

SPLASHMASTER

ONLINE ISSUE

VOLUME 6 NUMBER 4

APRIL 2003

As a swimmer going to the 5:30 a.m. workouts of the WSU masters team in Pullman, I take the simple and often dimly-lit quiet of early dawn... in the rolling wheatfields with the almost year round briskness of morning outdoor air... as a treasured and welcomed fresh start to each day. Once on the pool deck getting goggles and gear in place beside my usual swim lane, the glass-smooth surface of the water, yet unbroken by swimmers' strokes, signals a calm that is embraced as serene.

As a breast cancer survivor, such invitation to the day has heightened joy because the beginning of each dawn workout heralds another day when I get to be alive with energy, vigor and realized hope of continually building strength.

The first laps in the water generate a warming-up of muscle and a rhythm of respiration that builds that synergistic feel of the body working as an integrated whole. That feeling has priceless worth in meeting the challenges of recovery and ongoing management of physical impacts from a double mastectomy where the chest walls, arms and lymph glands are significantly and forever altered as the cost for survival. Cancer surgery of that magnitude initially makes one's sense of body compartmentally and unevenly segmented with loss of symmetry



Master's Swimming Makes All the Difference: **A Cancer Survivor Story**

BY KRISTI RENNEBOHM-FRANZ (WSU)

and synchronization; being able to move the body as an integrated whole through the water brings back the sense of wholeness.

In July, 1992, three weeks out from breast cancer surgery, a dear friend Ann Hemington, with whom I share swimming and school teaching, came up from California to be with me as I recuperated. She took me to our city pool and with her teaching/friend/coach "hat" and heart, she paced me through twelve slow and tenuous laps. With her encouragement, I realized right then that swimming was what I

needed as an antidote for the wounds and weariness of surgery. That fall, in September '92, my Pullman friend and school teaching colleague, Lorna Bruya, introduced me to some WSU swimmers. With the support of that community of swimmers and especially the coaching of Doug Garcia, the swimming has been a significant sanctuary of my life where well-being is found... and that has made all the difference!

My physicians and I are convinced, that being a 10+ year survivor of cancer is due in part to swimming. In my heart and soul, swimming has played a huge role! I am deeply and forever thankful to Ann, Lorna, Doug, and friends in the pool!

I had been a swimmer as a teen, so the opportunity to "be on a team" and working out at the

pool brings back wonderful memories and re-surfaces the strong roots of youthful optimism... especially the part of youth where one envisions a "whole life ahead of you." The WSU Masters Swim community has become a lifeline. It's a place where all swimmers are welcomed, where encouragement is unending, and where each increment of progress is celebrated from just showing up at that early dawn hour to be in the water... to break-

see CANCER SURVIVOR on page 2

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full contact information available online

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CANCER SURVIVOR *from page 1*

throughs in goals achieved. It's that "cool pool" place where you can find a customized niche that is comfortable so you'll keep coming back and where you can get invitation to challenges when ready for the exhilaration of pushing to a new performance level.

By working with our coach we designed workouts that accommodated the needs of surgery recovery and ongoing rehabilitation management challenges. There is a

for the first time in a lifetime and learning it well enough to do a 100 medley!

Stroke for stroke, the benefits of swimming are immense. Regular workouts keep my lymphodema in check. My right arm, which was impacted by removal of lymph lands, is equal in strength to my left arm... for a mastectomy survivor that is HUGE! Range of motion, initially limited by surgery and further impacted by complications of a frozen shoulder, has returned to normal, especially from doing



wonderful combination of coaching which both honors my knowing my limits on any given day while yet always giving invitation and encouragement to go beyond those limits to continually reach the breakthroughs in performance I'd never expected. There is always the assurance that it is okay to "do what you can" coupled with opportunity to do more... such as...

- being able to hang-in there for small increments of longer and longer workouts
- doing more and more laps when I thought I could and yet also holding to a plateau when I needed to
- pushing at moments to faster until faster could become a norm
- being in a meet for the first time in 30 years... where there wasn't the pressure and tension to win, just celebration of doing!
- and the great joy of learning Butterfly

backstroke laps and backstroke kick drills with the arms overhead in extended, stretch streamline position.

