

Davis Aquatic Masters



Box 921 Davis, California

JUNE 1984

Monday	Jun 18		EVENTS COMMITTEE MEETING - 7:30 pm 3307 Canoe Place
Tuesday	Jun 19	***	NO 6 PM COMMUNITY WORKOUT DUE TO AQUADART MEET LONG COURSE WORKOUT - 8 pm * Woodland - car pools at Civic Center leave 7:30
Wednesday	Jun 20		TAHOE RELAYS OPEN WATER SWIM MEETING - * Civic Center Pool - 8:30 pm
Saturday	Jun 23		D.A.M. PENTATHLON * 8:30 am warmup 9:am start - Civic Center pool
Tuesday	Jun 26	***	NO 6 PM COMMUNITY WORKOUT DUE TO AQUADART MEET LONG COURSE WORKOUT - 8 pm * Woodland - car pools at Civic Center leave 7:30
Friday	Jun 29		TAHOE RELAYS ENTRY DEADLINE *
Sunday	Jul 1		ANNUAL INDEPENDENCE DAY CELEBRATION PICNIC * 5 pm - Mary Horton's - Cassidy Lane
Tuesday	Jul 3		RENO LONG COURSE ENTRY DEADLINE * LONG COURSE WORKOUT - 8 pm * Woodland - car pools at Civic Center leave 7:30
Wednesday	Jul 4		NO REGULAR WORKOUTS 7 - 9 am and 10:45 am - 12:45 pm Civic Center MARSHMALLOW TRIATHLON - 9 am * Civic Center Pool
Thursday	Jul 5		SOCIAL COMMITTEE MEETING - 7:30 pm * 3224 Middlegolf Drive (El Macero)
Saturday	Jul 7		PAINTING PARTY - 10 am * Place to be announced
Tuesday	Jul 10		LONG COURSE WORKOUT - 8 pm * Woodland - car pools at Civic Center leave 7:30
Wednesday	Jul 11		BOARD OF DIRECTORS MEETING - 7:30 pm 3307 Canoe Place
Saturday	Jul 14		RENO LONG COURSE MEET / COVE SWIM * (Team sponsored entry fees)
T.S.A.	Jul		EVENTS COMMITTEE MEETING - 7:30 pm 1239 E. 8th Av
Tuesday	Jul 10		LONG COURSE WORKOUT - 8 pm * Woodland - car pools at Civic Center leave 7:30
Saturday	Jul 21		TRANS TAHOE RELAYS * (Team sponsored entry fees plus gas)
Wednesday	Jul 25		FOLSOM 2 MILE SWIM ENTRIES DEADLINE
Saturday	Aug 4		FOLSOM LAKE 2 MILE OPEN WATER SWIM (Team sponsored entry fees)
Sunday	Aug 5		D.A.M. 10th ANNIVERSARY PARTY - 1-8 pm Central Park and Civic Center Pool
Friday	Aug 10		P.M. LONG COURSE CHAMPIONSHIPS
Saturday	Aug 11		Woodland
Sunday	Aug 12		(Team sponsored entry fees)
Friday	Aug 17		DAVIS TRIATHLON PRE-ENTRY POSTMARK DEADLINE
Saturday	Aug 18		DONNER LAKE 2.7 MILE OPEN WATER SWIM (Team sponsored entry fees)
Sunday	Sep 23		DAVIS TRIATHLON - STONEGATE COUNTRY CLUB

* -- see related story inside

Celebrate the FOURTH OF JULY on the FIRST OF JULY!!

Did you remember to save Sunday, July 1st? The almost-annual Fourth of July potluck BBQ will be held on that day from 5 p.m. until ... This is an outdoor picnic dinner in the "country", often followed by pickin' and singin' and, sometimes, dancing.

So, all of you who like good food and good fellowship be sure and come. You bring whatever you'd like to barbeque (steak, hamburger, chicken, wieners, shish-kabob, corn-on-the-cob, whatever) and a potluck dish (home made ice cream, dessert, salad, hors d'oeuvres, fruit, whatever), along with a plate and utensils. Beer, wine and some non-alcoholic beverages will be provided by the Social Committee.

