

Freestyle Swimming Technique Q & A

BY BILL VOLCKENING

The following questions come from the swimmers, who had asked me about freestyle swimming technique.

Q: What is meant by “holding onto the water?” I hear it all the time, but am not sure quite how to do it, or really what it means.

A: I first heard of this expression when reading an interview with Tracy Caulkins about twenty years ago. To help you answer this question for yourself, try doing the following three things; 1) lean over the pool and grab a handful of water. Try to pick it up with your hands. It tends to slip away, doesn't it? 2) Wave your hand through the air. That's pretty easy, right? 3) Lean over the pool again and wave your hand through the water after waving it through the air. Did you feel an increase in resistance when comparing the water to the air? The physical difference between air and water makes swimming one of the most scientific of all sports. Although the water is many times more dense than air, you can't truly “hold” it—but you can make an effort to hold as much of it as possible for as long as possible. Start by “catching” the water. This “catch” happens at the beginning of the arm pull, when each arm is extended in front of the body. The “catch” is similar to doing a small sculling action. The hand sweeps slightly to the outside and scoops back around toward the body, bending at the wrist. After the catch, start to pull by keeping the elbow high in the water and changing the angle of the hand and arm by following an “S” curve pattern. This process will help you to grab more of the water and “hold” it for as long as possible.

Q: I often feel that the deeper I make my pull, the better my stroke. Is there any validity to this observation?



A: Although pulling deeper can make you feel like you are pulling more water, a deeper Freestyle pull executed with a straight arm and dropped elbow is less efficient than a more shallow, high-elbow pull. You may feel like pulling deep gives you a great workout. That's because you're working harder. Swimming with a straight arm pull allows you to swim with less body rotation and increased drag. By compromising rotation you also compromise extension. The result is often a flat body position, a significantly increased stroke count and decreased leverage.

Q: What makes front quadrant swimming efficient and fast?

A: I usually try to avoid using terms such as “front quadrant” because I feel it requires too much explanation. Essentially, the dialog about the so called “front quadrant” swimming is about body balance and arm extension. To answer the question in simple terms, swimming with a balanced body position is faster because it reduces drag—and swimming with the

body rotating from side to side with arms extended is more efficient because it increases the distance per/stroke.

Q: What is the proper kicking technique for Freestyle? How do I do it so I can float, conserve energy and propel myself forward all at the same time?

A: Even though the flutter kick mechanic is fairly basic, technical flaws can easily cause it to be dysfunctional. Kick with your toes pointed. Relax the legs slightly and kick from hips rather than the knees. The knees should flex slightly, but shouldn't bend too much. The ankles should flex, as if you're trying to kick your shoes off. If you find you're sinking, going backwards or going nowhere, it could be for a variety of reasons: Your kick could be too wide with your feet moving too far apart from one another. Lack of ankle flexibility could prevent your feet from being in the correct position. If the feet are positioned at a right angle to the leg it will

see FREESTYLE TECHNIQUE on page 2

Inland Northwest Masters

Local Masters Swimming Committee

Board and Team Representatives
full contact information available online

Board

Chair

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

Vice Chair & North Spokane Masters Rep

Bernard Kingsly
813 E Percival
Spokane, WA 99218
509-218-4709

Treasurer

Virgil Crampton
615 E Southview Ave.
Colfax WA 99111
509-397-2499
vec@vetmed.wsu.edu

Secretary

Larry Krauser
1111 W 28th Ave
Spokane, WA 99203
509-455-7789
krauser@sowles.com

Registrar & Spokane Club Rep

Suzanne Dills
639 N. Riverpoint Blvd.
#3W
Spokane, WA 99202
509-456-7281
jacksuedills@qwest.net

Past Chair

Elin Zander
509-448-5250
elinswims@usms.org

Top Ten & Meet Entries

Deborah Snyder
509-878-1636
debsnyder@wsu.edu

Meets/Sanctions

Brian Johnson
208-883-0170
johnsonb@uidaho.edu

Splashmaster Editor & Coaches Rep

Doug Garcia
509-332-1621
douggarci@usms.org

Team Representatives

Lake City Masters Rep

Margaret Hair
208-667-3721
ramgolf@gocougs.wsu.edu

Moscow Chinook Masters

Tom Lamar
208-883-3741
tlamar@moscow.com

Sandpoint West Athletic Club

Mike Brosnahan
208-265-8362
mbroz@televar.com

Spokane Masters Swim & Tri

Lynn Reilly
509-448-1548
SLPreilly@aol.com

WSU Masters

Catherine Albaugh
509-338-3635
calbaugh@mail.wsu.edu
WSUMastersSwimming.org

Wenatchee Valley Masters

Carolyn Magee
509-662-6012
wenswim@aol.com

Yakima Valley Masters

Dave Krueger
509-966-2361
krueger@nwinfo.net

FREESTYLE TECHNIQUE *from page 1*

inhibit forward propulsion.

Q: Can you have a good, not necessarily a great, Freestyle without a kick?

A: Yes, but your Freestyle stroke will improve greatly if you can work towards developing an improved kick. It's not simply an issue of propulsion. The kick helps initiate the body rotation, which allows you to lengthen your stroke and decrease your stroke count. Done properly, the kick also helps you maintain the proper balance and body position, thereby reducing drag.

Q: How do you practice coordination of kicking stroke pace and timing? At a beginners level, where do you start?

A: Start by counting your strokes, counting your kicks and knowing the number of kicks per/stroke cycle. People often ask how to count the number of kicks in relation to the arm strokes. Here's the answer: When both arms move through a complete cycle of pulling and recovery it is called a "stroke cycle." During each stroke cycle, the total number of times you kick determines the tempo, or "beat" of your kick. If each leg kicks once during a stroke cycle, that would be a total of two kicks and is called a "two-beat kick." If each leg kicks twice during a stroke cycle, that's a 4-beat kick. Practice by continuing to count the number of kicks per/ individual arm stroke. The most basic drill is a one-arm Freestyle counting the beats of your kick and trying to increase the number of beats.

Q: Could you address head position? A lot of coaches I've worked with recommend keeping your head in a relatively "up" position—I've been told because it's easier on your shoulders—but intuitively this seems to sacrifice streamlining. What are your thoughts?

