:34	Polly Phipps	Seattle WA	47	F	193.	1:24:55	Philip Grafious	Cheney WA	53	M
122.	1:04:38	Louise Driggars	Sandpoint ID	39	F	194.	1:25:15	Margaret Bowden	Sandpoint ID	44	F
123.	1:04:44	Ellen Yarborough	Sandpoint ID	30	F	195.	1:25:53	Michelle Reina	Sagle ID	17	F
124.	1:04:52	Larry Isenberg	Post Falls ID	50	M	196.	1:27:14	Teresa Hoagland	Sandpoint ID	13	F
125.	1:04:56	John Clay	Nine Mile Falls WA	63	M	197.	1:28:04	Jeanette Roche	Sandpoint ID	44	F
126.	1:05:10	Douglas Stoermer	Naples ID	42	M	198.	1:29:47	Chelsea Gurney	Sandpoint ID	13	F
127.	1:05:30	Doug Garcia	Albion WA	38	M	199.	1:29:56	Jan Hedrick	Cocolalla ID	40	F
128.	1:05:31	Mary Adams	Hayden ID	45	F	200.	1:30:03	Brian Farrelly	Bonnors Ferry ID	17	M
129.	1:06:17	Natalie Gurney	Sandpoint ID	39	F	201.	1:30:06	Susan Atkins	Bonnors Ferry ID	46	F
130.	1:07:20	Kim Woodruff	Sandpoint ID	38	M	202.	1:30:09	Tammy Blanford	Bonnors Ferry ID	20	F
131.	1:07:42	David Romasko	Spokane WA	36	M	203.	1:30:11	Matthew Barclay	Bonnors Ferry ID	16	M
132.	1:07:43	Randy Hixon	Sausalito CA	51	M	204.	1:30:49	Mary Toland	Sagle ID	50	F
133.	1:08:10	Pete Thompson	Spokane WA	56	M	205.	1:30:51	Cory Donenfeld	Sagle ID	14	M
134.	1:08:21	Eldad Gershony	Bonnors Ferry ID	18	M	206.	1:31:43	Annette Orton	Sandpoint ID	69	F
135.	1:08:46	Todd Stoner	Sandpoint ID	10	M	207.	1:32:02	Michael Tonkyn	Spokane WA	50	M
136.	1:08:47	Jim Bender	Bonnors Ferry ID	18	M	208.	1:32:57	Charlene Van Tol	Sagle ID	39	F
137.	1:08:57	Gregg Markmann	Veradale WA	53	M	209.	1:33:48	William Bresko	Medical Lake WA	72	M
138.	1:09:03	Diana Roberts		42	F	210.	1:35:01	Carla Ogrady	Spokane WA	40	F
139.	1:09:05	Laurie Cnnelly	Spokane WA	48	F	211.	1:36:16	Tami Thurlow	Sagle ID	34	F
140.	1:09:09	Erin O'Regan	Spokane WA	43	F	212.	1:36:21	David Perlmutter	Bonnors Ferry ID	16	M
141.	1:09:23	Laura Hackworthy	Sagle ID	11	F	213.	1:36:22	Susan Yett	Portland Or	51	F
142.	1:09:33	Bill Odman	Spokane WA	81	M	214.	1:39:05	Diane Blanford	Bonnors Ferry ID	47	F
143.	1:09:35	Paulina Gralow	Sandpoint ID	09	F	215.	1:43:43	Kelsey Underwood	Spokane WA	10	F
144.	1:09:39	Mike Boseth	Sandpoint ID	47	M	216.	1:46:29	Maki Peake	Bonnors Ferry ID	31	F
145.	1:09:42	Vicki Jackson	Sandpoint ID	37	F	217.	1:58:26	Michelle Toscano	Sandpoint ID	25	F
146.	1:09:45	Gale Harbison	Ponderay ID	49	F	218.	2:05:09	Ellen Hopkins	Sandpoint ID	61	F
147.	1:09:57	Holly Dahl	Sagle ID	29	F						

Swimmer Profile



NAME: **Ryan Moore**

AGE: **31**

OCCUPATION: **Graduate Student,
Resource Recreation and Tourism
at the University of Idaho**

