



# **AQUA-MASTER**

VOL. 11 No.10 OFFICIAL PUBLICATION OF THE OREGON MASTERS SWIMMING COMMITTEE October

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Oregon Masters Swimming  
6225 S.W. Canyon Ct.  
Portland, Oregon 97221  
Bus. - 297 - 3055

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Oregon Masters Swimming  
8383 S.E. Battin Rd. #1  
Portland, Oregon 97226  
Home - 771 - 1663

# **OREGON GETS BID**

## **1986**

## **Long Course Nationals**

**Mt. Hood Community College Pool**

**Tualatin Hills Pool**

The Oregon Masters Swimming Board represented you this past September at the Indianapolis Convention by sending Bert Petersen and Arthur Smith to bid for Oregon's hosting the 1986 Long Course Nationals.

Our presentation was professional, our enthusiasm high, and our reputation long remembered. Committees will be forming shortly. So plan to take part in some hard working hours, but some of the most exciting experiences you'll ever have in your swimming career.

CONGRATULATIONS !

# 1984-85 MEET SCHEDULE

## SHORT COURSE

November 2,3 Friday, Saturday	Eugene, Oregon Distance P.M., Balance on Saturday	Don Van Rossen
December 1	Swim Cellar Pentathlon - THPRD Pool Portland, Oregon	Barb/Brian Frid
January 5	Newberg, Oregon	Jim McMaster
February 2	"Animal Meet"(one day - 200 fly, 400 IM, 1650 Fr) Lake Oswego, Oregon	Robert Smith
February	Boise, Idaho	
March 2,3	Tigard, Oregon Distance P.M., Balance on Sunday	Brian Langlais
March 29,30,31	Association Championships THPRD Pool, Portland, Oregon	Sandi Rousseau
April 26,27,28	Regionals Inland Empire Association(Spokane, Wa.)	Harry Lewis
May 9-12	S.C. Nationals Brown Deer, Wisconsin	

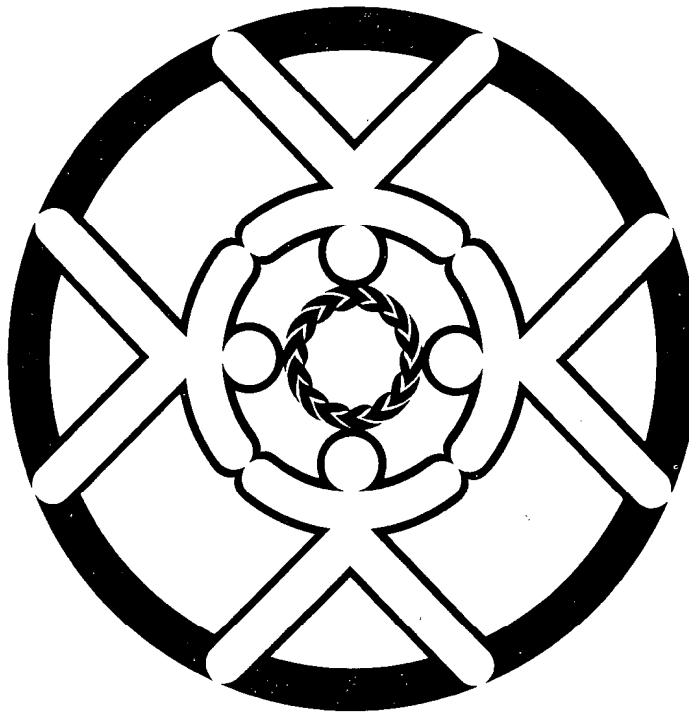
## LONG COURSE

June		
July 13,14	Albany, Oregon Distance P.M., Balance on Sunday	Gus Azner
August	Regionals P.N.A.(Seattle, Wa.)	
August 7-14	Toronto, Canada MASTERS GAMES	Nancy McKenzie (503)224-2605 (206)694-8318
August 17-20	L.C. Nationals Providence, R.I.	