The swim workouts provide opportunity to build strength without impact of pain. This is critically important because, for me, cancer surgery has carried not only invasive pain from the procedure but also a loss of emotional resiliency to pain from

Inland Northwest Masters CALENDAR

April 26 & 27 **Northwest Zone Short Course Yards Championships** in Hood River Oregon. *Deck entries will be not be taken.*

July 20 **Steve Omi Memorial Swim** Lake Coeur d'Alene Idaho entry form in this issue of the *Splashmaster*

SPLASHMASTER

VOLUME 6 NUMBER 4 • APRIL 2003
WWW.INLANDNWMASTERS.ORG

Published irregularly by Washington State University
PO Box 645910 • Pullman WA 99164-5910

Send address changes to: Sue Dills, Registrar
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Online GE03010

having endured so much of it and experiencing it in the scariness of cancer as a diagnosis. The outcome is that I'm not real eager to experience the "pain to gain" that can be inherent in athletic conditioning. The swimming workouts are "gain without pain."

The freestyle workout pushes a breathing respiration conditioning that is terrific overall and specifically gives you the "wind" you need for the physical endurance of recovery from breast cancer and ongoing maintenance to keep strength. That strength and calm from beathing rhythm comes in handy for calm and energy when returning for medical procedures that are necessary for continual health monitoring.

Butterfly gives you a sense of "powering" your body in unrestrained movement and ease unlike any other stroke! Physically and psychologically that feels awesome! I continually draw on the imagery of Butterfly to confidently "sail through" needed ongoing surgical procedures like biopsys that need to be done because of the cancer history.

The Backstroke works the muscle and scar tissues of the chest wall and activates the movement of lymph through the upper body. The kick drills on the side with an arm extended which open up and work the injured armpit, work the scar tissue and work the lymphatic system.

And the Breaststroke adds to upper body strength when you work your arm pull... and is a stroke that provides sanctuary of easy laps that keep you "in the water" when you have found the demands of the other strokes too exhausting.

With early morning workouts, the day starts with an invitation to a life with vigor and strength; the endorphins that get pumping at dawn endure to energize the day. When the evening comes and the darkness of night arrives, instead of that being a time when the worries about cancer can fold in on you, like any worries can at the end of a long day... it is a time when you sleep in peace and with the anticipated joy of knowing you are getting up the next day to be in the water again!

The social gift of the WSU Masters Swim community is a constellation of being with sterling people, including

several friends who know closely the journey of cancer survivorship and are there in the lane alongside for spoken and unspoken support. Everyone encourages and celebrates one another's presence and efforts. Swimmers continually inspire one another. We reach our individual goals in ways not possible if swimming alone. There is something very special about being in this community... it is an essence of being beyond words and beyond physical performance. It is a place where I am not a cancer patient, but a person with energy, hopes, optimism and strength... I am deeply thankful for the gift of "being on the team."

Editors Note: *Kristi has been on sabbatical in Boston where she is spending time with her first grandchild. Before leaving last August, Kristi taught first and second grader at Pullman's Sunnyside Elementary School. During the summer's Kristi can be found swimming the waters of Priest Lake.*

Swimming Humor for Kids or the kids at heart

- Q Why were the elephants kicked out of the swimming pool?
- A They couldn't keep their trunks up.
- Q Why should you only swim Backstroke after a large meal?
- A Because you should only swim on top of a full stomach.
- Q What do a dentist and a swimmer have in common?
- A They both use drills.
- Q Why were the swimmers cold at the meet?
- A They couldn't find their heat.
- Q What kind of exercise is best for swimmers?
- A "Pool ups."
- Q Why did the vegetarian stop swimming?
- A She didn't like the "meet"
- Q What type of swimmer makes a great gardener?
- A One with good "seed" times.

Inland NW Award Recipients Sought

If you have ever received one of the Inland Northwest Masters awards (Most Dedicated, Most Inspirational, High Point Male, and High Point Female) Please let us know, we are trying to get a recorded history of these awards. Please send your name, year of the award (approximate is fine) and the name of the award to:

Doug Garcia
PO Box 145
Albion WA 99102-0145
or better yet, email to:
dougarcia@usms.org

The following awards have been documented since the Spring of 1999:

2002-2003 Season

Female High Point	Madonna Buder
Male High Point	Bill Bresko
Team High Point	Wenatchee Valley Masters
Most Inspirational	CJ Hamilton
Most Dedicated	Margaret Hair

2001-2002 Season

Female High Point	Margaret Hair
Male High Point	Bernard Kingsly
Team High Point	WSU Masters
Most Inspirational	Marianela Lopez
Most Dedicated	Doug Garcia

2000-2001 Season

Female High Point	Susanne Simpson
Male High Point	Bill Bresko
Team High Point	Sandpoint West Athletic Club
Most Inspirational	Eric Ridgway
Most Dedicated	Elin Zander

1999-2000 Season

Female High Point	Elin Zander
Male High Point	Larry Krauser
Team High Point	
Most Inspirational	Susanne Simpson
Most Dedicated	Marie Glynn

1998-1999 Season

Female High Point	Cindy Clutter
Male High Point	CJ Hamilton
Team High Point	Lake City Masters
Most Inspirational	Wil Dolphin
Most Dedicated	Doug Garcia

Recovery

It Really Works

BY CINDY HAWKINSON

It all starts with a familiar

nagging voice in my head that says, "If you take a day off, you'll compete better."