SWIM CLUB: **Moscow Chinook Masters**

YEARS SWIMMING MASTERS: **5 years**

FAVORITE EVENT: **100 Backstroke**

WHY: **Because I can breathe whenever
I want. In addition, I have a high
school time that I would like to
break.**

FAVORITE FOOD: **Mexican**

FAVORITE MOVIE: **Dumb and Dumber**

FAVORITE MUSIC: **Alternative Rock**

FAVORITE AUTHORS: **John Irving,
Kurt Voneget**

LITTLE KNOWN FACT: **Originally from
Mission Viejo, California. I was
Diablo of the year for the high
school swim team.**

BEFORE A MEET I: **Eat bagels and
bananas and imagine myself
swimming fast and smooth, and
winning.**

AFTER A MEET I: **Eat a good meal and
have a beer.**

The Steve Omi Memorial Open Water Swim

SUNDAY JULY 16, 2000 • LAKE COEUR D'ALENE

Place	Name	Sex	Age	Time	Place	Name	Sex	Age	Time
1	Jeff Rigg	M	24	21:53:00	27	Tom Groesbeck	M	42	30:04:00
2	Cindy Cilyo	F	46	24:18:00	28	Eydie Kendall	F	36	30:08:00
3	Jack Keane	M	39	24:27:00	29	John Turkenburg	M	40	30:27:00
4	Dan Blee	M	14	25:09:00	30	Catherine Jackson	F	13	30:30:00
5	Austen Haynes	M	40	25:15:00	31	Kelly Notar	F	13	30:35:00
6	Patrick Mcchesney	M	50	25:19:00	32	Pat Sharp Brown	F	55	30:39:00
7	Charlie Martin	M	45	25:53:00	33	Christopher Mckay	M	36	30:41:00
8	Jessie Ford	F	18	25:56:00	34	Andrew Austin	M	39	30:57:00
9	Mike Little	M	44	26:03:00	35	Doug Garcia	M	38	32:14:00
10	Cindy Clutter	F	40	26:27:00	36	Monica Donegan	F	50	33:25:00
11	Emmalee Gerstenberger	F	14	26:33:00	37	Mark Milewski	M	42	33:37:00
12	Christine Mabile	F	13	26:35:00	38	Chantel Ferguson	F	9	33:39:00
13	Rhia Pulizzi	F	14	26:38:00	39	Glenn Mabile	M	40	33:41:00
14	Sophie Williams	F	19	26:41:00	40	Sr. Madonna Buder	F	69	33:54:00
15	Eric Ridgway	M	39	26:51:00	41	Erin O'Regan	F	43	33:56:00
16	Jim Davies	M	66	26:56:00	42	Mary Adams	F	45	33:57:00
17	Mac Casavar	M	49	27:07:00	43	Mary Hall	F	25	34:01:00
18	Sarah Shields	F	13	27:40:00	44	Darrel Addy	M	40	34:19:00
19	Alice Ford	F	49	27:42:00	45	Chuck Tasca	M	54	34:46:00
20	Rod Warton	M	44	28:00:00	46	Paige Bovino	F	10	37:51:00
21	Ursula Graef	F	36	28:08:00	47	Sherry Breitenbach	F	46	39:23:00
22	Brian Bartlett	M	52	28:11:00	48	Suzanne Jones	F	39	40:16:00
23	Maidy Kress	F	49	28:46:00	49	Bill Boggs	M	53	41:22:00
24	Margaret Hair	F	45	29:31:00	50	Nancy Taylor	F	41	41:42:00
25	Lisa Johansen	F	30	29:51:00	51	Joe Blackburn	M	69	
26	Aleksandar Tomas	M	22	29:56:00					

Thanks to the organizers and contributors of the 7th Annual Steve Omi Memorial Open Water Swim and to the Steve Omi Scholarship Fund. All who participated in the swim made a contribution as part of the entry fee. Other contributors included: Van Bennett, Nancy Radcliffe, Alan Brown, Hob Blank, Katie Blank, Robin & Mary Jo Shaw, Herb & Jan Severtson, John Luster, Glen Mabile, Duke & Sherry Breitenbach