It doesn't matter if you don't know anyone, this is a good opportunity to meet people.

If you are musically inclined, guitar, banjo, autoharp, singing voice are all welcome. There are always many people who make an appreciative audience for your efforts.

The BBQ will be held at Mary Horton's place on Cassidy Lane. This is a non-county dirt and gravel road off of Russell (Rd 32) between Rds. 87 and 97. Maps will be posted at the pools soon. See you there!!!

Meetings

SOCIAL COMMITTEE

Come join us at Jeannie Herring's house at 3224 Middlegolf Drive (in El Macero) on July 5 at 8 pm. The upcoming 10th Anniversary Picnic and the annual meeting will be discussed.

EVENTS COMMITTEE

The meeting on June 18 will be at 3307 Canoe Place at 7:30 pm. We will wrap up the Berryessa Swim and would welcome any one with ideas and suggestions. Planning will also begin for the Davis Triathlon in September.

TAHOE RELAYS MEETING

Interested in swimming across Lake Tahoe as part of a boat-escorted six person relay team (besprt)? Come to the Civic Center Pool Wednesday (June 20) at 8:30 pm and hear of the details. We'll have race information, team sponsorship procedures and useful information for the still-to-be-made-up or already established teams.

THIRD ANNUAL MARSHMALLOW
TRIATHLON

LONG COURSE WORKOUTS START!!

Starting Tuesday June 12, DAM is having long-course (50 meter) workouts in Woodland. Each Tuesday evening, car pools will meet at Civic Center at 7:30 to reach the pool in time for the 8pm workout. Get away from the hustle and bustle of Civic Center pool! The evening workouts in Woodland are a relaxing way to spend a summer evening and get your exercise too! All members are welcome and there is no extra fee to pay.

Wednesday, July 4 will be the date of the Third Annual D.A.M. Marshmallow Triathlon. The grueling event (for members only) will consist of a 500 yard free (at Civic Center Pool), 2 miles biking and 1 mile running (through Civic Center parking lot down A, 7Th and B Streets). Signups for the event, which will be limited to 32 participants, will begin at 6 am Monday June 25. The entry fee, which must accompany the sign up, will be \$1. There will be Chronomex timing for splits and total time.

WIN BEAU BAGELS AT THE
PENTATHLON!

RENO LONG COURSE

Cards and meet information are available at the pools for the Sierra Nevada Masters Long Course Meet in Reno on July 14. DAM will pay entry fees for its members, those entries due at the pools by Tuesday July 3.

Saturday June 23 will be the date of our spring quarter Intra-squad pentathlon. Beau Bagels has donated a dozen bagels for the improvement prize winners in both the long and short events. This low key meet is a good one for first time competitors who can hone their skills in 5 swims (50 of each stroke and 100 IM, or 100 of each stroke and 200 IM). The warmup will be at 8:30 am. The event starts at 9 am at Civic Center Pool.

PM LONG COURSE CHAMPIONSHIPS
WILL BE HELD IN WOODLAND
AUGUST 10, 11 AND 12

Let's go after this one while it's close to home! All members must swim in this meet or pay double fees for August! Win this one for the Gipper or face 400 IM repeats on short intervals for life! Wouldn't you like to be a PM champion? Then GO FOR IT! Look for meet information in July!!

HAVE A DAM HAPPY BIRTHDAY

10th Anniversary Picnic for the club is scheduled for Sunday, August 5 from 1 to 8 pm at Central Park and the Civic Center pool. Invitations are still being mailed out, so please call Carol Lane, 753-7273, if you know of any swimming alumni. Everyone is invited to bring a potluck dish and something to BBQ. There's a rumor of worm swims, three legged relays and a triathlete fashion show. Beer and wine provided.

HAIR TODAY...CHLORINE TOMORROW

Last week while driving along I-80 from Vacaville I was listening to a talk show on KFBK, Mary Jane Popp Presents. The guest identified herself as a hair and body care/health specialist. When Mary Jane asked her about what to use to get chlorine out of the hair and skin after swimming she began to tout the virtues of ULTRA SWIM products and how they were the only ones which were formulated to break the "chloro-protein bond".

