

SPLASHMASTER

Volume 9 Number 2

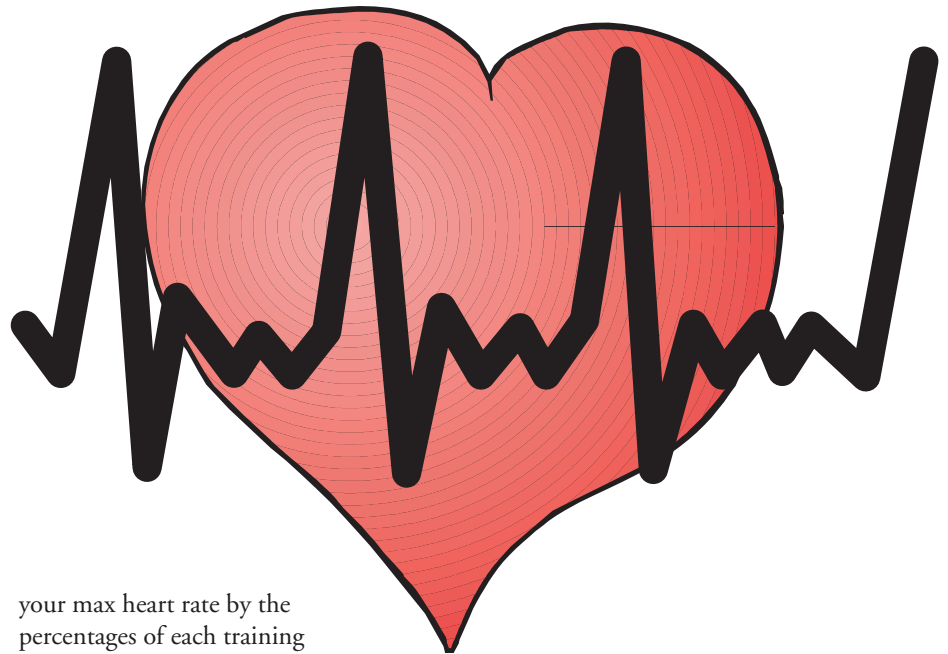
March/April 2006

What's the Deal with Heart Rate Training

BY: RYAN HITE USA TRIATHLON LEVEL 1 COACH

Do you ever wonder if you are training correctly to reach your goals? Have you been training extremely hard lately and not seeing the results you want? Keeping track of your heart rate is a great way to monitor your training intensity to make sure you receive all the benefits of training. Whether you are using heart rate monitor or you are just taking your pulse the old fashion way (count the number of heart beats in 10 seconds and multiply that number by 6 to get beats per minute), understanding your exercise heart rate can be helpful in training.

The rest of this article will focus on five basic training zones and provide some training benefits in each zone. These zones are calculated as a percentage of maximum heart rate (max HR). If you do not know your actual max heart rate, then you can use the 220 – your age formula (220 – age = predicted max heart rate). Keep in mind that the 220 – your age formula can vary a bit in accuracy person to person. Once you have your max heart rate, multiply



your max heart rate by the percentages of each training zone to get your upper and lower limits for that zone.

Zone 1: 95–100% of max HR

This zone is an anaerobic training zone and the highest intensity zone. Zone 1

will improve neuromuscular efficiency and sprint speed. Work bouts in this training zone should be short; up to 2.5 minutes per work bout, with plenty of rest in between. Training at this intensity should not comprise more than about 5% of totally weekly volume in an endurance athletes training program.

