

SPLASHMASTER ONLINE ISSUE

Volume 6 Number 6

June 2003

Stress Matters

by Jennifer Parks

When I was swimming competitively as a young girl, my ability to handle stress was not good, particularly at times of high stress like big swim meets. I went out much too fast in the 1960 Olympic Trials in my event, held in my hometown of Detroit. I believe it was because I didn't understand how to manage the stress.

When I became a teacher and coach it seemed I could handle short periods of high stress better, while the ongoing, chronic stress of everyday life began to take its toll. During this time, I had an interesting observation. We began to add "progressive relaxation" techniques and visualization to our training regimen, and I noticed that several of the athletes began to handle the stress of competition better. Some even improved with the stresses of everyday college life, such as mid-term exams.

Inland Northwest Masters CAENDR

The June, July and August *Splashmaster* will be online only, visit www.InlandNWMasters.org to download your free copy.

Wed. June 18 **Inland NW Masters Annual Meeting**, Spokane Club 6:30 pm

July 20 **Steve Omi Memorial Swim**, Lake Coeur d'Alene, Idaho entry form on page 10

Aug. 16 **Long Bridge Swim, Lake Pend Orielle/Sandpoint, Idaho** Entry form on page 8

Almost 30 years ago, I returned to swimming competitively as a Masters swimmer. At that time, I was determined to manage my stress better, particularly around competition, but also in daily life. Eventually, I took a sabbatical and studied the interrelationship of the mind, body and even the "spirit," and applied that information to daily life, in the form of stress management strategies. Now, I share many of these techniques with students, faculty, staff, friends, family, fellow professionals, anybody who can use information about how to manage stress - which these days appears to be almost everybody - by teaching classes, giving seminars, and writing about stress, as I am doing here.

Stress and Fitness

You might wonder why and how stress and fitness are related. Most of you have heard that aerobic and cardiovascular physical activity over the period of a workout triggers endorphins, among other substances, which may modify the impact of stress. This phenomenon is often described as the runners'/swimmers' "high." Bruce McEwen, in his new book, *The End of Stress As We Know It*, suggests that those endorphins may be one of the last signs we



are getting near the end of our ability to handle stress, or as McEwen calls it, allostatic load. Perhaps the lesson is—enjoy that great feeling after swimming, but don't overdo it unless you're willing to risk creating more stress.

Managing Stress

There are other aspects of fitness that may help you handle different types of stress, including chronic and/or high stress. When an individual is stressed, muscles tighten to prepare for the instinctual "fight or flight," as humans have done for millions of years. Of course, in modern times we don't often have the options of hitting or running. Nevertheless, being fit can help you offset the fatigue of the automatic muscle tension response that is triggered by your perception of a stressor. Stronger muscles can recover more easily, not only from physical exertion but also the mental/emotional impact of stress.

Take a Deep Breath

Deep breathing is a simple but significant technique that can help individuals offset the effects of stress. Swimmers usually breathe more deeply in order to inhale and exhale at appropriate times. Therefore,

see STRESS MATTERS on page 2

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STRESS MATTERS *from page 1*

rhythmic breathing in swimming may help us modify our psychological and physiological response to stress.

Be Mindful

Another great idea for stress management is "mindfulness," being in the moment, rather than paying attention to the past or future. Swimming is an activity that requires you to have some focus on the present; doing turns, rolling your hips, and watching the clock. At the same time, swimming takes our minds off other things, such as problems with finances, work, and relationships. Swimming may also relieve us of some of the more debilitating effects of stress, such as production of the hormone cortisol, which may encourage our bodies to accumulate abdominal fat, thereby making us likely candidates for cardiovascular disease.

Get Organized

Organizing your life and managing your time efficiently can be a great way to reduce stress. Build your day or week to include all aspects of your life, including physical exercise like swimming. This process can give you an increased sense of security and make you less susceptible to illness and injury. Dr. Andrew Weil, of the University of Arizona School of Integrative Medicine and author of many books and articles on health/wellness, has suggested that possibly 90% of modern maladies have some element of stress as a precursor. It appears that more and more, we must begin to confront and manage our stress in order to become truly healthy, fit and well.