A: It is more efficient to keep the head in line with the body than it is to raise it out of the water. A good drill to prove this point is "Tarzan," or "water-polo stroke." To do the drill, lift your head completely out of the water and hold it steady while swimming with an above-water Freestyle recovery. You should discover it is very difficult to swim this way. Lifting the head

even slightly makes it more difficult to swim because it causes the hips and legs to drop in the water, thereby creating drag. Sometimes sprinters will swim with a slightly raised head, but you may also notice their kick is an intense 6-8 beat motorboat kick. When sprinters do it, they do so to take advantage of a powerful kick by allowing their legs ride slightly lower in the water.

Q: Why should I breathe on opposite sides?

A: Bilateral breathing is a good way to develop balance in your Freestyle. This balance is not the same balance we refer to when discussing the aforementioned "body balance." Here, we're talking about balance in lateral movement. Breathing to one side allows us to favor one side, which can cause crossover, dropped-elbow pull, unbalanced kick, unbalanced rotation and lack of arm extension to one side. In addition to the lateral balance, bilateral breathing allows you to see what's happening on both sides. If you're in a race with other swimmers on each side, being able to see to both sides can be an enormous advantage.

Q: What is a good technique to make sure I am pulling all the way through to full extension?

A: It sounds like you're asking about how to "finish" your pull. There are several drills to develop the finish of your pull. My favorite is actually a Breaststroke mechanic called the "underwater pullout." Even though the Breaststroke and Freestyle are very different in terms of mechanics, the Breaststroke underwater pullout is similar to the pulling phase of the freestyle stroke. The difference is the Breaststroke pullout uses both arms in the same motion at the same time, without body rotation. To do a Breaststroke pullout, start in a streamlined position. Begin the pull with both arms by sculling the hands away from one another. Sweep the arms back toward the center point of the body while bending the elbows, so that the hands are drawn closer to the body. Push down forcefully toward your feet when your hands reach the center of your rib cage. During these steps, the pull should accelerate, starting slow and finishing fast.

SPLASHMASTER

VOLUME 6 NUMBER 7
AUGUST/SEPTEMBER 2003
WWW.INLANDNWMASTERS.ORG

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

Send address changes to: Sue Dills, Registrar

Send editorial comments to: Doug Garcia, Editor

GE03028

Men's Swimming & Title IX

BY RON NEUGENT

Ron Neugent, a 1980 Olympian and University of Kansas alumnus, decided to fly to San Diego to give testimony before the Title IX Opportunity in Athletics Commission. Ron has been incredibly vigilant and proactive over the past year; even though he doesn't have a child old enough to swim in college.

Ron is a professional who has taken hours and hours and hours—literally days and days—of his time giving back to the swimming community; trying to save what is so dear to him. He had to cancel his patient load for a couple of days just to go to San Diego! This guy has put his money where his mouth is to do what he can for Olympic sports! Here is his powerful testimony presented to the Title IX Commission.

We have no Division I men's swimming and diving programs in Kansas, Colorado, Nebraska, and Oklahoma, yet... we have nearly 4,100 male swimmers age 18 and under in those four states.

My name is Ron Neugent. I was a member of the 1980 U.S. Olympic Swimming Team and I swam at the University of Kansas in the early 1980s. I have served on the U.S. Olympic Committee Board of Directors and Athletes Advisory Council and am a former Vice-President of United States Swimming. I am currently an orthodontist in Wichita, Kansas and I teach four hours per week at Wichita State University.

In a three week period in March 2001, three Big 12 conference schools—the University of Kansas, the University of Nebraska, and Iowa State University - discontinued their men's swimming and diving programs. In addition, Kansas dropped men's tennis and Iowa State dropped men's baseball. No women's sports were affected.

Our men's swimming and diving task force was told by the Chancellor and the Athletic Director at the University of Kansas that men's swimming and diving could be reinstated if we raised \$12.1 million to fully endow the program. We were given three months to produce \$2.1 million in cash as a down payment to preserve the program. The men's tennis task force was told to raise \$6 million.

No help was provided by the Athletic Department or the University. Alumni groups that offered financial support to the University were simply turned away. Approximately 35-40 male student-athletes were told they needed to leave the University of Kansas if they wanted to continue their sports at the collegiate level.

Discontinuing the men's sports may not be a violation of Title IX. But to require one gender to fully fund their programs to continue as collegiate sports, when the other gender is not required to fund their own programs, is discrimination in its purest form.

We now have no collegiate men's swimming and diving programs in Kansas—zero. We have no NCAA

Division I men's swimming and diving programs in Kansas, Colorado, Nebraska, and Oklahoma, yet according to last year's United States Swimming membership figures, we have nearly 4,100 (USA Swimming registered) male swimmers age 18 and under in those four states. These figures do not include high school boys who swim high school only (or boys in non-USA Swimming programs). Is it fair to tell our male swimmers and divers they must leave the midwest if they want to swim at the collegiate level, when their female teammates and friends can stay?

We hear these are tough economic times for collegiate athletic departments. We are told there is not enough money in the budget to support men's Olympic sport athletic-educational opportunities. Men's swimming at the University of Kansas, the University of Nebraska, and Iowa State University had survived the Great Depression and a World War and had provided more than 75 years of athletic-educational opportunities. Suddenly they are gone.

As a twelve year old, my heroes were the swimmers on the University of Kansas men's swimming team. We don't have those heroes in our state now.

In Colorado Springs, Dr. Lealand asked "about schools that have dropped men's sports due to cost allocation" and "whether universities might be hiding behind Title IX as a way to move dollars into their revenue sports budgets?" At Kansas, the combined budget of men's swimming and diving and men's tennis was approximately \$650,000 during the 2000-2001 school year. Eliminating these programs helped increase the football program budget from \$5.4 million to \$6 million in 2001-2002.

I am concerned that university athletic departments are eliminating programs and moving toward the minimum number of sports required for NCAA Division I membership. Eventually, women's sports will be affected. Athletic-educational

see TITLE IX on page 6

How to Annoy Your Swim Coach

It is without a doubt, we at WSU Masters have one of the most dedicated coaches a team could have. He tirelessly coaches us, even when we don't necessarily give 100 percent effort. One of the benefits of our group is the true sense of comradery and more importantly the fun that we have while trying to improve our swimming skills.

There are those of us who take great pains to push our coach's "button" once in a while—though in total fun. We have come up with some great phrases and things that we have "used" on him over the past months and years. He always takes them well, however we do notice a "rolling of the eyes" on occasion. Some of the complaints include: sitting at the edge of the pool and whinnying about how dark and early it is, or how cold the water is, or that you're tired.