Zone 2: 87–95% of max HR

Zone 2 is also an anaerobic training zone. This zone will improve anaerobic tolerance and maximum oxygen consumption. Work bouts in this training zone should be kept to about 3-5 minutes with up to two minutes of rest in between intervals. As a general rule of thumb try to limit zone 2 training to less than about 10% of weekly volume.

see HEART RATE on page 2

Inland NW Masters Calendar

April 1, 2006

Annual membership meeting following the champs meet in Pullman

April 10, 2006

Entry form deadline for NW Zone Short Course Yards Championships in Boise, entry form on page 5

April 12, 2006

Entry form deadline for Spring Fling Swim Meet in Spokane, entry form on page 3

April 22, 2006

Spring Fling Swim Meet at the Spokane Club, deck entries accepted

April 28-30, 2006

NW Zone Short Course Yards Championships in Boise, deck entries not accepted

May 11-17, 2006

USMS National Short Course Yards Championships in Coral Spring Florida

July 16, 2006

Steve Omi Swim

August 4-10, 2006

FINA World Championships, Stanford, CA

August 5, 2006

Sandpoint Long Bridge Swim



Inland Northwest Masters

Local Masters Swimming Committee Board and Team Representatives full contact information available online www.InlandNWMasters.org

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@comcast.net

Past Chair

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

Top Ten, Meet Entries & Lake City Masters Rep

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

Meets/Sanctions

Brian Johnson
208-883-4949
johnsonb@uidaho.edu

Splashmaster Editor & Coaches Rep

Doug Garcia
1505 NW Kenny Dr
Pullman WA 99163
509-332-1621
dougsgarcia@usms.org

Team Reps

Moscow Chinook Masters

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

Sandpoint West Athletic Club

Mike Brosnahan
208-265-8362
mbroz@verizon.net

Spokane Masters Swim & Tri

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

WSU Masters

Devin Schmelzer
509-951-6993
devin_j_s@hotmail.com
WSUMastersSwimming.org

Wenatchee Valley Masters

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

Yakima Valley Masters

Dave Krueger
509-966-2361
laurelkrueger@msn.com

Volume 9 Number 2

March/April 2006

www.InlandNWMasters.org

Published irregularly by: Washington State University
PO Box 641227 • Pullman WA 99164-1227

Send address changes to: Sue Dills, Registrar

Send editorial comments to: Doug Garcia, Editor

113251/GEO6012



the Wall Lane, by Kerry O'Brien

HEART RATE from page 1

Zone 3: 80-87% of max HR

Zone 3 is a lactate threshold zone. This zone improves the body's ability to buffer lactate, which is one of the limiters to aerobic performance. Training in this zone proves extremely beneficial for endurance athletes. Work bouts in this training zone should be 8-30 minutes. If this zone is used for interval work, rest periods should be shorter than 5 minutes.

Zone 4: 65-80% of max HR

This zone is an aerobic endurance training zone. Zone 4 increases fat metabolism, increases aerobic endurance, and conditions the body to withstand higher amounts of stress. Training in this zone should last longer than 30 minutes. This zone places a high emphasis on volume and should comprise the majority of your weekly training.

Zone 5: 50-65% of max HR

Zone 5 is an aerobic recovery zone. This zone is extremely light in intensity and should be used primarily for recovering from higher intensity workouts. Training sessions at this intensity should last between 20 and 60 minutes. Do not spend too much time training in this zone. It does not warrant the same amount of benefits that the other four zones do.

Hopefully these five training zones will help you to better organize and keep track of your training. Remember that in all of these training zones it is important to listen to your body. If you are feeling run down and overtrained, take some time off or complete a lighter recovery workout. Use these five training zones to help you train smarter not harder!

For questions or comments about this article or suggestions for future articles Ryan Hite can be contacted via email at: rHITE02@yahoo.com.

SPOKANE CLUB MASTERS PRESENTS

Spring Fling Swim Meet

SATURDAY APRIL 22, 2006

Date/Times: Saturday, April 22, 2006. Warm-up starts at 8:30 am, Meet starts at 9 am. Event 3 (200 Yard Freestyle Relay) not to begin before 10:30 am

Sponsor: Spokane Club Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 356422.

Eligibility: All swimmers must be currently registered IWMSC/USMS swimmers. New registrations (found in the *Splashmaster* or online) should be sent to Sue Dills or will be available at the meet. One event registrations will be taken at the meet for \$10.