2000 Scholarship Award: \$750 to Sarah Thilo who will be attending the United States Air Force Academy in Colorado Springs, Colorado. *Good Luck Sarah!*

From the Editor

With fall rapidly approaching, Inland Northwest Masters has four excellent swimming opportunities upon us. The first is to participate in the Stokes for Stoke campaign. This is an opportunity for you to swim a mile (either alone or with some friends) in the effort to swim around the world with other United States Masters Swimmers. This is not a for time swim it is a DO IT SWIM. Once you have completed the swim, send in your registration form found in *Swim Magazine* or online, and make a donation towards stroke research.

The second will be the Short Course Meters Zone Championships to be held in Federal Way Washington on October 7 and 8. This is a fast pool, and there should be some fast times, look for the registration form in this issue.

The third, is a Swim Clinic, to be held in Pullman on October 29. We will be focusing on Breaststroke and Butterfly, with the possibility of some Freestyle depending on time. Our guest Coach is Clay Evans, who brings lots of enthusiasm for the sport where ever he is.

Fourth is our first meet of our short course season to be held in Sandpoint on the November 26.

All these events will be fun, and rewarding, SIGN UP TODAY!



VIEW FROM THE CHAIR

I hope that you all had a relaxing and fun summer, and had the opportunity to enjoy one or more of the swimming events offered in the Inland Northwest. It's already time to be thinking about the short course season. This year we start with the Northwest Zone SCM Championships at the Weyerhaeuser King County Aquatic Center on October 7-8. What a great way to start the season – in a fast pool against even faster competition! Locally, the Sandpoint West Aquatic Club masters will offer us an opportunity to burn off some turkey by hosting their annual “fall classic” on November 26. You will find the entry forms for both meets in this edition of *Splashmaster*.

Fall also marks the time for the annual meeting of USMS in conjunction with the United States Aquatic Sports (USAS)

convention. Close to two hundred USMS volunteers from all over the country will be getting together in Orlando Florida, October 11-15, for five grueling days of meetings, discussions, debate, swimming and even some fun. This year, Doug Garcia and I will be going to convention as USMS Board and committee members and to represent the Inland Northwest. We will have the opportunity to be involved in the following discussions and votes: swimming and long distance swimming rule change proposals; the sites of the 2002 USMS National Championships; staffing of the national organization, including salary decisions; creation and administration of sponsorship for USMS and local programs (including swim clinics); national awards presentations; and the future direction and plan of work for

the organization. I have always found convention to be exhausting, exhilarating and inspiring!

Our organization is totally dependent on the work of volunteers, and we always need more help. Recently, Diana Leake resigned as our sanctions chairman and we are looking for someone to fill that position. In addition, we will be electing new officers in the spring. If you value all the benefits that you receive from being involved with masters swimming, I hope that you will consider giving back to the organization that makes it possible! Please contact me if you are interested in helping in any way.

*Elin Zander, Chair
Inland Northwest Masters
Swimming Committee*

Inland Northwest Masters Swimming Committee

BOARD AND TEAM REPRESENTATIVES

Chair & Registrar

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tlamar@moscow.com

Sandpoint West Athletic Club (SWAC)

Mike Brosnahan
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Sandpoint ID 83864
208-263-6633
Email: mbroz@televar.com

Spokane Club Masters (SCM)

Muriel Blevins
936 E. Overbluff Road
Spokane WA 99203
509-536-9542

Spokane Masters Swim & Tri (SMT)

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Spokane WA 99224

Wenatchee Valley Masters (WVM)

Carolyn Magee
1580 S Miller
Wenatchee WA 98801
509-662-6012
wenswim@aol.com

Yakima Valley Masters (YVM)

Dave Krueger
316 North 46th Avenue
Yakima WA 98908
509-966-2361

TOP TEN

1999-2000

Short Course Yards

The following Inland Northwest Masters Swimmers made the Top Ten for 1999-2000. Top Ten reflects the top ten times in the country in each short course yards event, and in each age group for both women and men.