Having tried these products myself, I found them (for me, at least) no better than many other products. So I could not resist. As soon as I arrived back in Davis I called up KFBK and talked with Mary Jane Popp off the air:

"I'm with the Davis Aquatic Masters, a group of swimmers from the ages of 19 to 79 who average about 4 or 5 hours a week in the water. One of our favorite topics, besides discussing whether the pool water is too hot or too cold, is how to deal with the chlorine."

We talked briefly about the topic and I agreed to survey our members and to report back to Ms. Popp on the air. Within in the week you will be getting a survey about what you do to care for your hair and skin. I will put the results together and publish them in the next newsletter. I will let you know when I will present them on the air.

-- Michael McKinlay

Board Highlights

Woodland Workouts -- The question was asked why there was only one workout per week at the 50 meter pool in Woodland. Coach Ross explained that charges for the pool had gone up and last summer the workouts were rarely full. A recent survey of those who were interested paying \$10 for the summer to have the twice weekly resulted in only 15 signups. After discussion with several board members it was decided to try them once a week unless there is a sudden surge of interest.

Co-generation -- Sue Milburn, D.A.M. city liaison, reported that the tests of co-generation at Civic Center have been completed and said that she would look into the noise issue.

Q. What should I eat before workout and will it help or hurt my swimming?

A. Eating the wrong types and amounts of food prior to workout may interfere with your swimming times and the way you feel (nausea, weak, etc.). The food you eat before workout does not provide the energy use during that day's swimming but rather prevents hunger and helps maintain the blood sugar level during exercise. Energy from food consumed approximately 16-24 hours before exercise is used by the muscles. * Keeping this in mind, it is important to follow some basic guidelines about the pre-exercise meal.

-Food should be consumed approximately 2-4 hours before workout to allow time for digestion. Food eaten just prior to workout does not have sufficient time to leave the stomach and can interfere with the breathing muscles (diaphragm) and will make you feel full during swimming.

-High carbohydrate foods such as grain products (rice, cereals, breads, pasta), fruits and vegetables should be eaten at this pre-exercise meal because they take the least amount of time to digest.

-Avoid fatty foods because these take the longest time to digest. In other words, have fruit and a slice of whole grain bread instead of a flaky, fatty croissant.

-Those foods that are high in protein such as meats, cheese, etc. should not be emphasized during this meal because these foods also take a longer time to digest than carbs.

-Food high in simple sugar such as candy, cookies and soft drinks, should not be consumed before exercise because they can cause fluctuations in blood glucose (sugar) levels which can give a feeling of weakness and may bring on early fatigue.

-Make sure to drink plenty of water up to 15 minutes before workout to insure proper hydration. Dehydration can hurt your swim times much more than being a little bit low on fuel.

Due to the various times during the day that people swim, this will influence the need and importance of the pre-exercise meal. Morning swimmers would find it quite impractical to wake up at 4 am to eat something and many of you go to workout "unfed". The food eaten the day before will easily get you through workout even though you may feel a bit hungry. Mid-day swimmers should eat in the morning. Skipping breakfast can create a weak or lightheaded feeling because you haven't eaten since the day before. Don't eat within about 2 hours prior to workout because this may slow you down due to the food sitting in your stomach. Evening swimmers should have a lunch and a high carbohydrate snack (fruit, bread, etc.) before workout. Happy hours hors d'oeuvres will not help you at the pool.

-- Answer provided by Liz Applegate, Ph.D.

Liz has a Ph.D. in nutrition specializing in nutrition and athletic performance, weight control and prenatal nutrition. Next month, she will start a series on exercise and pregnancy.

* for a complete look at the physiology of muscles during swimming, see the series 'Swimming and Energy Metabolism' in the newsletters from February, March and April. -- ed

The Newsletter is published monthly on the Monday following the Board of Directors meeting. Announcements and other items of interest must be submitted no later than 6:30 PM on the Thursday after the board meeting. Items can be submitted to Diana Barnes 753-1688 or Ross Yancher 753-6920 or given to your coach.