Rules: All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2006 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

Deadline: All entries must be postmarked by April 15, 2006. Incomplete or late entries will be treated as "deck entries."

Fees: \$10 for entries sent before April 15, \$15 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

Conduct of the Meet: Each participant may swim five individual, and three relay events.

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

Relays: Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

Directions: Spokane Club, 1002 West Main • From I-90 east, take the Maple St. exit, turn left onto Walnut St., follow the City Center signs, turning right onto 1st Ave., continue on 1st Ave., turning left onto Lincoln St., continue north for 3 blocks, turn left onto Main St., stay in left lane, continue west through one stoplight. Spokane Club will be on the right. From I-90 west take the Lincoln St. exit, continue north on Lincoln St. for 6 blocks, turn left onto Main St., stay in left lane, continue west through one stop light, Spokane Club will be on your right.

Questions: can be answered by Susanne Simpson 509-458-3982 or Todd Stoddard 509-838-8511

Postmarked by:	April 15, 2006
Mail Entries to:	Susanne Simpson 3117 S. Jefferson Spokane, WA 99203
Entry Fee:	\$10 prior to April 15 \$15 for Deck Entries
Checks payable to:	IWMSC

Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS # _____ Inland NW Team _____

Short Course Yard Times Please • Maximum of 5 Individual and 3 Relay Events.

- | | | |
|--|---|--|
| <p>1) 400 Y Individual Medley _____</p> <p>2) 1650 Y Freestyle _____</p> <p style="text-align: center;">Second Warm Up</p> <p>3, 4 & 5) 200, 400 & 800 Freestyle Relay</p> <p>6) 50 Y Butterfly _____</p> <p>7) 100 Y Breaststroke _____</p> <p>8) 200 Y Backstroke _____</p> <p>9) 100 Y Freestyle _____</p> | <p>10) 200 Y Individual Medley _____</p> <p>10 Minute Break</p> <p>11, 12 & 13) 200, 400 Mixed Freestyle Relay</p> <p>14) 50 Y Backstroke _____</p> <p>15) 100 Y Butterfly _____</p> <p>16) 50 Y Freestyle _____</p> <p>17) 200 Y Breaststroke _____</p> <p>10 Minute Break</p> | <p>18 & 19) 200, 400 Medley Relay</p> <p>20) 200 Y Butterfly _____</p> <p>21) 100 Y Backstroke _____</p> <p>22) 200 Y Freestyle _____</p> <p>23) 50 Y Breaststroke _____</p> <p style="text-align: center;">10 Minute Break</p> <p>24) 100 Y Individual Medley _____</p> <p>25) 500 Y Freestyle _____</p> |
|--|---|--|

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

Your Signature _____ Date _____

March Madness Swim Meet RESULTS

March 4, 2006, Wenatchee, Washington

WOMEN'S EVENTS

Women 18-24

50 Yard Freestyle		
1 Evelyn Arndt	23 SMT	38.90
50 Yard Backstroke		
1 Evelyn Arndt	23 SMT	47.39

Women 25-29

100 Yard Freestyle		
1 Amanda Arndt	29 SMT	1:14.18
200 Yard Freestyle		
1 Amanda Arndt	29 SMT	2:53.88

Women 30-34

50 Yard Freestyle		
1 Jennifer Korfiatis	32 WVM	28.26
200 Yard Freestyle		
1 Jennifer Korfiatis	32 WVM	2:14.16
200 Yard Backstroke		
1 Jennifer Korfiatis	32 WVM	2:21.55
100 Yard Individual Medley		
1 Jennifer Korfiatis	32 WVM	1:09.06

Women 45-49

50 Yard Freestyle		
1 Lesley Allan	47 WVM	30.00
2 Niki Stewart	46 WVM	36.34
100 Yard Freestyle		
1 Lesley Allan	47 WVM	1:07.85
500 Yard Freestyle		
1 Cindy Clutter	46 LCM	6:58.85
2 Melinda Macias	47 YAK	9:40.38