Susanne Simpson (35-39)

200 Freestyle 7th @ 1:59.82
500 Freestyle 4th @ 5:23.09
1000 Freestyle 7th @ 11:22.85
1650 Freestyle 3rd @ 18:44.51
50 Butterfly 10th @ 28.02
100 Butterfly 5th @ 1:00.42
200 Butterfly 2nd @ 2:13.41

Larry Krauser (45-49)

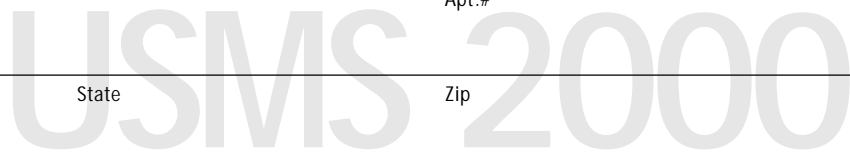
100 Freestyle 9th @ 50.86
500 Freestyle 4th @ 5:10.11
1000 Freestyle 5th @ 10:44.91
1650 Freestyle 6th @ 18:37.42

Zone Meet Entry

2000 United States Masters Swimming Membership 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:								
Date of Birth			Age			Sex			Today's Date		



Club Name or Unattached

- I am a certified USA Swimming Official
 I am a certified high school swimming official
 I coach Masters Swimmers
 Please keep this information confidential

Benefits of membership include:

- Subscription to *SWIM Magazine* for the length of the membership
- Periodic mailings from the Local Masters Swimming Committee (the *Splashmaster* newsletter)
- Secondary accident insurance: in practices supervised by a USMS member or a USS certified coach or in USMS sanctioned meets where all swimmers are USMS registered.
- Coached workouts in locations throughout the country when you travel

Where do my registration fees go?

\$15.00 to United States Masters Swimming (\$7.00 for *Swim Magazine* subscription)

\$10.00 to Inland Northwest Local Masters Swimming Committee

2000 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION

Membership will expire 12/31/2000

- New Registration Renewal, my current USMS Number is _____

Please check appropriate level.

- Individual Registration \$25.00 Couples Registering together \$45.00 Senior Registration (age 60+) \$22.50

SWIMMING ENDOWMENT FUNDS

Please consider making a donation one or both of these swimming endowment 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

Mail check and form to: Elin Zander
13927 South Traver Lane
Valleyford, WA 99036

Total Amount Enclosed _____
Make checks payable to: IWMSC

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 _____

SPLASHMASTER

Doug Garcia • Washington State University
PO Box 645910 • Pullman WA 99164-5910

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*Nutritional information for swimmers
as compiled by Elin Zander*

FLUIDS

From a talk given by Jackie Berning PhD, RD

As a rule, swimmers don't drink enough fluids to stay adequately hydrated. Dehydration leads to fatigue, loss of coordination and poor heat regulation, therefore swimming performance will be compromised if you are dehydrated. If you feel thirsty, you are already dehydrated, so start drinking before you feel thirsty, and continue to drink after your thirst is quenched.

How can you tell if you are drinking enough? Check your weight before and after workout. For every pound of weight lost, drink 3 classes of water to replace (yes

that is 24 ounces to replace 16 ounces). Check the color of your urine. If it is the color of apple juice you're a "hurting unit." If

it is closer to the color of lemonade, you are headed in the right direction. Most athletes need at least 8-9 cups of fluids a day.

What to drink? Water works great. Two hours before your workout try to drink 2 cups, then take in 2 to 4 ounces every 15 to 20 minutes during the workout. During your workout, a sports drink can actually be better than water for maintaining hydration, especially if you prefer long and/or intense workouts. The sodium content and good taste of the sports drink promotes the drive to drink, causing you to drink more than if you were using water. For best results, stick to one with a carbohydrate (CHO) concentration of 6-8%. Anything more concentrated can actually make you more dehydrated, because the body will need to shunt fluids to the stomach to dilute the drink before the body can absorb it. So, more concentrated sports drinks, fruit juice and pop can be used for CHO and fluid replacement in between workouts, but should be avoided during exercise. Caffeinated beverages and alcohol act as diuretics, therefore you will need to drink extra caffeine-free fluids to replace what you lose with coffee and beer!