Other phrases and excuses include:

- ⇒ The other swimmers are too young.
- ⇒ Pretending you can't hear the coach.
- ⇒ Pretending the Coach sounds like the teacher on a Charlie Brown cartoon.
- ⇒ Ask "Why?" after he assigns a set.
- ⇒ Laugh when he says to descend your time in a set.
- ⇒ Look at your lane mate and laugh when he assigns a long set.
- ⇒ Talk about scones and lattes in between or during the sets.

- ⇒ Talk to your lane mate instead of doing the warm up.
- ⇒ Ask your coach for a lane with a water temperature that is adjustable.
- ⇒ Ask if you can use a jet ski in the next open water swim.
- ⇒ Ask for a hot tub on deck instead of a coach.
- ⇒ Hangout at the far end of the pool claiming to catch your breath.
- ⇒ Listen carefully while he assigns a work out and then swim a 500 with fins..
- ⇒ Assure him this time you will swim the intervals he assigns. Then swim at your normal pace and have goggle trouble so you can rest.
- ⇒ Get out early- just because.
- ⇒ Sigh heavily and loudly and dangle your toes in the water before you jump in.
- ⇒ Respond to your coach when he says rotate your hips with, "Only if you provide the music and candles".
- ⇒ Wear a flowered swim cap to work-outs.
- ⇒ Do a really good Superman push-off when beginning the set.
- ⇒ Insist that sidestroke is a legitimate stroke, and that you and your lane mate can do it as a synchronized stroke.
- ⇒ Have the deer-in-the-headlights look when the coach mentions a timed anything.



- ⇒ After a timed swim (12-minutes, 8-minutes etc), look at Coach and ask, "I was supposed to count?"
- ⇒ Tell him your are going to make him an honorary member of the Latté Swimmers.

—Ms. Bowe, Ms. Johnson, Ms. Hagen, Mr. Crampton (aka the Latté Swimmers)

TITLE IX from page 3

opportunities are being eliminated, but with fewer sports it becomes much easier to continue to fund the 'arms race' in revenue sports.

As a healthcare provider, I am concerned about the health effects of reduced athletic opportunities. We are already hearing reports that the incidence of diabetes and childhood obesity are increasing at alarming rates. We need to be working to provide more athletic opportunities for our future generations.

As the commission prepares its report, I would ask that you consider two recommendations.

First, limiting roster size management has no place in collegiate athletic programs. Roster size should be determined by the coach, the number of student-athletes interested in participating, and the budget of the program—period. Roster size based upon proportionality eliminates educational opportunity for males and females. Don't deny non-scholarship athletes the benefits learned from collegiate sports.

Second, I would ask that you ask Secretary Paige to strongly recommend to the NCAA to increase its minimum number of sports required for Division I membership. We must have NCAA requirements that raise the bar. Individual athletic departments will not do this on their own. This requirement would expand

opportunities for males and females, and help control the 'arms race' as funding is reallocated to the expansion of programs.

The Olympic creed states "The most important thing in the Olympic Games is not to win but to take part. Just as the most important thing in life is not the triumph but the struggle." Let's work to preserve and expand athletic educational opportunities so that the male and female youth of our country have the opportunity to learn from the struggle.

Reprinted with permission from the January 2003 issue of the American Swim Coaches Newsletter. For more details on the American Swim Coaches Association (ASCA) visit www.swimmingcoach.org.

THE 9TH ANNUAL LAKE PEND OREILLE
LONG BRIDGE SWIM
 SANDPOINT, IDAHO



The ninth annual Sandpoint Long Bridge Swim started with a FLASH—that's flashes of lightening. As swimmers and supporters gathered on Saturday morning August 16, the weather turned a bit frightful as a summer thunderstorm rolled in complete with thunder, lightning and rain. Event director Eric Ridgway made a decision to delay the start of the swim in the hopes the storm would blow over. Within 15 minutes of this announcement, the storm did blow over and the swim was on—being delayed about 30 minutes. Though the weather was questionable at the start of the event, but overall the conditions were fantastic and improved throughout the morning.

Because of the rain during the check-in, many of the names were washed off the sign-in sheets, which is why on the list below a number of unknown swimmers are indicated. If you are one of these swimmers, please contact Eric Ridgway via email at sage1199@yahoo.com or call him at 208-265-5412.

The event had 336 finishers, the largest group ever. John Weston, 47 from Florence, Montana held off Larry Krauser, 50 and 15 year old Lee Nelson and 17 year old Dan Blee to win the 1.76 mile swim in a time of :33.52.

Post event highlights included a marriage proposal to event director Eric Ridgway by girlfriend Cindy Aase, CONGRATULATIONS ERIC and CINDY!

1. 0:33:52	Weston, John	Florence MT	47 M
2. 0:34:05	Krauser, Larry	Spokane WA	50 M
3. 0:34:15	Nelson, Lee	Spokane WA	15 M
4. 0:34:16	Blee, Dan	Dalton Gardens ID	17 M
5. 0:35:00	Simpson, Susanne	Spokane WA	43 F
6. 0:35:49	Moore, Miranda	Spokane WA	15 F
7. 0:36:26	Gallagher, Brian	Ketchum ID	48 M
8. 0:36:44	Dahlke, Ian	Coeur d'Alene ID	17 M
9. 0:37:43	Mcchesney, Pat	Spokane WA	53 M
10. 0:38:36	Siegler, Jonathan	Coeur d'Alene ID	16 M
11. 0:38:48	Wager, Wayne	Seattle WA	48 M
12. 0:38:52	Warner, Annie	Spokane WA	23 F
13. 0:38:53	Caban, Holger	Spokane WA	47 M
14. 0:39:14	Mann, Eric	Sandpoint ID	13 M
15. 0:39:15	Freeman, Keilan	Alberta Canada	13 M
16. 0:39:41	Simpson, Courtney	Spokane WA	14 F
17. 0:39:44	Lamar, Tom	Moscow ID	42 M
18. 0:40:29	Eickerman, Victoria	Spokane WA	15 F
19. 0:40:30	Petrie, Alexander	Spokane WA	14 M
20. 0:40:41	Klingel, Barclay	Spokane WA	47 M
21. 0:40:42	Martin, Charlie	Spokane WA	48 M
22. 0:40:43	Isenberg, Jessica	Post Falls ID	20 F
23. 0:40:51	Smith, John		22 M
24. 0:41:06	Rockwell, Jane	Sandpoint ID	39 F
25. 0:41:28	Anderson, David	Vancouver WA	40 M
26. 0:41:36	Zuberbuhler, Jim	Sandpoint ID	45 M
27. 0:41:37	Deberg, Jacob	Kamiah ID	18 M