WORKOUT SCHEDULE*

6:00 am Civic Center
 7:00 am Civic Center
 8:00 am Manor Pool
 11:00 am Civic Center
 12:00 pm Civic Center
 1:00 pm Civic Center
 5:30 pm Civic Center **
 6:00 pm Community Pool
 6:30 pm Civic Center
 7:30 pm Civic Center

WEEKEND SWIMS: 11-1 Sat & Sun
 Civic Center

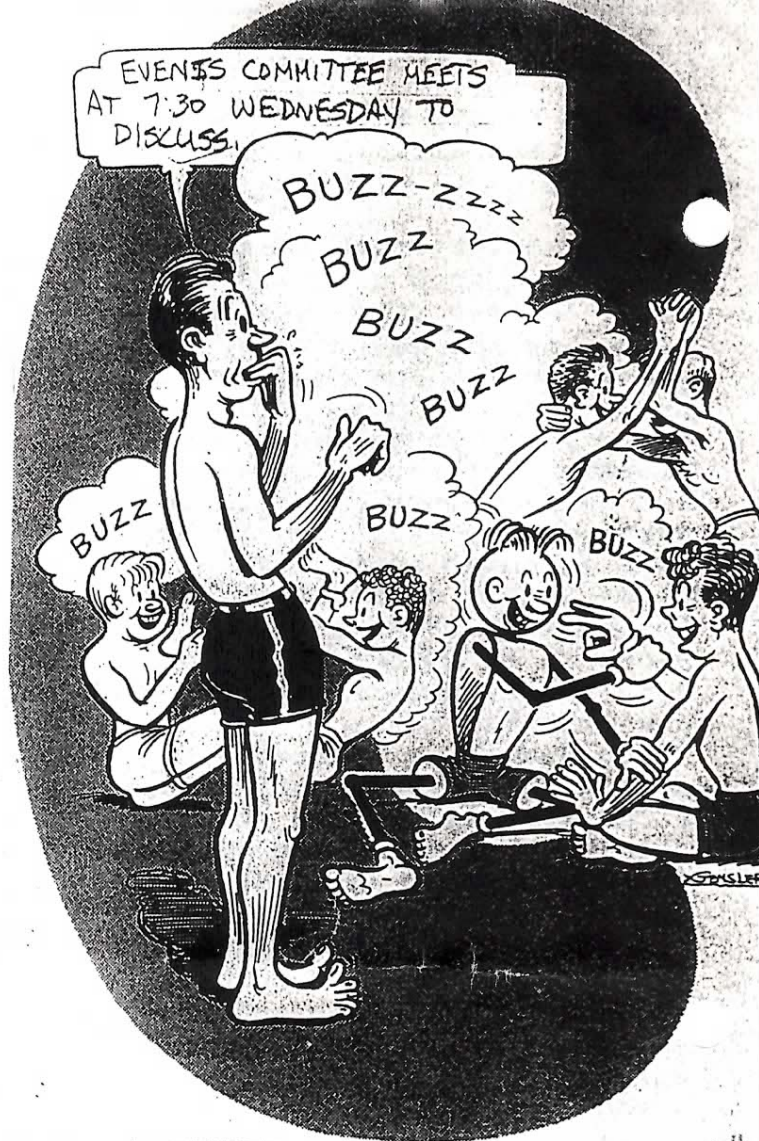
* through 2nd quarter reenrollment
 ** Seniors only
 *** No workout on Fridays

PAINTING PARTY

Here's a chance to display your artistic talents! On Saturday, July 7 at 10am (place to be announced), there will be a party to paint the three concession booths, which are used at DAM sponsored events for refreshments and T-shirt sales. If you have colorful paints to donate or a favorite color, bring them with you. Refreshments provided.

THANKS THANKS THANKS THANKS THANKS
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Kudos to George Gianinni for fixing the swim benches in the weight room at new Civic Center Pool. Thanks to George, there is no excuse for not doing the weight circuit each day. Another person who has put in time and effort on behalf of DAM is Frank Sauers. Frank rehung and strengthened the doors on the metal storage sheds at Fabulous Civic Center Pool. Now the whole shed can be locked up. Thank you, Frank!



DAVIS AQUATIC MASTERS
 Davis, California

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For information call
 756-4234

770 FINISH
BUD LIGHT BERRYESSA SWIM

D.A.M. DOES INDUSTRY HILLS!!