Competitive Stress

Some swimmers do not want to compete because they do not wish to experience stress from competition. Individuals vary greatly in their perceptions of what causes stress. Stress can develop from a wide variety of factors, ranging from anxiety of how you look in a swimsuit, to fear of not

being as fast as you used to be. Fortunately, you can begin to change your thinking about what you perceive as stressful. Sometimes, you can conquer the stress by simply doing a little bit of what causes stress (e.g.: swimming the "30 Minute Fitness Challenge" before you try the One Hour Swim).

Responding to Stress

You can change your response to stressors, too. It may help to remember you cannot control other people, but you can control yourself, including responses to situations and people. Swimming in a group environment can cause stress, but not if you take a positive approach to the situation. If you don't like being run over by faster swimmers, just remember that they share your intent of getting a good workout. If you are bothered by children playing in your lane, try to remember that you were once a child playing in the water. You may even enjoy playing along with them.

Make fitness swimming a time of pleasure. Although it is sometimes a challenge, it should usually be a great joy. Stress-hardy people perceive problems as challenges rather than stressors. And as you swim each day, imagine the flow of the water along your body washing away the remnants of stress from your life. Fitness is not just a physical concept but includes the whole body, mind and spirit. When I meditate, I use the word "wave" to help visualize the ebb and flow of life and stress. Try it! Go with the flow. See you in the pool, or the lake, or the ocean!

Krauser Breaks World Record

Larry Krauser (49, SCM) swimming as a 50 year old, broke the world record for the 100 meter Freestyle at the recently concluded Canadian National Championships. Other results from his swims include:

50 meter Freestyle	:25.00
100 meter Freestyle (split from 200)	:55.10
200 meter Freestyle (split from 400)	2:12.08
400 meter Freestyle	4:26.37
800 meter Freestyle	9:24.76
1500 meter Freestyle	17:48.71
400 meter Individual Medley	5:21.75

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Recovery: *It Really Works*

by **Cindy Hawkinson**

*"I cut over two minutes
off my 1000 free time.*

*Although I was skeptical at first,
taking days off and recovering
really worked!"*

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.

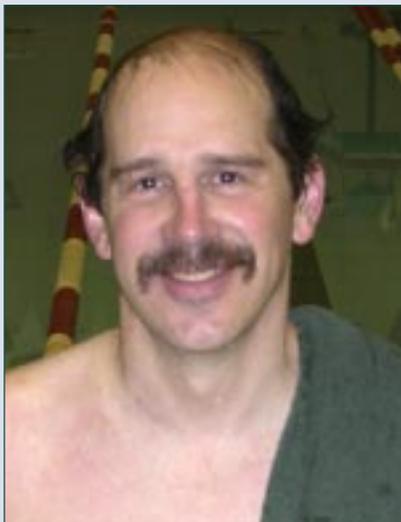
Last year, I finally decided to listen to my coach. She explained that if I took the rest, I'd swim the sets faster than if I didn't. "Just try it," she said. (Funny, where had I heard that same concept before?) I knew I wouldn't like it, but I tried it and stuck with it. I decided to compete at Nationals and really train for it. Coach said "quit running two weeks before the meet." You can 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 Committee and Legislation Committees, and the Colorado LMSC Chair and Newsletter Editor. Cindy has been a competitive swimmer since elementary school, competitive runner and marathoner since 1978 (with 10 marathons under her belt). A competitive triathlete since 1986 (completing a Half Ironman in 2001), her goal is to complete a full Ironman distance triathlon in 2004.

Swimmer Profile

Name: Mike Berney

Age: 47

Occupation: Director, Palouse River Counseling

Swim Team: WSU Masters

Years Swimming Masters: four years

Favorite Event: 100 Butterfly

Why: Something I swam in college and it has just stuck.

Before a Meet: Nothing Special

After a Meet: Nothing Special

Little Known Facts: Originally from Pullman, graduated Pullman High School in 1974. Swam the 100 and 200 Butterfly at Arizona State University from 1975-1978. Served as a white water river guide on the Salmon and Snake Rivers.

Food thoughts: My entire office teases me about the fact I occasionally eat SPAM. When I was a river guide, we always had SPAM on hand for emergency situations.