1650 Yard Freestyle		
1 Cindy Clutter	46 LCM	23:29.17
100 Yard Backstroke		
1 Melinda Macias	47 YAK	1:37.98
50 Yard Breaststroke		
1 Cindy Clutter	46 LCM	42.78
2 Melinda Macias	47 YAK	50.74

100 Yard Breaststroke		
1 Cindy Clutter	46 LCM	1:32.84
2 Niki Stewart	46 WVM	1:34.36
50 Yard Butterfly		
1 Lesley Allan	47 WVM	35.16
200 Yard Butterfly		
1 Cindy Clutter	46 LCM	3:17.14
100 Yard Individual Medley		
1 Melinda Macias	47 YAK	1:35.04

Women 50-54

50 Yard Backstroke		
1 Mary Adams	51 LCM	50.33

100 Yard Backstroke			
1 Mary Adams	51 LCM	1:44.35	
100 Yard Breaststroke			
1 Mary Adams	51 LCM	1:47.48	
100 Yard Individual Medley			
1 Mary Adams	51 LCM	1:37.65	
400 Yard Individual Medley			
1 Mary Adams	51 LCM	7:48.01	

Women 60-64

50 Yard Breaststroke			
1 Carolyn Magee	60 WVM	46.87 (I)	
100 Yard Breaststroke			
1 Carolyn Magee	60 WVM	1:43.24 (I)	
200 Yard Breaststroke			
1 Carolyn Magee	60 WVM	3:46.53 (I)	
200 Yard Butterfly			
1 Carolyn Magee	60 WVM	3:24.86 (I)	
400 Yard Individual Medley			
1 Carolyn Magee	60 WVM	6:51.61 (I)	

Women 70-74

200 Yard Breaststroke			
1 Peony Munger	71 WVM	4:37.78 (I)	
100 Yard Butterfly			
1 Peony Munger	71 WVM	2:33.98 (I)	
200 Yard Butterfly			
1 Peony Munger	71 WVM	5:34.33	
200 Yard Individual Medley			
1 Peony Munger	71 WVM	4:37.90	
400 Yard Individual Medley			
1 Peony Munger	71 WVM	9:52.59	

MEN'S EVENTS

Men 30-34

50 Yard Freestyle			
1 Adric Arndt	31 SMT	25.65	
2 Jason Vandersluis	31 WVM	31.96	
100 Yard Freestyle			
1 Jason Vandersluis	31 WVM	1:13.55	
1650 Yard Freestyle			
1 Jason Jablonski	32 WVM	23:12.64	
2 Jason Vandersluis	31 WVM	28:42.84	
50 Yard Breaststroke			
1 Adric Arndt	31 SMT	30.08	
100 Yard Breaststroke			
1 Adric Arndt	31 SMT	1:07.94	
50 Yard Butterfly			
1 Jason Jablonski	32 WVM	41.40	
100 Yard Individual Medley			
1 Adric Arndt	31 SMT	1:04.85	

Men 35-39

50 Yard Freestyle			
1 Michael Hartley	36 WVM	29.20	
2 Harm-Jan Steenhuis	38 SMT	31.00	
500 Yard Freestyle			
1 Michael Hartley	36 WVM	8:03.71	
50 Yard Backstroke			
1 Harm-Jan Steenhuis	38 SMT	36.33	
50 Yard Breaststroke			
1 Michael Hartley	36 WVM	33.84	
100 Yard Breaststroke			
1 Michael Hartley	36 WVM	1:18.05	
2 Harm-Jan Steenhuis	38 SMT	1:18.14	
200 Yard Breaststroke			
1 Michael Hartley	36 WVM	2:57.63	
100 Yard Individual Medley			
1 Harm-Jan Steenhuis	38 SMT	1:19.24	