RELAYS - RELAYS - RELAYS

We had fun and did a great job in New Zealand. Don't be left out of this meet! Again, relays are 120+, 140+, 160+, etc. age groups. Get your name into Ginger Pierson (14218 N.E. 14th. St. Vancouver, Wa. 98686) so our best squads can be put together. Remember - a limited number of entrants are being accepted, so we need to get our entry in early to avoid any complications.

MASTERS GAMES August 7 - 25  
Swimming events August 7 - 14



MASTERS GAMES  
JUEGOS VETERANOS  
JEUX DES MAÎTRES  
TORONTO  
CANADA 1985

## BETWEEN THE LANE LINES

SWIM CLINIC - December 29, Mt. Hood Community College. Put it on your calendar- details to come.

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Board Meetings - so that you can plan to attend, board meetings will now be held the first Monday of every month at 7:30 p.m. in the T.H.P.R.D. meeting room. (Cancellations for special occasions only - holidays, bad weather, etc.)

\*\*\*\*\*

Contributions to Oregon Masters Swimming are very welcome and encouraged. Your help, large or small, can go a long way towards attaining the goals of your organization. Please make your tax deductible contributions payable to Oregon Masters Swimming, Inc. and mail to : 448 S.W. 121st Place, Portland, Oregon 97225.

\*\*\*\*\*

Be sure to fill out and mail in entry cards with your meet entry. Cards may be picked up at any swim meet or the Swim Cellar. (292-3379)

\*\*\*\*\*

Convention News: - Short course starts (starting from front of blocks) will be used always (even during long course season)  
- new events: 800 meter free  
1000 yards free  
- patches now given for relays at Nationals (medals too)

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Canadian Masters World Games entry forms are available. Contact Ginger Pierson (14218 N.E. 14th. St. Vancouver, Wa. 98686 (206 254-2536)

\*\*\*\*\*

*Be sure to fill out and  
mail in entry cards with  
your meet entry. Cards may  
be picked up at any swim  
meet or the Swim Cellar.  
(292-3379)*

## OCTOBER HAPPY BIRTHDAYS

Doug Adams	1	Patty Giordano	9	Mike Anthony	18
Stephen Albright	2	Robert Rowny	9	Janet Baumhofer	22
Greg Cambridge	3	Pam Lyster	10	Vicki Gordon	22
Sandi Rousseau	5	Kent Taylor	12	Neil Bullier	23
Jim Bigler	6	Jo Anne Dean	13	Marilyn Stauber	24
Bob Weinert	6	Jo Hanna Schwartz	13	Maryann Henion	27
Jane Edwards	9	Doug Livermore	16	Bernard Burczak	30
				Susan Shook	31

## NOVEMBER HAPPY BIRTHDAYS

Jane Arnold	1	Arthur Smith	7	Herb Eisenschmidt	16
Allyn Brown	1	Enid Webb	7	Buz Carriker	17
Sheryl MacDonald	1	Susi Fogelson	8	Judy Storie	19
Bill Morrow	1	Tom Levak	8	Christine Moran	20
Susan Rittenhouse	1	Mike McRae	10	Joe Amicarella	23
Bob Rohde	1	Bill Boubel	11	Joyce Ditlevson	23
Connie Wilson	2	Ram Himstreet	11	Susan O'Brien	24
Bob Woodill	2	Pat Sweeney	11	Rebecca Magnoni	25
Ginny Ross	4	Roy Lambert	12	Mike Johnson	26
Kathy Randol	5	Brian Langlais	12	Nancy Helget	27
Bob Taylor	5	Laura Baumhofer	13	Sally McEwen	28
Mike Carew	6	Steve George	13	Jean Ridings	28
Jim Hammond	6	Doug Hunsicker	13	Bob Davidson	29
Steve Kramer	7	Roberta Amott	15	Don Smith	29
Joe Ruddley	7	Bill Muter	15	Ed Urbanski	29
				Vickie Carper	30

# Happy Birthday

## OREGON MASTERS ANNUAL GENERAL MEETING

The annual general meeting of Oregon Masters Swimming will immediately follow the Swim Cellar Pentathlon at the Tualatin Hills Swim Center. Everyone is welcome to attend.