Women's Health

Ten Step Countdown for a Healthy Life

Here are ten things you can do to help live longer, better, and happier life:

10 Be Informed. For health information you can trust from both governmental and nongovernmental sources, here are two gateway information centers from the U.S. Department of Health and Human Services that can help: National Women's Health Information Center, available by phone at 1-800-994-WOMAN, TDD 1-888-220-5446, and Healthfinder at web site <http://www.healthfinder.gov>.

9 Be Good To Your Bones. For healthy bones, be sure to replenish your stock of calcium every day with plenty of foods like milk and dairy products, tofu, leafy green vegetables, canned salmon or sardines, and calcium-fortified juices or breads. Speak with your doctor about calcium supplements.

8 Avoid Illegal Drugs and Alcohol. For women, the definition of moderate drinking stops at one glass. And where illicit drugs are concerned there is no such thing as "moderate" use.

7 Take Medicine Wisely. Read the labels, follow the instructions carefully, and remind your doctor or pharmacist about any other medications or supplements you might be taking that could interact with your medication. If you have any questions about possible side effects call your doctor or pharmacist.

6 Play It Safe. Avoid Injuries. Buckle up. Wear a bike helmet. Use smoke and carbon monoxide detectors. Wear sunscreen and UV protected sunglasses. Use street smarts and common sense. Practice safe sex. **5 Get Checked.** Get regular checkups, preventive exams, and immunizations. Don't forget self-exams too.

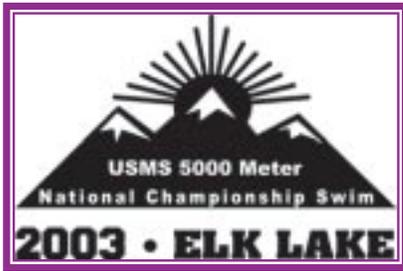
4 Don't Smoke. It's the leading preventable cause of death in our country.

3 Eat Smart. It's the secret to good health. Eat plenty of fruits, vegetables, and grains. Enjoy a variety of foods, balance foods from each food group, and exercise moderation.

2 Get Moving. The other secret to good health: just 30 minutes of physical activity, accumulated over the course of each day, can radically improve the way you look and feel, both physically and mentally.

1 Be Happy. Take time for yourself. Get connected with family, friends, and community. Do things you enjoy!

Source: Office of Women's Health, U.S. Department of Health and Human Services; <http://www.4women.gov>.



CASCADE LAKES SWIM FESTIVAL

Featuring the USMS NATIONAL 5000 METER OPEN WATER CHAMPIONSHIP
and the NORTHWEST ZONE 1500 METER OPEN WATER CHAMPIONSHIP.
500, 1500 & 5000 Meter Open Water Swims at Elk Lake • July 26 & 27, 2003
Hosted by Central Oregon Masters Aquatics and Bend Metro Park and Recreation District
Sanctioned by Oregon Masters Swimming Inc. for USMS #371-OW3, USA Sanction pending.
Operating under Special Permit from the U.S. Forest Service

EVENTS: The USMS National Championship is a 5000 Meter swim held on Sunday July 27. The Championship race will follow a diamond course for 2000 meters, then two 1500 meter triangles, marked by large buoys at least every 400 meters. The **Cascade Lakes Swim Series** is a total of three swims; the National Championship plus two more swims held on Saturday. Participants may enter in one, two or all three swims; however, only those who complete in all swims will be eligible for the Series awards. Saturday's swims began with a **500 Meter** swim. This unique interval style swim will have swimmers starting individually at intervals and following a straight out and back course marked by a continuous floating line. At noon, the **1500 Meter** event, also contested as the **NW Zone Championship**, will be swum on a triangular course, marked by large orange buoys every 300 meters.

LOCATION: All swims take place at Elk Lake, a beautiful, clear mountain lake nestled in the sunny Central Oregon Cascades 32 miles from Bend. Water temperature can vary from 66-72 degrees Fahrenheit and will be posted at registration.

ELIGIBILITY: This event is open to all USMS registered swimmers 19 years or older as of July 26, 2003. USA swimmers, 13 years or older may enter the 1500 and the 5K. USA swimmers, 10 years and older, may enter the 500 Meter swim. A photocopy of your USMS or USA registration card or proof of membership in a foreign Masters organization must accompany your entry. A "day-of-race" USMS registration for the Saturday swims only will be available for adults 19 and over for \$15 at race day registration.