28. 0:41:43	Cory, Todd	Hayden ID	38 M
29. 0:41:46	Stoner, Cora	Sandpoint ID	16 F
30. 0:41:51	Finley, Katrina	Post Falls ID	18 F
31. 0:41:57	Bovard, Scott	Missoula MT	45 M
32. 0:41:59	Shields, Sarah	Coeur d'Alene ID	16 F
33. 0:42:06	Moore, Ryan	Moscow ID	34 M
34. 0:42:08	Robinson, Major	Sagle ID	13 M
35. 0:42:12	Marsh, Molly	Spokane WA	14 F
36. 0:42:22	Rigg, Jeff	Coeur d'Alene ID	27 M
37. 0:42:25	Hertel, Keith	Sagle ID	40 M
38. 0:42:27	Wood, Chris	Spokane WA	41 M
39. 0:42:28	Fields, Mara	Spokane WA	14 F
40. 0:42:28	Unknown		
41. 0:42:29	Brekke, Amanda	Spokane WA	14 F
42. 0:42:35	Thomson, Bill	Moscow ID	51 M
43. 0:42:41	Rose, Nancy	Walla Walla WA	41 F
44. 0:42:52	Underwood, Jay	Spokane WA	41 M
45. 0:43:06	Gralow, Paulina	Sandpoint ID	12 F
46. 0:43:16	Tessier, Amy	Sandpoint ID	42 F
47. 0:43:19	Ettien, Rebecca	Missoula MT	44 F
48. 0:43:20	Nuess, Diane	Medical Lake WA	50 F
49. 0:43:27	Story, Colton	Ponderay ID	11 M
50. 0:43:32	Cooper, Daniel	Coeur d'Alene ID	15 M
51. 0:43:46	Bergquist, June	Coeur d'Alene ID	46 F
52. 0:43:47	Tessier, Zoe	Sandpoint ID	15 F
53. 0:43:48	Hays, John	Veradale WA	44 M
54. 0:43:50	Troppman, John	Medical Lake WA	47 M
55. 0:43:58	Dills, Suzanne	Spokane WA	58 F
56. 0:43:59	Watts, Jim	Bellingham WA	26 M
57. 0:44:00	Underwood, Jeff	Spokane WA	37 M
58. 0:44:25	Johnston, Justin	Kendrick ID	18 M
59. 0:44:26	Thorell, Anna	Sandpoint ID	13 F
60. 0:44:27	Lien, DavID	Sandpoint ID	34 M
61. 0:44:32	Oliphant, Don	Sandpoint ID	58 M
62. 0:44:34	Yanecek, Bob	Deer Park WA	44 M
63. 0:44:36	Peckham, Dave	Pullman WA	42 M
64. 0:44:37	Deyo, Brent	Orofino ID	16 M
65. 0:44:41	Momany, George	Spokane WA	44 M
66. 0:44:42	Boob, Holly	Pullman WA	25 F
67. 0:44:52	Darakijy, Annie	Coeur d'Alene ID	21 F
68. 0:45:08	Murray, Stephen	Spokane WA	46 M
69. 0:45:22	Cloute, Justin	Missoula MT	27 M
70. 0:45:23	Grigsby, Joe	Missoula MT	45 M
71. 0:45:27	Robinson, Kasey	Sagle ID	11 F
72. 0:45:33	Tanner, Stephen	Coeur d'Alene ID	50 M
73. 0:45:38	Ellis, Earl	Winthrop WA	67 M
74. 0:45:41	Becker, Mark	Spokane WA	36 M
75. 0:46:04	Hedrick, Jaimie	Cocolalla ID	17 F
76. 0:46:11	Nungester, Rick	Liberty Lake WA	48 M
77. 0:46:18	Brown, Wayne	E Wenatchee WA	60 M
78. 0:46:21	Brown, Eric	Spokane WA	49 M
79. 0:46:22	Yakely, Heather	Spokane WA	31 F
80. 0:46:38	Band, Steven	Bonnars Ferry ID	17 M
81. 0:46:51	Ellis, Lisa	Spokane WA	32 F
82. 0:46:57	Dills, Jennifer	31	F
83. 0:46:58	Dills, Jack	Spokane WA	62 M
84. 0:46:59	Mcfarland, Mick	Spokane WA	36 M
85. 0:46:60	Barth, Lisa	Sandpoint ID	37 F
86. 0:47:04	Unknown		
87. 0:47:09	Thompson, Suzi	Bozeman MT	37 F
88. 0:47:34	Dehart, Kirsten	Spokane WA	28 F
89. 0:47:44	Kendall, Eydie	Coeur d'Alene ID	39 F
90. 0:47:45	Davis, Jayne (Fins)	Sandpoint ID	49 F
91. 0:47:50	Peterson, Lee	Hope ID	59 M
92. 0:47:54	Clutter, Cindy	Coeur d'Alene ID	43 F
93. 0:48:25	Cashman, Tracy	Bozeman MT	26 F
94. 0:48:28	Lesage, Russell	Spokane WA	48 M
95. 0:48:32	Chenoweth, Candace	Moscow ID	48 F
96. 0:48:35	Kress, Maily	Coeur d'Alene ID	52 F
97. 0:48:36	Allen, Richard	Missoula MT	59 M
98. 0:48:38	Mccudden, Monteo	Pullman WA	23 F
99. 0:48:40	Kyllo, Kevin	Nine Mile Falls WA	38 M
100. 0:48:41	Sanborn, Courtney	Sandpoint ID	28 F
101. 0:48:42	Guida, Isabella	Sandpoint ID	13 F