Men 45-49

50 Yard Freestyle			
1 Bob Schlemmer	46 PNA	26.40	
2 Alan Kirpes	47 WVM	31.96	
100 Yard Freestyle			
1 Bob Schlemmer	46 PNA	58.71	
200 Yard Freestyle			
1 Bob Schlemmer	46 PNA	2:11.05	
1650 Yard Freestyle			
1 Bob Schlemmer	46 PNA	20:14.07	
2 Kevin Knight	46 WVM	22:50.70	
50 Yard Backstroke			
1 Alan Kirpes	47 WVM	39.00	
200 Yard Backstroke			
1 Alan Kirpes	47 WVM	3:07.79	
50 Yard Breaststroke			
1 Bernie Kingsley	47 SMT	32.93	
100 Yard Breaststroke			
1 Bernie Kingsley	47 SMT	1:13.61	
2 Kevin Knight	46 WVM	1:17.74	
50 Yard Butterfly			
1 Bernie Kingsley	47 SMT	27.38	
2 Bob Schlemmer	46 PNA	29.33	
100 Yard Butterfly			
1 Bernie Kingsley	47 SMT	1:05.10	
100 Yard Individual Medley			
1 Alan Kirpes	47 WVM	1:25.02	
400 Yard Individual Medley			
1 Alan Kirpes	47 WVM	7:19.85	

Men 50-54

50 Yard Freestyle			
1 Steve Tanner	52 LCM	36.34	
100 Yard Freestyle			
1 Steve Tanner	52 LCM	1:10.08	
500 Yard Freestyle			
1 Rob Morrison	51 UNAT	6:05.91	

1650 Yard Freestyle			
1 Steve Tanner	52 LCM	24:58.50	
50 Yard Backstroke			
1 Steve Tanner	52 LCM	36.32	
50 Yard Breaststroke			
1 Rob Morrison	51 UNAT	31.22	
100 Yard Breaststroke			
1 Rob Morrison	51 UNAT	1:09.44	
100 Yard Individual Medley			
1 Steve Tanner	52 LCM	1:24.51	

Men 55-59

1650 Yard Freestyle			
1 Steve Sturzl	55 WVM	30:23.67	

Men 60-64

50 Yard Freestyle			
1 Steve Wolcott	60 UNAT	27.65 (I)	
2 Wayne Brown	63 WVM	29.80	
100 Yard Freestyle			
1 Wayne Brown	63 WVM	1:08.13	
200 Yard Freestyle			
1 Steve Wolcott	60 UNAT	2:24.56 (I)	
50 Yard Breaststroke			
1 Wayne Brown	63 WVM	37.57	
100 Yard Breaststroke			
1 Wayne Brown	63 WVM	1:25.05	
50 Yard Butterfly			
1 Steve Wolcott	60 UNAT	31.65 (I)	
100 Yard Individual Medley			
1 Steve Wolcott	60 UNAT	1:18.17	
2 Wayne Brown	63 WVM	1:21.06	

Men 65-69

500 Yard Freestyle			
1 Armin Arndt	65 SMT	8:49.84	

see WENATCHEE on page 6

Codes

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

Key for Teams

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

Mail entry & fees to:

Northwest Zone Meet
Dee Turner
2279 UA Ave.
Emmett, ID 83617

2006 Northwest Zone Short Course Meet

Official Entry Form

YMCA & Boise Aquatic Center

Boise, ID April 28-30, 2006

Sanctioned by the Snake River LMSC for USMS, Inc. - Sanction number 596-001



Name _____ Print name as it appears on USMS registration card.

 Last First Middle Initial

Address _____

 Street City State ZIP Country

E-Mail _____ Day Phone _____ Eve..Phone _____

 A/C A/C

Emergency _____ Age _____ Birthdate _____ Sex _____
 Name Phone (on 4/30/06) (Month/Day/Year) M/F

Club Name or Unattached _____ USMS or International Reg. # _____

MEET DIRECTOR: Dee Turner 208/365-1166
or dee@bigskytel.com

FACILITY: The Boise Aquatic Center pool provides 8 competition lanes and 4 warm-up lanes.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2006 USMS registered swimmers age 18 and above on the day of competition. Age groups will be based on the swimmer's age as of April 30, 2006.