ENTRY FEES:

5000 Meter USMS Championship = \$30 (received by 7/15)*
All 3 open water events (Series) = \$40 (received by 7/15)
Saturday only open water events = \$30 (received by 7/15)
Saturday only, if received after deadline but before July 25 = \$35.
Saturday only, if entered at the lake = \$40

*Entries must be received by the host by July 15 if entering the USMS 5000 Championship. This includes USA swimmers.

Entry fee for the Series or each individual day includes a championship T-Shirt, swim cap, and the post race lunch. A donation of \$3.00 per person, per day, is requested for spectator lunches (pay at the lake).

RULES: Current USMS rules will govern this event. The use of neoprene wetsuits or other nonporous attire is allowed in all three swims but wetsuit swimmers will not place in the USMS Championship swim. The three swim series will use a scoring system that deducts points from the swimmer's place in each swim where a wetsuit is worn. USA swimmers may participate in all three swims. A parent or guardian must sign the liability waiver for all swimmers under 18. The Forest Service does not allow dogs at the lake but they may be in the campground on a leash.

SAFETY: Lifeguards and safety boats will monitor the entire course. Swimmers must wear a bright colored swim cap and their race number on their arms. Medical personnel will be at the site.

SEEDING: The 5000 and 1500 swims will use a mass start. Wetsuit swimmers will start later in a separate heat in both events. USA swimmers will start in a separate heat in the 5000.

The 500 Meter swim will be seeded slow-to-fast based on the swimmer's current 500 yard time. Late and day-of 500 entries will not be seeded and will swim last. No changes in 500 times at the race.

SCHEDULE: Saturday, July 26, 2003

8:00 - 9:00am Registration/Check-In for 500 & 1500
9:30- 10:30am 500 Meter Time Trials & Interval Starts
10:30-11:30am Registration/Check-In for 1500 Meter
12:00 noon 1500 Meter Race begins
1:00 pm Children's activities, in and out of the water

Sunday, July 27, 2003

8:00 am - 9:00 am Check-In for 5000 Meter Championship
9:30 am 5000 Meter Race Start

Pre-race instructions will be given 15 minutes before the start time of each swim. A picnic lunch and awards ceremony will follow the finish of races on both days.

AWARDS: Age groups are 19-24, 25-29, 30-34 and so on in five-year increments as high as necessary for both men and women. USMS National Championship medals will be awarded to the top 8 places in each age group and USMS Long Distance Championship patches will be awarded to the first place age group finishers in the 5K. Saturday's two swims will award ribbons to the top three finishers in each age group. Separate results will be compiled for wetsuit and non-wetsuit competitors for each individual event with separate awards for wetsuit swimmers. In the three-swim series calculation, points will be awarded based on the age group finish order in each race, with a deduction for wearing a wetsuit. Handmade ceramic mugs will be awarded to the top finisher, and handmade ceramic coasters will be awarded the 2nd and 3rd place finishers in each age group. A special platter will also be awarded to the top overall USMS male and female series finisher. Swimmers must complete all three swims to be eligible for overall series awards.

DIRECTIONS/PARKING: Elk Lake is located on the Cascade Lakes Scenic Byway. From Highway 97 in Bend, follow the signs to Mt Bachelor Ski Area/Cascade Lakes. Continue approximately 10 miles past Mt Bachelor Ski Area. The start/finish area for all swims is located at the Beach Picnic Area, the last Elk Lake exit, if coming from Bend. Parking will be limited to a large pullout off Cascades Lakes Hwy. or Little Fawn Group Campground. No parking at the race site (Beach Picnic Area) until after all event activities have concluded. A shuttle bus will run between the campground and the race site before and during registration. Signs will be posted for direction to parking and all important sites.

CAMPING/LODGING: Swimmers and spectators may camp at the lake at Little Fawn Group Campground, reserved for the swim. Dogs must be on a maximum 6 ft. leash. Small and medium size motor homes only. Camping fee is \$4.00 per adult per day. Include fee with your entry form for Friday and Saturday night camping to secure a spot. If you wish other days, purchase them at the lake from the Camp Host. For nice cabins on the lakeshore, stay at Elk Lake Resort. www.elklakeresort.com Book early! Host hotel in Bend is the Phoenix Inn. Phone: 541-317-9292. The Bend area offers numerous motels and resorts at all price levels.