see LONG BRIDGE results on page 6

LONG BRIDGE RESULTS *from page 5*

102.	0:48:43	Ridgway, Eric	Sagle ID	42	M
103.	0:49:05	Elliot, Larry	Sagle ID	53	M
104.	0:49:08	Majerus, Kirby	Sagle ID	19	F
105.	0:49:17	Bartlett, Brian	Sandpoint ID	55	M
106.	0:49:22	Copeland, Chris	Spokane WA	45	M
107.	0:49:51	Yanosek, Kristina	Moscow ID	25	F
108.	0:49:52	Lash, Mamie Dawn	Post Falls ID	13	F
109.	0:49:53	Carter, Meranda	Hope ID	10	F
110.	0:50:03	Sitton, Marty	East Wenatchee WA	45	M
111.	0:50:08	Konewko, Paul	Liberty Lake WA	41	M
112.	0:50:13	Bayless, Jessica	Missoula MT	42	F
113.	0:50:29	Kearns, Kelly	Hope ID	43	M
114.	0:50:30	Smith, Jean	Colbert WA	47	F
115.	0:50:31	Oakley, Russell	Spokane WA	44	M
116.	0:50:35	Phipps, Polly	Seattle WA	50	F
117.	0:51:06	Watts, Julie	Bellingham WA	29	F
118.	0:51:18	Liebl, Holly	Olympia WA	36	F
119.	0:51:28	Woodruff, Kim	Sandpoint ID	41	M
120.	0:51:38	Cain, Curtis	Spokane WA	46	M
121.	0:51:39	Gavin, Brian	Spokane WA	49	M
122.	0:51:49	Magee, Carolyn	Wenatchee WA	57	F
123.	0:51:55	Sinclair, Sheri	East Wenatchee WA	40	F
124.	0:52:06	Souza, Arthur	Liberty Lake WA	23	M
125.	0:52:12	Evans, Jason	Moscow ID	30	M
126.	0:52:13	Polhamus, V. Miles	Deer Park WA	54	M
127.	0:52:25	Savarise, Mark	Sandpoint ID	37	M
128.	0:52:39	Gilbert, Brian	Veradale WA	38	M
129.	0:52:40	Thorell, Nikolaus	Sandpoint ID	11	M
130.	0:52:41	Salley, Chad	Bellevue WA	14	M
131.	0:52:45	Thompson, Colin	Mead WA	32	M
132.	0:52:47	Mikles, Andy	Post Falls ID	22	M
133.	0:52:48	Lamb, Brian	Pullman WA	52	M
134.	0:52:54	Unknown			
135.	0:52:55	Lieuallen, Doug	Sandpoint ID	34	M
136.	0:52:59	Weston, Steve	Lakeside CA	58	M
137.	0:53:03	Boerner, Phil	Sacramento CA	42	M
138.	0:53:05	Oakley, Ann	Spokane WA	44	F
139.	0:53:07	Delong, Allison	Hope ID	39	F
140.	0:53:11	Merrell, Mike	Sandpoint ID	55	M
141.	0:53:13	Dye, Dennis	Sagle ID	40	M
142.	0:53:14	Cooper, Mike	Coeur d'Alene ID	13	M
143.	0:53:36	Adams, Mary	Hayden ID	48	F
144.	0:53:47	Ivey, Julianne	Wellesley Ma	39	F
145.	0:53:48	Garcia, Doug	Pullman WA	41	M
146.	0:54:11	Hoyle, Genny	Bonnors Ferry ID	30	F
147.	0:54:30	Hull, Randy	Colfax WA	53	M
148.	0:54:37	Lewis, Timothy	Spokane WA	36	M
149.	0:54:38	Traver, Donna	Rathdram ID	51	F
150.	0:54:46	Sullivan, Kim	Lethbridge Canada	43	M
151.	0:55:08	Matthews, Julie	Lethbridge Canada	46	F
152.	0:55:40	Hart, Jason	Richland WA	30	M
153.	0:55:45	Wade, Robert	Bozeman MT	60	M
154.	0:55:52	Babcock, Ben	Coeur d'Alene ID	47	M
155.	0:55:58	Burkhalter, Matt	Cedar Rapids IA	16	M
156.	0:56:01	Bruggman, Cameron	Wenatchee WA	12	M
157.	0:56:05	Fox, Uriel	Sandpoint ID	45	F
158.	0:56:07	Ellig, Scott	Spokane WA	43	M
159.	0:56:08	Murphy, Catherine	Pullman WA	46	F
160.	0:56:09	Albaugh, Catherine	Pullman WA	23	F
161.	0:56:11	Mitchell, Anne	Sandpoint ID	46	F
162.	0:56:27	Cullen, Kathleen	Spokane WA	46	F
163.	0:56:31	Sitton, Alex	East Wenatchee WA	15	F
164.	0:56:32	Crittenden, Laurel	Portola Valley CA	50	F
165.	0:56:36	Partoll, Linda	Spokane WA	42	F
166.	0:56:41	Bruggman, Kelsey	Wenatchee WA	12	F
167.	0:56:49	Pierce, John	Post Falls ID	55	M
168.	0:56:57	Adamson, Aurora	Sandpoint ID	16	F
169.	0:57:03	Blaese Jr, Don	Sandpoint ID	38	M
170.	0:57:12	Barrett, Ronald	Sandpoint ID	50	M
171.	0:57:14	Nelson, Carol	Hayden ID	37	F
172.	0:57:15	Groesbeck, Tom	Spokane WA	45	M
173.	0:57:21	Kranenburg, Don	Spokane WA	25	M
174.	0:57:27	Thompson, Pete	Spokane WA	59	M