ORDER OF EVENTS: (Seeding will be slow to fast/Deck enter relays at the meet.)

Event #	Event	Seed Time
Friday April 28: 4PM Warmup, Start at 5PM		
1	1000 Freestyle*	_____
2	1650 Freestyle*	_____
3	400 Individual Medley	_____
Saturday April 29: 7:45-8:45AM Warmup, Start at 9AM		
4	500 Freestyle	_____
5	50 Freestyle	_____
6	200 Butterfly	_____
7	100 Backstroke	_____
break		
8	200 Individual Medley	_____
9-11	Mixed Freestyle Relay	Deck Seeded
12	100 Freestyle	_____
13	50 Backstroke	_____
14	200 Breaststroke	_____
15-16	Medley Relay	Deck Seeded
Sunday April 30: 7:45-8:45AM Warmup, Start at 9AM		
17	200 Backstroke	_____
18	50 Breaststroke	_____
19	100 Butterfly	_____
break		
20-22	Free Relay	Deck Seeded
23	100 Individual Medley	_____
24	200 Freestyle	_____
25	100 Breaststroke	_____
26	50 Butterfly	_____
27-28	Mixed Medley Relay	Deck Seeded

INDIVIDUAL ENTRY LIMITS: A swimmer may enter no more than 6 individual events for the entire meet and no more than 5 individual events on one day. *A swimmer can enter either the 1000 or 1650, not both.

RELAY ENTRY LIMITS: A swimmer may enter only one Freestyle Relay, one Mixed Freestyle Relay, one Medley Relay, and one Mixed Medley Relay.

CHECK-IN: Check-in required for all events. On Friday by 4:30PM, Saturday and Sunday by 8:30AM for that days events.

SAFETY FIRST: NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

ENTRY FEE: \$14.00 Surcharge (includes NW Zone surcharge)
Individual events + _____ \$4 per event. No charge for relays

TOTAL: \$_____ Make checks payable to "YMCA Sawtooth Masters"

A COPY OF SWIMMER'S USMS REGISTRATION CARD MUST BE ATTACHED.

Entries must be Postmarked by April 10, 2006 or received by April 14, 2006.

Mail entry form, copy of USMS card, and fees to:
Northwest Zone Meet
Dee Turner
2279 UA Ave.
Emmett, ID 83617

USMS RELEASE: "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, THE 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."

SIGNED: _____ DATE _____

MEMBER PROFILE



Name: Lesley Allan

Age: 47

Team: Wenatchee Valley Masters

How long swimming masters:

Since Wenatchee Valley Masters was formed in the early 90s

Occupation: Superior Court Judge

Favorite event: 50 Free, I like the short events

Least Favorite event: 400

Butterfly, we do it every year on Peony Munger's birthday. I know I can do it, but its not my favorite.

Favorite book: Whatever I am reading at the time, right now I am reading *The Runaway Quilt*. I am a member of a book club so I read a variety of books.

Favorite food: Fran's Chocolate. Its a small shop in Seattle.

Favorite music: I really like folk music

Little known fact: I teach and participate in Scottish country dance, I also like the Scottish country dance music. I am also an avid quilter.

Before a race I: because I swim short events, I don't have a ritual

Swim History: Swam summer league in Seattle, as well as high school. I grew up in Seattle.