RACE DIRECTOR: Pam Himstreet, Phone (541)-385-7770
E-mail: himstreet@bendcable.com



CASCADE LAKES SWIM FESTIVAL ENTRY FORM

Featuring the USMS NATIONAL 5000 METER OPEN WATER CHAMPIONSHIP
and the NORTHWESTERN 500 METER OPEN WATER CHAMPIONSHIP
500, 1500 & 5000 Meter Open Water Swims at Elk Lake, Bend, Oregon
July 26 & 27, 2003

Name: _____ **USMS Number** _____

Address: _____

City _____ **State:** _____ **Zip:** _____

Date of Birth: _____ **Age: (on race day)** _____ **Sex :** _____ (Male) _____ (Female)

Phone (home): _____ **Phone (work):** _____

E-Mail address: _____

Emergency contact: _____

Name	Pho	ne
------	-----	----

CLUB: _____ **Local Oregon Team** _____

Current 500-Yard Time (for 500-Meter race seeding purposes) _____

1. **Adult size T-shirt (please circle one):** **Small** **Medium** **Large** **Extra Large**

2. **Send me my results via** _____ **E-mail** _____ **Mailed hard copy (please check only one box)**

3. **Please tell us how many spectators you will be bringing for lunches.** _____ **Saturday** _____ **Sunday**

4 FEES: MAKE CHECKS PAYABLE TO CENTRAL OREGON MASTERS AQUATICS (COMA)

5000 Meter USMS Championship Swim Entry Fee (received by July 15) \$30.00 _____

Cascade Lakes Swim Series, (Sat. and Sun., all fees received by July 15) ~~40.00~~ _____

500 and 1500 Meter swims on Saturday (2 swims) (received by July 15) \$30.00 _____

*** Saturday, only, Mail entry after Deadline but received before July 25 \$35.00** _____

*** Saturday only Registration at the Lake on Day of Race. \$40.00** _____

Group Camping (\$4.00 per adult day) _____ people X _____ days = _____

_____ **Camping Friday Night** _____ **Saturday Night** **Total Payment Enclosed:** _____

~~Send entry and fee to~~
 Cascade Lakes Swim Festival
 C/O BENT LAKE
 P.O. BOX 122
 BEND , OR 97709

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Make checks payable to Central Oregon Masters Aquatics (COMA)
 PLEASE INCLUDE A COPY OF YOUR USMS OR USA SWIMMING CARD

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 of 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature _____ Signed _____ Date: _____
 (Parent signature required for swimmers under the age of 18)

Atkins Diet and Endurance Athletes



*Nutritional information for swimmers
by Michael Costello*

Few of us who swim Masters have any real designs on athletic accomplishment. Indeed, there is a handful who will win points at Masters swim meets and a few others who make a mark in triathlon. But most Masters participants are pursuing fitness.

Body weight management is a huge component in any personal fitness program, and exercise alone will not make you fit and trim. Exercise must be combined with some sort of diet to accomplish weight loss or in some cases, body weight maintenance. Whatever caloric gain you might win in an hour of swimming will be lost in consuming a serving of McDonald's french (or should I say "freedom") fries.

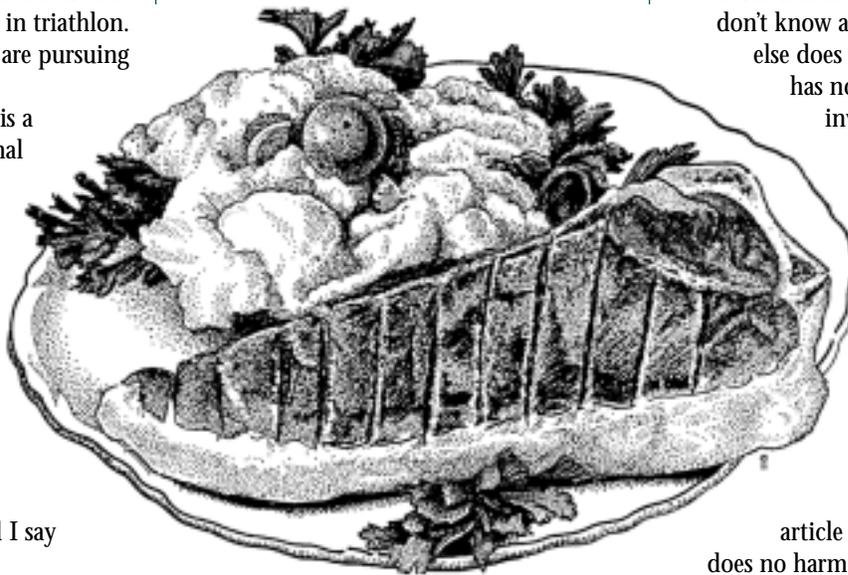
And so, it was exciting news a couple of months ago when the already popular Atkins diet was "vindicated" in a medical study published late last year and given great prominence on newspaper pages, including *USA Today*.