Members of the Davis Aquatic Masters collected 22 medals over Memorial Day weekend at the National Masters Short Course Swimming Championships at Industry Hills, California. Leading the way was 45-49 age group national champion Susan Munn, clocking a winning time of 21:55 in the 1650 freestyle. Munn also won five other medals including a second for the 400 IM, thirds in the 200 and 500 freestyles, fourth in the 200 IM and seventh in the 100 freestyle.

Robert Norris won five medals in the 45-49 age group as second leading scorer for Davis. Norris' time of 2:29.4 was good enough for a second place finish in the 200 backstroke. He also scored sixth in the 1650 freestyle, seventh in the 100 backstroke, eighth in the 500 freestyle and ninth in the 200 freestyle.

Michael McKinlay took four medals in the 40-44 age group including thirds in the 50, 100 and 200 backstrokes and seventh in the 400 IM. Karen Lang (35-39), Roswita Norris (40-44) and Verne Scott (55-59) all won two medals each: Lang with an eighth in the 200 breast and ninth in the 200 back; Norris fifth in the 200 breast and eighth in the 100 breast; and Scott with a fifth in the 1650 freestyle and tenth in the 500 freestyle. Greg Johnson (25-29) brought in a 2:06.8 for a seventh place in the 200 backstroke.

Congratulations also to Jim Gross, Becky Randolph, Forrest Flocker, Bruce Braly, On Braly, Doug Frederick and Coach Ross who together swam a bevy of best times!!

Berryessa winners Jamie McClellan and Brad Hinshaw with their "winners trophies"

(photo courtesy Mark Volcott - B.L.R.)

Seven hundred and seventy swimmers - a record turnout - plunged into Lake Berryessa in two waves for the third annual Bud Light Berryessa Swim. Many Davis Masters entered the race, and three turned in medal-winning times:

- Jamie McClellan, first woman to finish, with 41:26

- Lance Halstead, second in the men's 25-29 age group, with 41:24

- Susan Munn, second in the women's 45-49 age group, with a time of 1:03:00.

Brad Hinshaw (19) of Saratoga captured first place overall with a time of 39:24. The prize for the oldest swimmer went to Arthur Rule, 78, of Rinconada Masters who complete the race in 1:15:00.

According to Margaret Jorgensen-Turano, Berryessa Swim Director, participants had high praise for the hard work, high energy and smooth organization of the event.

Because of the record turnout, Dot Scott sold an unusually large number of T-shirt and D.A.M. members who swam will have to wait a while for their commemorative mugs.



BERRYESSA WRAPUP

Congratulations and thanks to the numerous volunteers and swimmers at the 1984 Berryessa Swim on June 3. The event has been increasing in popularity to the extent that it is one of the largest open water events for Masters swimmers in the country, with over 750 participants. Due to the great volunteers from DAM members and friends, we once again sponsored a very successful event.

There are many people who need to be recognized for the roles they played in various aspects of the swim:

Publicity - Cynthia Cilensek and Rose Conroy
Posters - Leigh Morioka and Nate Laskin
Awards - On Braly
Course design - Doug Fredricks
T-shirts - Dorothy Scott
Registration - Anne Garson
Parking - John Bracchi
Buoys - Bruce Braly and Bill Copes
Results - Carol Lane
Boats - Karen Lang
Mug distribution - Laura Fenisey
Computer - Michael McKinlay
Mail distribution - Lillian Rowan, Gwen ** and Joyce **
Health and safety - Nancy Mercer
Concessions - Ed Branan and Marie Paquette
Invaluable Assistance - Verne Scott and Missy LeStrange
Super workers - Margaret Dunbar and Mike Doneen

Special thanks are extended by the committee heads to all workers who enabled us to run such a successful event. The volunteers are too numerous to mention, but your efforts are greatly appreciated. Mugs will be available ASAP!!

We must also extend our gratitude to other groups that assisted us including Bernard's Tire in Davis (for the inner tubes), Sacramento Search and Rescue, the Dolphin Divers of Sacramento, the Deep Seaers of Davis, and the rangers at Oak Shores Park, Lake Berryessa.