175.	0:57:39	Kuran, Ivanka	Coeur d'Alene ID	39	F
176.	0:57:43	Westbrook, Marty	Coeur d'Alene ID	59	M
177.	0:57:44	Marsh, Vicki	Spokane WA	41	F
178.	0:57:46	Marsh, Kyle	Spokane WA	10	M
179.	0:57:58	Lobb, Louise	Sandpoint ID	43	F
180.	0:58:00	Marvin, Aaron	Orofino ID	16	M
181.	0:58:01	Witte, Hunny	Kootenai ID	44	F
182.	0:58:07	Lohstroh, Patricia	Spokane WA	33	F
183.	0:58:08	Robinson, Dustin	Missoula MT	17	M
184.	0:58:23	Salley, Adrienne	Bellevue WA	15	F
185.	0:58:36	Woodruff, Gina	Sandpoint ID	39	F
186.	0:58:46	Copeland, Mo	Spokane WA	45	F
187.	0:58:55	Addy, Darrel	Coeur d'Alene ID	43	M
188.	0:58:57	Mcenery, Kathryn	Kalispell MT	37	F
189.	0:59:01	Deyo, Joanne	Orofino ID	51	F
190.	0:59:02	Kunkel, Celene	Orofino ID	13	F
191.	0:59:08	Bovard, Laura	Missoula MT	43	F
192.	0:59:15	Mattioni, Marco	Sandpoint ID	44	M
193.	0:59:18	Rasmussen, Jennifer	Portland OR	19	F
194.	0:59:32	D'Olier, Bill	Sandpoint ID	59	M
195.	0:59:42	Lemons, Mel	Moscow ID	55	M
196.	0:59:44	Weid, Paul	Sandpoint ID	48	M
197.	0:59:46	Miller-Jones, Suzanne	Hayden ID	42	F
198.	1:00:07	Clay, John	Nine Mile Falls WA	66	M
199.	1:00:21	Brothers, Michelle	Sagle ID	14	F
200.	1:00:25	Laplante, Kate	Spokane WA	20	F
201.	1:00:32	Jaszczak, Janelle	Coeur d'Alene ID	30	F
202.	1:00:55	O'hara, Amy	Sandpoint ID	37	F
203.	1:01:00	Wrigley, Jeff	Sylmar CA	31	M
204.	1:01:16	Terrell, Joan	Sandpoint ID	49	F
205.	1:01:24	Blood, Kami	Sandpoint ID	26	F
206.	1:01:26	Lesage, Marianne	Spokane WA	51	F
207.	1:01:27	Romasko, David	Spokane WA	39	M
208.	1:01:28	Bryant, Tamara	Hope ID	47	F
209.	1:01:29	Lindsey, Krissie	San Jose CA	38	F
210.	1:01:34	Bevier, Jack	Wenatchee WA	71	M
211.	1:01:36	Connelly, Laurie	Spokane WA	51	F
212.	1:01:48	Shelby, Janet	Sagle ID	46	F
213.	1:01:59	Driggars, Louise	Sandpoint ID	42	F
214.	1:02:02	Robertson, Dori	Chattaroy WA	42	F
215.	1:02:10	Dean, Mark	Seattle WA	42	M
216.	1:02:18	Morrill, Carolyn	Spokane WA	36	F
217.	1:02:27	Unknown			
218.	1:02:31	Dececchis, Hillary	Sandpoint ID	39	F
219.	1:02:32	Unknown			
220.	1:02:33	Momany, Chelsea	Spokane WA	14	F
221.	1:02:34	Edmundoon, Jill	Sandpoint ID	36	F
222.	1:02:42	Gillis, Peter	Sandpoint ID	48	M
223.	1:02:54	Dunn, Garrett	Sandpoint ID	10	M
224.	1:02:56	Dunn, Scott	Sandpoint ID	38	M
225.	1:02:59	Bartkowiak, Dave	Coeur d'Alene ID	49	M
226.	1:03:02	Isenberg, Ann	Post Falls ID	56	F
227.	1:03:03	Foster, Priscilla	Post Falls ID	51	F
228.	1:03:04	Zuberbuhler, Titina	Sandpoint ID	35	F
229.	1:03:11	Magee, Patrick	Wenatchee WA	61	M
230.	1:03:20	Crook, Jamie	Sandpoint ID	23	F
231.	1:03:24	Carlson, Rick	Hayden ID	45	M
232.	1:03:26	Klein, Cheryl	Sagle ID	55	F
233.	1:03:31	Lampman, Linden	Coeur d'Alene Id	48	F
234.	1:03:32	Andring, Lee	Cocolalla ID	45	M
235.	1:03:38	Buder, Madonna	Spokane WA	73	F
236.	1:03:40	Whitford, Greg	Chattaroy WA	38	M
237.	1:03:45	Nylund, Jon	Sandpoint ID	58	M
238.	1:03:46	Bennett, Van	Coeur d'Alene ID	67	M
239.	1:03:47	Richards, Clark	Spokane WA	54	M
240.	1:03:55	Lutz, Marsha	Sagle ID	41	F
241.	1:04:15	Herdman, Jim	Laguna Beach CA	61	M
242.	1:04:29	Bray, Andrea	Spokane WA	29	F
243.	1:04:45	Boseth, Mike	Sandpoint ID	50	M
244.	1:04:55	Liaboe, Trond	Spokane WA	34	M
245.	1:04:58	Biggerstaff, Rick		40	M
246.	1:05:03	Lohstroh, Daryl	Spokane WA	41	M
247.	1:05:12	Keenan, Karen	Spokane WA	40	F
248.	1:05:32	Breitenbach, Duke	Hayden Lake Id	62	M
249.	1:05:34	Cambron, Glen	Sagle ID	46	M