All Local Operating Groups(those registered with O.M.S.) will get one vote at this general meeting. Make sure a representative from your group is present to cast its vote. Contact your L.O.G. for the agenda.

Your Board will post a slate for two offices which come up for reelection this year - Chairperson and Secretary. We have been inquiring throughout the state for interested persons to fill these positions, but we may have missed you. If you are interested or know of someone who has expressed interest contact Arthur Smith 297-8065(work) or 282-1172(home)immediately.

Duties of Officers include:

The Chairperson shall: (1)be the chief executive officer of the corporation (2)preside at all meetings of the Board of Directors(3)be the inspector of all elections of principal officers (4)see to the general and active management of the business affairs (5)see that all orders and resolutions of the Board of Directors are carried into effect.

The Secretary shall: (1)attend all sessions of the Board of Directors (2)record all minutes of all proceedings (3)give notice of all meetings of the Board of Directors and committees (4)perform such other duties as may be prescribed by the Board of Directors or the chairperson.

Also, any person interested in chairing a committee(such as Aquamaster, Historian, etc.)should contact Arthur Smith. O.M.S. encourages new ideas, fresh blood and you - so get involved!

# Preexercise Snacks May Decrease Exercise Performance

Kirk Keller, MS  
Robert Schwarzkopf, PhD

Illustration: Barton E. Stabler © 1984

**In brief:** Many athletes think that their performance is helped by a high-sugar snack shortly before competition. To test this theory, the authors studied the effect of a preexercise snack on the duration to exhaustion and the changes that occur to blood glucose and blood lactate. Five college distance runners rode a bicycle ergometer to exhaustion—once after a glucose drink and once after drinking an equal volume of sugar-free, caffeine-free cola. Exercise time to exhaustion was 25% longer without the sugar drink than with it.

**T**he depletion of muscle glycogen is the limiting factor of performance at work loads of more than 75% of  $\dot{V}O_2$  max.<sup>1-3</sup> Muscle glycogen is depleted by prolonged exercise<sup>2,4-7</sup> and short-term supramaximal exercise.<sup>8</sup> Therefore, any factor that causes glycogen to be used faster is detrimental to prolonged and supramaximal exercise.

One factor that increases the rate of muscle glycogen utilization is a preexercise snack that is high in sugar. Sugar enters the blood five to seven minutes after ingestion and causes a rapid rise in blood glucose and blood insulin.<sup>9-12</sup> Because insulin inhibits the mobilization and metabolism of free fatty acids, the body then must rely on muscle glycogen and blood glucose.<sup>11,13,14</sup> In addition, blood glucose falls during exercise and may reach a hypoglycemic level.<sup>11,12,14</sup> In turn, the central ner-

*continued*

Mr. Keller is assistant men's track coach/head distance coach and Dr. Schwarzkopf is director of the Human Performance Laboratory, department of health, physical education, and recreation, at Montana State University in Bozeman.



**Table 1. Individual Physical Characteristics and Group Mean**

Subject	1	2	3	4	5	Mean
Age (yr)	18	19	18	26	27	21.6
Weight (kg)	70.5	67.3	69.1	63.6	63.6	66.8
Height (cm)	176.5	182.9	185.4	175.3	185.4	181.0
% Body fat	8.9	8.1	8.9	5.0	8.9	7.9
$\dot{V}O_2$ max (ml·kg <sup>-1</sup> ·min <sup>-1</sup> )	77.0	60.4	71.7	77.5	70.2	71.3

**Table 2. Percent Difference in Test Results**

	Experimental	Control	Percent Difference
Duration of exercise (sec)	1,133.9	1,530.6	25
Preexercise blood glucose (mg/100 ml)	111	75	32
Postexercise blood glucose (mg/100 ml)	103	98	5
Postexercise blood lactate (mg/100 ml)	106	82	23

vous system can be impaired, because it also relies on blood glucose.<sup>1,5,15</sup> The result is lowered work performance.