According to the newspaper reports, adherents to the high-fat, low-carbohydrate Atkins diet lost twice as much fat as the subjects on the low-fat, high carbohydrate diet recommended by the American Heart

Association. Furthermore, those on the Atkins diet had improvements in their blood chemistries. Their levels of "good cholesterol," as found in HDLs rose 11 percent while their "bad cholesterol" remained unchanged.

Naturally newspapers headlined this news and sales of Dr. Atkins' book soared. I've had three friends tell me that they're now on the Atkins diet.

Should you? The answer is maybe-maybe not. Not widely reported in these newspaper articles was the very high dropout rate in the Atkins group. Twice as many participants in the Atkins' group quit before the study ended as compared to the American Heart Association group. Why did they quit? That wasn't reported. I could have been a craving for carbohydrates or simply that the quitters were dissatisfied with their weight loss, leaving



behind only those who were successfully losing weight as per their wishes.

The fact is that those who successfully lost weight did so, not by modifying their metabolism as Atkins claims, but simply by consuming fewer calories. Those who remained on the diet were highly motivated to lose weight and so were willing to endure the discomfort associated with successful dieting.

So how would a high fat, low carbohydrate diet affect your athletic performance? When we exercise aerobically, we burn primarily fat anyway, so why not consume a high fat diet.

The answer again is unclear, to me anyway. The cliché by which endurance athletes eat states that, "fat burns in a carbohydrate fire." Failure to consume carbohydrates before or during endurance races results in "bonking," a miserable state cause by hypoglycemia, or low blood sugar.

However, this is a consequence of an unadapted metabolism. Sled dog racers prepare their dogs for events such as the Iditarod by putting their dogs on the Atkins diet for a couple of months prior to the event. The theory states that once the dogs become accustomed to their ketotic condition, they will perform better in the purely aerobic state that they will race in.

Does this theory hold in humans? I don't know and I don't think anyone else does either because the study has not been done. It would

involve putting serious endurance athletes on a high fat diet for months and comparing their performance in triathlons, long distance open water swims and marathons.

So, should you try the Atkins diet. The simple answer is, why not? To me, the biggest news in that newspaper article is that the Atkins diet

does no harm. And, if it works for you, then go ahead and try it. I am of the mind that there is no single magic weight loss program that works for everyone.

But keep in mind, no diet, Atkins or otherwise, will cause you to lose weight unless you consume fewer calories than you burn. You will have to consciously restrict your intake. If the Atkins diet makes that easier for you, then give it a try.

2003 United States Masters Swimming & Inland Northwest Masters Member Registration

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

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

Date of Birth	Age	Sex	
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	
<i>Unattached team</i> 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. <i>Unattached club</i> means you will not be able to participate in relay events at Inland NW Masters meets, zone or national meets.			
<input type="radio"/> I am a certified USA Swimming Official	<input type="radio"/> I am a certified high school swimming official	<input type="radio"/> I coach Masters Swimmers	

Benefits of Membership Include:

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

Where do my registration fees go? ⇒ \$20.00 to United States Masters Swimming (\$7.00 for *Swim Magazine*) ⇒ \$10.00 to Inland Northwest Masters Swimming Committee for local programming and communications.

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

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

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

United States Masters Swimming Endowment Fund	International Swimming Hall of Fame Endowment Fund
<input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the USMS Endowment Fund	<input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the International Swimming Hall of Fame Endowment Fund

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

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

SIGNATURE  _____ DATE _____