see LONG BRIDGE results on page 7

Etiquette for Starts and Cool Downs



Oregon Masters Swimming would like to establish some simple etiquette for all competitors to follow at the start of each race. These are important because it will create an atmosphere conducive for fair starts. Essentially, these rules apply to the period between the first set of whistles and the sound of the starting horn.

First, before your heat has been called to the blocks please stand behind the timers. This allows the timers a clear view of the starter and the starting console.

Second, please be quiet for the start. This is important for that period between the long whistle that calls the swimmers onto the blocks and the starting horn.

Third and very important, once you have completed your race and are heading to the warm-up/cool-down lane please do not enter the pool until the heat on the blocks has entered the water. It is very important that the field of view for the starter and referee be motionless at the start. It is both distracting and confusing to have swimmers entering the pool at the start end at the same time as a race is being started. It is best to simply stand still until that race has begun.

— by Gary Wallis, Oregon Masters Swimming Officials Chair. From the August 2003 issue of the Aquamaster.

LONG BRIDGE RESULTS *from page 6*

250. 1:05:43 Radcliffe, Nancy	Coeur d'Alene ID	46 F	293. 1:19:38 Siegler, Norbert	Coeur d'Alene ID	52 M
251. 1:05:44 Barber, Caleb	Bellingham WA	19 M	294. 1:19:43 Stoermer, Douglas	Naples ID	45 M
252. 1:05:49 Wichelmann, Thomas	Santa Cruz CA	62 M	295. 1:20:22 Blakey, Lawrence	Sandpoint ID	63 M
253. 1:05:55 Massie, Robert	Spokane WA	64 M	296. 1:21:24 Taylor, Bryan	Everett WA	22 M
254. 1:06:01 Johanson, Heather	Sandpoint ID	26 F	297. 1:21:58 Pucci, Gina	Sandpoint ID	40 F
255. 1:06:03 Nelson, Toni	Spokane WA	50 F	298. 1:22:27 Harbinson, Lynn	Richland WA	33 F
256. 1:06:22 Heieren, Chris	Orofino ID	13 M	299. 1:22:30 Blanford, Tammy	Bonnors Ferry ID	23 F
257. 1:06:28 Underwood, Stacey	Spokane WA	34 F	300. 1:22:33 Dalsing, Cynthia	Sandpoint ID	50 F
258. 1:07:10 Bruggman, Darcy	Wenatchee WA	35 F	301. 1:23:05 Repp, Vickie	Sagle ID	43 F
259. 1:07:33 Mcdevitt, Rachel	Coeur d'Alene ID	30 F	302. 1:23:17 Irmer, Anne	Spokane WA	49 F
260. 1:07:36 Adam, Katelyn	Sandpoint ID	12 F	303. 1:23:31 Wangbichler, Clayton	Sagle ID	14 M
261. 1:08:03 Ellig, Sami	Spokane WA	17 F	304. 1:23:39 Hopkins, Debbie	Bellevue WA	43 F
262. 1:08:14 Boggs, Bill	Coeur d'Alene ID	56 M	305. 1:23:47 Aronson, Sarah	Bellingham WA	22 F
263. 1:08:20 Lanfell, Randell	Hayden ID	52 M	306. 1:23:51 Edwards, Rose	Sandpoint ID	43 F
264. 1:08:41 Thompson, Art	Bozeman MT	45 M	307. 1:26:04 Schneider, Kate	Moscow ID	26 F
265. 1:09:05 Lewis, Jon	Sagle ID	57 M	308. 1:27:09 Sanger, Kit	34	M
266. 1:09:13 Wheeler, Gracie	Hope ID	14 F	309. 1:27:31 Gustaveson, Amy	Spokane WA	35 F
267. 1:09:34 Chavez, Louis	Bayview ID	42 M	310. 1:28:22 Cassel, Dave	Oldtown ID	55 M
268. 1:09:41 Dills, Kris	Sagle ID	31 M	311. 1:28:35 Aase, Cindy	Sagle ID	46 F
269. 1:10:32 Burrows, Pamela	Portland OR	39 F	312. 1:29:48 Norstog, Jon	Pocatello ID	58 M
270. 1:10:42 Robinson, Suzanne	Snowmass CO	41 F	313. 1:30:16 Thurlow, Tami	Twisp WA	37 F
271. 1:11:32 Harkins, Don	Spirit Lake ID	40 M	314. 1:30:17 Olson, Zach	Hope ID	37 M
272. 1:11:35 Schmidt, Imre	Bonnors Ferry ID	82 M	315. 1:31:38 Heitman, Richard	Sagle ID	76 M
273. 1:12:17 Hanson, Timothy	Sandpoint ID	26 M	316. 1:31:45 Langley, Mickey	Roseville CA	49 F
274. 1:12:29 Olafson, Lynn	Sandpoint ID	46 F	317. 1:31:46 Barksdale, Kendra	Sandpoint ID	11 F
275. 1:13:04 Aaes-Jorgensen, Helle	Spokane WA	43 F	318. 1:31:50 Langley, Moriah	Roseville CA	09 F
276. 1:13:54 Ludden, Ashley	Sandpoint ID	17 F	319. 1:34:06 Kranenburg, Megan	Spokane WA	24 F
277. 1:14:09 Auld, Wendy	Sagle ID	33 F	320. 1:34:11 Thompson, Kirsten	Portland OR	45 F
278. 1:14:26 Bailey, Randy	Sagle ID	54 M	321. 1:34:44 Murray, Mary Ellen	Medical Lake WA	71 F
279. 1:14:39 Kinzer, Jackie	Sagle ID	48 F	322. 1:34:57 Jones, Becky	Henderson Nv	35 F
280. 1:14:43 Timm, Doreen	Spokane WA	54 F	323. 1:35:35 Orton, Annette	Sandpoint ID	72 F
281. 1:14:55 Simpson, Connor	Spokane WA	11 M	324. 1:36:28 Moss, George	Sandpoint ID	61 M
282. 1:14:59 Simpson, Tom	Spokane WA	43 M	325. 1:40:24 Hanson, Gloria	Sandpoint ID	43 F
283. 1:15:28 Kinzler, Phil	Sagle ID	46 M	326. 1:41:31 Bringmann, Jill	Anchorage Ak	34 F
284. 1:15:44 Hereford, J.D.	Lethbridge Canada	47 M	327. 1:43:41 Cucek, Joan	San Francisco CA	65 F
285. 1:16:46 Smith, Teeya	Clark Fork ID	12 F	328. 1:46:16 Sell, Carol	Hayden ID	33 F
286. 1:16:50 Smith, Taneesha	Clark Fork ID	22 F	329. 1:53:09 Ulschmid, Tiege	26	M
287. 1:17:21 Fogarty, Dan	Sandpoint ID	45 M	330. 1:53:11 Bresko, William	Medical Lake WA	75 M
288. 1:17:27 Smith, Phil	The Dalles OR	46 M	331. 2:00:25 Petrina, Susan	Sagle ID	38 F
289. 1:17:30 Czirr, Jimmy	Sandpoint ID	19 M	332. 2:00:26 Martin, Sheila	Sandpoint ID	37 F
290. 1:17:57 Stime, Patricia	San Jose CA	44 F	333. 2:20:15 Dhaenens, Janet	Sandpoint ID	42 F
291. 1:18:52 Story, Craig	Sandpoint ID	41 M	334. 2:20:35 Gibson, Stormie	Sagle ID	19 F
292. 1:19:28 Search, Nachele	Sagle ID	39 F	335. 2:35:16 Green, Dick	Spokane WA	51 M
			336. 2:49:34 Siegler, Iris	Coeur d'Alene ID	49 F