2005 Short Course Meters TOP TEN

MARGARET HAIR (LCM, 50-54) 400 Individual Medley, tenth, 6:44.87

SISTER MADONNA BUDER (UNA, 75-79) 800 Freestyle sixth, 18:22.62, 100 Breaststroke, eighth, 2:38.71

LARRY KRAUSER (SCM, 50-54) 200 Backstroke, sixth, 2:37.15; 200 Breaststroke eighth, 2:59.90; 200 Butterfly, ninth, 2:46.75; 400 Individual Medley, fifth, 5:37.84

IMRE SCHMIDT (SWAC, 85-89) 50 Freestyle, fourth, 52.43; 100 Freestyle, second, 2:07.78; 800 Freestyle third, 21:00.06; 50 Breaststroke, fourth, 1:06.77

Imre Schmidt placed in the Top 10 in each of his four swims at the Sandpoint Athletic Club last November.

WENATCHEE from page 4

1650 Yard Freestyle

1 Dennis Osier 67 WVM 31:14.42

50 Yard Breaststroke

1 Armin Arndt 65 SMT 39.80 (I)

100 Yard Breaststroke

1 Armin Arndt 65 SMT 1:28.87 (I)

200 Yard Breaststroke

1 Armin Arndt 65 SMT 3:21.89 (I)

Men 70-74

50 Yard Freestyle

1 Jack Bevier 73 WVM 34.35

100 Yard Freestyle

1 Jack Bevier 73 WVM 1:24.46

200 Yard Freestyle

1 Jack Bevier 73 WVM 3:13.96

500 Yard Freestyle

1 Jack Bevier 73 WVM 9:04.34

1650 Yard Freestyle

1 Jack Bevier 73 WVM 30:32.50

Men 75-79

50 Yard Backstroke

1 William Bresko 78 UNAT 1:13.80

50 Yard Breaststroke

1 William Bresko 78 UNAT 53.19

100 Yard Breaststroke

1 William Bresko 78 UNAT 2:07.19

200 Yard Breaststroke

1 William Bresko 78 UNAT 4:55.98

100 Yard Individual Medley

1 William Bresko 78 UNAT 2:14.20

Men 80-84

50 Yard Freestyle

1 Richard Munger 83 WVM 1:28.41

50 Yard Breaststroke

1 Richard Munger 83 WVM 1:49.46

RELAY EVENTS

200 Yard Freestyle Mixed

18+ 2:17.56 SMT

Adric Arndt Amanda Arndt

Armin Arndt Evelyn Arndt

200 Medley Mixed

18+ 2:34.26 SMT

Adric Arndt Amanda Arndt

Armin Arndt Evelyn Arndt

TEAM SCORING

Female Individual Scores

1 Carolyn Magee	60	WVM	50
2 Peony Munger	71	WVM	38
3 Mary Adams	51	LCM	30
3 Cindy Clutter	46	LCM	30
5 Jennifer Korfiatis	32	WVM	24
6 Melinda Macias	47	YAK	20
7 Lesley Allan	47	WVM	18
8 Amanda Arndt	29	SMT	12
8 Evelyn Arndt	23	SMT	12
10 Niki Stewart	46	WVM	8

Male Individual Scores

1 Steve Wolcott	60	UNAT	36
1 Armin Arndt	65	SMT	36
3 Michael Hartley	36	WVM	30
3 William Bresko	78	UNAT	30
3 Steve Tanner	52	LCM	30
3 Jack Bevier	73	WVM	30
7 Alan Kirpes	47	WVM	28
7 Bob Schlemmer	46	PNA	28
9 Wayne Brown	63	WVM	26
10 Bernie Kingsley	47	SMT	24
10 Adric Arndt	31	SMT	24

Combined Team Scores

1 Wenatchee Valley Masters	WVM	314
2 Spokane Masters Swim & Tri	SMT	152
3 Lake City Masters	LCM	90
4 Pacific Northwest Association	PNA	28
5 Yakima Masters	YAK	20

United States Masters Swimming & Inland Northwest Masters 2006 Member Registration