Many popular sports such as racquetball, tennis, and basketball require high-intensity bursts of exercise followed by short periods of less intense activity. Games often last longer than one hour, and athletes may play more than one game or match a day during tournaments. Athletes frequently consume sugar snacks shortly before participating in these sports. It would therefore be valuable to learn if these snacks affect high-intensity intermittent types of exercise as they do continuous high-intensity exercise.

### Methods

This study was designed to determine (1) the effect of a preexercise sugar snack on the duration to exhaustion of high-intensity intermittent exercise, (2) the relative change in blood glucose before and after exercise to exhaustion with and without a preexercise snack,

and (3) the relative difference in postexercise blood lactate with and without a snack.

Subjects were five highly trained male college distance runners (table 1). Standardized procedures were used to obtain all laboratory data.  $\dot{V}O_2$  max,<sup>16</sup> body composition,<sup>17</sup> and blood glucose were analyzed using the Worthington kit,<sup>18</sup> and blood lactate was analyzed with a Sigma Chemical Co kit.<sup>19</sup>

High-intensity intermittent exercise to exhaustion was conducted on a Monark bicycle ergometer. Subjects pedaled at 70 rpm and approximately 85% of  $\dot{V}O_2$  max, timed by a visual and auditory timer, for two minutes followed by a one-minute rest. The exercise-rest periods continued until the subject was unable to maintain the 70-rpm rate.

Each subject acted as his own control in a single-blind crossover protocol. Cold drinks consisting of 100 gm of glucose (Glucola diluted with water to 12 oz) and an equal volume of sugar-free, caffeine-free cola (Craigmont) were served one hour before each exhaustive test. Two blood samples were taken; the first at five minutes before exercise and the second at five minutes after the ride. Trial rides were separated by a minimum of 72 hours; food and exercise were controlled for 48 hours before tests. Each subject was tested at the same time each day. Because the testing took place at least three hours after a small morning meal, pre-drink blood glucose and blood insulin were assumed to be within the normal range. Results were statistically analyzed with a paired t-test. Significance was accepted at the .05 level.

### Results

Table 2 summarizes the findings of this study. Exercise time to exhaustion was 25% longer under the control (no sugar) than after the experimental (100 gm of glucose) condition. All subjects were able to continue longer under the control (no sugar) trial with a range of 1,530.6 seconds to 1,133.9 seconds. Preexercise blood glucose was significantly ( $< .05$ ) elevated for the experimental ride when compared to control. Blood glucose declined during the experimental trial but rose under control conditions. However, postexercise blood glucose was within the normal range under both conditions. Average postexercise blood lactate for the experimental ride was 24 mg/100 ml higher at exhaustion than for the control ride. Uncontrollable circumstances

with two subjects may have masked a more significant difference: One subject did not follow the prescribed pretest exercise restriction, and a scheduling conflict prevented drawing a postexercise blood sample of another subject on time (90 seconds late). The remaining subjects had a mean difference of 40% (130/79).

## Discussion

A preexercise simple carbohydrate snack may be detrimental to high-intensity, intermittent exercise performance. The 25% decrement in work time in this study agrees with the results of Foster et al,<sup>14</sup> who found a 19% decrease in continuous exercise time to exhaustion at 80%  $\dot{V}O_2$  max 45 minutes after a 75-gm glucose feeding. However, other investigators<sup>13,20</sup> were unable to show conclusive results in work time, heart rate, or blood pressure after ingesting a simple carbohydrate 10 and 15 minutes, respectively, before exercise.

The reduction in work time in our investigation may be due to glycogen depletion in fast twitch fibers caused by increased muscle glycogen utilization and lactate production. This finding agrees with Thompson et al,<sup>21</sup> who

found that depleted muscle glycogen in fast twitch fibers caused fatigue during supramaximal exercise.

Hypoglycemia at exhaustion has been found after prolonged exercise.<sup>11,12,14</sup> In this study, low blood glucose may be eliminated as a cause of premature fatigue because blood glucose was within normal limits after both trials, fell after the sugar trial, and rose after the control. However, had the exercise intensity been reduced, thus delaying fatigue without reducing the proportion of fuel supplied by glucose, the falling blood glucose in the sugar test may have reached a critically low level.