10th Annual Steve Omi Open Water Swim

1 Larry Krauser	50 M	20:26	52 Jean Smith	47 F	32:19
2 Trevor Gray	27 M	20:30	53 Marty Westbrook	58 M	32:23
3 Dan Blee	17 M	20:31	54 Catherine Albaugh	22 F	32:27
4 Rich Swoboda	37 M	21:22	55 Mary Adams	48 F	32:32
5 Jonathan Siegler	16 M	22:21	56 Dave Weeks	55 M	32:35
6 Sarah Thilo	21 F	22:94	57 Richard Ristau	58 M	32:41
7 Michael Veith	57 M	23:15	58 Dave Donegan	52 M	32:44
8 Glen Walshaw	26 M	23:29	59 John Pierce	54 M	32:45
9 Mark Comfort	29 M	24:19	60 Dennis Dye	40 M	32:58
10 John Shields	18 M	24:21	61 Michael Busse	49 M	33:31
11 Jeff Rigg	27 M	24:22	62 Joanna Darakjy	23 F	33:36
12 Dan Frost	35 M	24:26	63 Brian Bartlett	55 F	33:41
13 Brandyn Roark	24 F	24:33	64 Vicki Jackson	40 F	33:53
14 Sarah Shields	16 F	24:48	65 Heath Johnson	24 M	34:04
15 Katrina Finley	18 F	24:50	66 Peter Thompson	59 M	34:24
16 Jake Wood	13 M	24:59	67 Carol Travis	54 F	34:29
17 Jim Zuberbuhler	45 M	25:08	68 Bob Wood	50 M	34:46
18 Tom Lamar	42 M	25:15	69 Suzanne Jones	42 F	34:56
19 Todd Cory	38 M	25:24	70 Tisha Taylor	13 F	34:57
20 Rod Wharton	47 M	25:42	71 Emily Thompson	26 F	34:59
21 Austen Haynes	43 M	25:45	72 Carol Nelson	37 F	35:09
22 Pat McChesney	53 M	25:51	73 Roger Snyder	54 M	35:59
23 John Schneider	43 M	25:54	74 Monica Donegan	53 F	36:48
24 Dan Cooper	15 M	25:56	75 Alex Shaffer	47 M	36:49
25 Charlie Martin	48 M	25:58	76 Tessa Grigsby	10 F	36:51
26 Holly Boob	25 F	26:00	77 Duke Breitenbach	62 M	36:52
27 Bill Travis	55 M	26:04	78 Nancy Radcliffe	46 F	36:54
28 David Anderson	40 M	26:06	79 Sheila Weeks	47 F	37:26
29 June Bergquist	46 F	26:14	80 Dori Robertson	42 F	37:31
30 Derick Taylor	17 M	26:56	81 Donna Deaver	50 F	37:39
31 Suzanne Dills	58 F	27:00	82 Jim Cox	54 M	37:54
32 Eric Brown	49 M	27:05	83 Van Bennett	67 M	38:47
33 Dave Peckham	42 M	27:07	84 Bill Boggs	56 M	38:58
34 Cindy Clutter	43 F	27:44	85 Karla Dye	40 F	40:49
35 Steve Tanner	50 M	27:55	86 Howard Grimes	46 M	41:42
36 Mamie Lash	13 F	28:04	87 Jennifer Currie	28 F	43:27
37 Andrea Darakjy	21 F	28:12	88 Judy Shannon	53 F	43:35
38 Jack Dills	62 M	28:34	89 Helen Holmes	60 F	44:33
39 Mac Cavasar	52 M	28:35	90 Cheryl Gamache	45 F	44:37
40 Susan Gambrel	36 F	28:36	91 Britni Turkenburg	11 F	47:33
41 Maily Kress	52 F	29:19	92 John Turkenburg	43 M	47:37
42 Ursula Graef	39 F	29:29	93 Katelyn Adam	12 F	50:25
43 Eydie Kendall	39 F	30:20	94 Gene Omera	46 M	50:45
44 Dustin Brown	47 M	30:21	95 Kaylee LaDuca	12 F	51:10
45 Kelly Erickson	18 F	30:24	96 Ana Grigsby	8 F	53:44
46 Lauren Darakjy	20 F	30:30	97 Joe Grigsby	44 M	53:46
47 Erik Morris	24 M	30:37	98 Bill Bresko	75 M	59:01
48 Margaret Hair	48 F	30:47	99 Cindy Aase	46 F	1:00:42
49 Brian Gavin	49 M	30:52	100 Eric Ridgway	42 M	1:00:43
50 Doug Garcia	41 M	31:59	101 Nancy Taylor	44 F	1:01:01
51 Genny Hoyle	30 F	32:16			



Larry Krauser (50, SCM) and Trevor Gray (27, SWAC) who finished first and second respectively.



Sarah Thilo who finished sixth overall and was the first woman out of the water. Sarah is a previous recipient of the Steve Omi Scholarship.

Would you like a glass of water or a cola?

What do you reach for to quench your thirst? In this issue we present a somewhat controversial topic from cyberspace. This arrived to our emails before we engaged our spam blocker and we thought we would like to share it with you.

Please recognize that we have no cited source for this information and you must make the decision to believe it or not. If you feel so inclined, please respond to the editor.



*Nutritional information for swimmers
by Jani Sutherland and Sara Quan
Fitness Co-Chairs
Oregon Masters Swimming*

Water

- 75 percent of Americans are chronically dehydrated.
- In 37 percent of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even mild dehydration will slow down one's metabolism as much as 3 percent.
- One glass of water will shut down midnight hunger pangs for almost 100 percent of the dieters studied in a University of Washington study.
- Lack of water, the number one trigger of daytime fatigue.
- Preliminary research indicates that eight-ten glasses of water a day could significantly ease back and joint pain for up to 80 percent of sufferers.
- A two percent drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- Drinking five glasses of water daily decreases the risk of colon cancer by 45 percent, plus it can slash the risk of breast cancer by 79 percent, and one is 50 percent less likely to develop bladder cancer.

Cola

- In many states (in the USA) the highway patrol carries two gallons of cola in the truck to remove blood from the road.
- You can put a T-bone steak in a bowl of cola and it will be gone in two days.
- To clean a toilet: Pour a can of cola into the toilet bowl and let it sit for one hour, then flush clean. The citric acid in cola removes stains from vitreous China.
- To remove rust spots from chrome car bumpers: Rub the bumper with rumped-up piece of Reynolds Wrap aluminum foil dipped in cola.
- To clean corrosion from car battery terminals: Pour a can of cola over the terminals to bubble away the corrosion.
- To loosen a rusted bolt: Applying a cloth soaked in cola to the rusted bolt for several minutes.
- To bake a moist ham: Empty a can of cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the cola for sumptuous gravy.

- To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The cola will help loosen the grease stains. It will also clean road haze from your windshield.

For Your Information

- The active ingredient in cola is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
- To carry cola syrup (the concentrate) the commercial truck must use the hazardous material place cards reserved for highly corrosive materials.
- The distributors of cola have been using it to clean the engines of their trucks for about 20 years! Now the question is, would you like a glass of water or a cola?

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	
---------------	-----	-----	--

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> |
|---|---|

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** _____