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

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

USMS 2006

Date of Birth	Age	Sex
---------------	-----	-----

Team Affiliation

- | | | | |
|---|---|---|--|
| <input type="radio"/> Lake City Masters | <input type="radio"/> Moscow Chinook Masters | <input type="radio"/> North Spokane Masters | <input type="radio"/> Sandpoint West Athletic Club |
| <input type="radio"/> Spokane Club Masters | <input type="radio"/> Spokane Masters and Tri | <input type="radio"/> WSU Masters | <input type="radio"/> Wenatchee Valley Masters |
| <input type="radio"/> Yakima Valley Masters | <input type="radio"/> Unattached team | <input type="radio"/> Unattached club | |

Unattached team means you will not be able to participate in relay events at Inland NW Masters meets, but can still participate in relays at zone or national meets as part of the Inland NW Masters club. **Unattached club** means you will not be able to participate in relay events at Inland NW Masters meets, zone or national meets.

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

Benefits of Membership Include:

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

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

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

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

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

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

United States Masters Swimming Endowment Fund

In addition to my registration fee, I have enclosed \$ _____ for the USMS Endowment Fund

International Swimming Hall of Fame Endowment Fund

In addition to my registration fee, I have enclosed \$ _____ for the International Swimming Hall of Fame Endowment Fund

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

SPLASHMASTERDOUG GARCIA • WASHINGTON STATE UNIVERSITY
PO BOX 641227 • PULLMAN WA 99164-1227Non-Profit Org.
U.S. Postage Paid
Pullman, WA
Permit No.1

I Don't Have a Pool!

BY DR. PAUL HUTINGER

Swimmers need to be creative at times, to maintain a training program, when their regular pools are not available. Walking, running, cycling and weight training are good cross training techniques. However, we still need the water.

When traveling, check out YMCAs, high school, and motel pools. Rivers, ponds, lakes and oceans are also possibilities. Swimming is a sport requiring arm strength and I have listed some options you may wish to consider in the absence of a pool.

TETHER—Commercial tethers come in various lengths. 18' will stretch to 25' for the average swimmer and can be tied to a dock at a lake. The 4' length can be used in a motel or back yard pool. You can make your own from three old bicycle tubes. Use one tube, tied around your waist for a belt, the other two tied together to stretch from a ladder or dock. You can do intervals by counting your strokes and keeping track of your time with a triathlon watch.

In 1975, I used this method to train for a 2-mile cable swim. It approximated the specificity of training for the cable swim. It took me 160 strokes and approximately 3 min, with 15-30 sec rest. My cable swim was 49:30, which was the new record. Tether training worked for me.

OPEN WATER COURSE—Measure a pond or lake for 25 or 50 meter courses. Use a rock, a post driven in water or on shore or a gallon jug anchored in the water for your turn around. Bill Smith, national and world record holder in the 1940's, did part of his training in an irrigation canal in Hawaii. When I was stationed on Palmyra Island during the war, I trained in a boat slip (25 yds), with rope and cork lane lines, for my meet in Hawaii.

FLUME—If you have the financial means, this is an excellent option. Bonnie Pronk, world record holder, lives on an isolated island in British Columbia, well over 90 min from the nearest pool. She used money from an inheritance to turn half of their garage into a memorial swim flume room. I suggested she mount a long mirror on the ceiling so she could correct her back stroke. At worlds in New Zealand, she set seven world records, including the 200 Backstroke.

DRIVE TO A POOL—When Bill Volckening is visiting his parents at their lakeside home in Maine, he often drives an hour, each way, to the nearest pool. If you are planning to travel, check out the USMS places to Swim Directory at www.usms.org—sometimes you can find pools with Masters groups. Keep a laminated copy of



your USMS card attached to your swim bag. It can sometimes help you get you in to Masters workout.

SWIM BENCH—When water still is not available, use a swim bench to condition the arms. Designate the resistance needed, as light, medium or strong. By counting the number of repetitions, it is similar to tether training,

Most importantly, use a positive approach to realize your goals—even if you don't have a convenient pool!

Dr. Paul Hutinger is the coach and co-founder of the Florida Maverick Masters. He is a past recipient of the Ransom Arthur Award, and will be inducted into the Masters Swimming Hall of Fame in January, 2004.