Soon, I'm having a discussion with myself, weighing the pros and cons, and I admit to myself "I know."

"If you take a day off, you'll train faster and harder."—"I know."—"If you take a day off, you'll get off the plateau you've been on for so long."—"I know."—"If you take a day off..." and on and on it goes.

"Recovery."—"Day off." As a competitive swimmer, runner and triathlete, these are words that are almost never cross my lips. At least, that was the way it used to be. Let me explain.

I was one of those people who never rested. Whether it was supposed to be a 15 second rest between 100s (I would take 5) or a day off a week from training (when I would only run 5 miles instead of 10). Sometimes I would just run instead of bike and run or bike and swim. The more mileage, yardage, meters you put in, the faster and better you'd be, right? Wrong!

In the past two years, I have learned about the importance of recovery and days off in the training and racing schedule. Two years ago, I decided to increase my distance in triathlon and compete in a Half-Ironman. I followed a training program that had each day's workout written down for me. It was easy. I just followed the program. My training partners called me 'militaristic' about the routine. The most difficult part was the 'easy, recovery' workouts, and the required 'day off' each week.

Heavens to murgatroid! No workout... for a whole day? I told everyone about this program, so I was committed, and I did what it said. "Train today at 60 percent of your heart rate." Well, for me that was basically running backwards, or doing the dead man's float in the pool. As I continued following this routine, I noticed that hard workouts were often scheduled the day following the easy, recovery days and days off. I also discovered that I could do those 'hard' workouts, much harder and

faster than I used to. The result was finishing my first Half-Ironman a full hour ahead of my predicted time.

You can often spot a triathlete type in the pool. We're the ones who generally take no rest. Sure, the intervals may be set for 10-15 seconds rest, but we're tougher than that. We don't need rest.

Last year, I finally decided to listen to my coach. She explained that if I took the rest, I'd swim the sets faster than if I didn't. "Just try it," she said. (Funny, where had I heard that same concept before?) I knew I wouldn't like it, but I tried it and stuck with it. I decided to compete at Masters Nationals and really train for it. Coach said "quit running two weeks before the meet." Imagine how I reacted to that, having run almost every day for the last 25 years.

"I can't not run," I whined, but, I tried it. I just couldn't imagine how running would hinder my swimming—nor could I imagine how simply taking five more seconds rest in between repeats during a set of ten 100s could make that much difference. It does. At Nationals, I cut over two minutes off my 1000 free time. Although I was skeptical at first, taking days off and recovering really worked!

Recovery days, and days off—what does it all really mean? As a triathlete, I like to cross-train on recovery days. If I swim really hard in the morning and have a good hard long run in the afternoon, the next day I'll get on my bike and ride for only an hour or two. When cycling for recovery, I avoid hard hill repeats, and just ride for the sheer enjoyment of it. "Just enjoy the dance," as someone has said to me. If I had a long hard run or bike ride, the recovery day might be moving down a lane in the pool and swimming a bit slower than I



normally do. Days off mean just that. I may take a walk with a friend, get in the pool and do drills, or I may just sleep in and sit and read the paper before work. I used to crawl out of my skin on those recovery and 'day off' days. But now, I look forward to them, knowing that the next day I'll train like crazy and be faster for it.

Cindy Hawkinson is the USMS Liaison to USA Triathlon, a member of the USMS Fitness and Legislation Committees, and Chair of the Colorado LMSC. Cindy has been a competitive swimmer since elementary school, competitive runner and marathoner since 1978 (with 10 marathons under her belt); competitive triathlete since 1986 (completing a Half Ironman in 2001). Her goal is to complete her first full Ironman distance triathlon in 2004.

2003 UNITED STATES MASTERS SWIMMING & INLAND NORTHWEST MASTERS MEMBER REGISTRATION

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

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

USMS 2003

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

B E N E F I T S O F M E M B E R S H I P I N C L U D E :

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

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

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

New Registration Renewal, my current USMS Number is _____

Please check appropriate level

Individual Registration \$30.00 Couples Registering together \$55.00 Senior Registration (age 60+) \$27.50

Late Year Registration fees not set (for those registering in September or October)

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

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

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

SIGNATURE _____ **DATE** _____