## Conclusion

There is no evidence to demonstrate that a sugar snack taken approximately one hour before exercise is beneficial for subsequent performance. Instead, an increasing body of evidence demonstrates possible harm. Athletes may be well advised to abstain from sugar snacks before exercise.

Address correspondence to Kirk Keller, MS, Assistant Men's Track Coach/Head Distance Coach, Montana State University, Bozeman 59717.

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Ol' Barn pontificates....WOW...

The Jury is in, the verdict has been rendered,

YOUR 1984 SHORT COURSE - TOP TEN - MASTERS SWIMMERS IN THE U.S.A. !!!!!

Note : See extra page which graphically shows just who is who in Oregon Masters for 1984 Short Course Swimming.

TOP STORY - 8 - yes - 8 Oregon Swimmers make the elite of the elite !!!!

GINGER PIERSON

ROBERT SMITH

SUE RITTENHOUSE

BERT PETERSEN

LAVELLE STOINOFF

HERB EISENSCHMIDT

MARTHA KELLER

COLLIE WHEELER

Now "loyal" readers, Ol' Barn is going to take you on a little trip....

There are many sayings on perseverance, Ol' Barn calls it "GUTS", second name HERB EISENSCHMIDT, yes, and yes again, Ol' Barn's cup runneth over....

this 'young' man started with 3 - 3rd's in 1978 Short Course Top Ten, in Long course Top Ten 2 - 2nd's in Backstroke, this is where this all began, 6 years ago, since that time, Herb has been runner up to the great Art Hargrave ever year , fact is, one year, 1981, Herb broke the listed national record for the 100 Back , 3 times, only to wind up 2nd, then in '82 short course, Herb shattered the 100 IM record, and again was a runner up when the final tally came in.....NO MORE...

HERB EISENSCHMIDT - ALL AMERICA - 1984 - 200 yd Back - over 5 sec faster than Hargrave !!!

Hey fellow swimmers, this is what it is all about, stick to it, hang in there, Okay...Now with GREAT ADMIRATION we continue to single out the great efforts...

Ginger Pierson, 3 firsts in the breaststroke

Sue Rittenhouse, fine 200 fly, with a 2nd in the 100 fly

Lavelle Stoinoff, firsts in the 500 and 1650 free, with 2nds in the 200 free and 400 IM

Martha Keller, with 6 firsts, 2 seconds, and 4 thirds and one 4th

Robert Smith, repeating in three events ; 50 and 100 back and the 100 IM, 2 seconds ; 50 free and 50 fly and a 3rd in the 50 breast

Bert Petersen, won the nationals 100 fly and then had it stand up for # 1

Collie Wheeler, with a first in the 50 free, Collie should swim more !!!

Now look at what else is great and fine....

Tanya Mansigh, with a 3rd in the 100 Back

Barbara Frid, garnering a 2nd - 100 Back, and 3rd - 200 Back with 4 - 4ths

Louise Hepner, 2nd - 200 breast, plus 3 - 3rds

Roy Abramowitz stands out with a 5th in the 200 fly

Frank Warner hit it with a 3rd in the 50 back

Check the entire list of Oregon Association Swimmers who made it, the TOP TEN !!!

\*\*\*\*\*

Some quickies :

Ol' Barn's apologies to Susan Case, at the Long Course Regionals, Susan turned a fast 6:31.68 in the 400 m I.M. for a bright and shiny new association record.

CONGRATULATIONS TO ART SMITH AND BERT PETERSEN, THEY HAVE BROUGHT THE 1986 LONG COURSE NATIONAL SWIMMING CHAMPIONSHIPS TO PORTLAND !!!!

# Top Ten - U.S.A.

[illegible]

OREGON MASTERS SHORT COURSE SWIMMING MEET (YARDS)-ENTRY FORM  
 SANCTIONED BY USMS, INC. AND LSMC FOR OREGON ASSOCIATION

Eligibility: Open to all registered USMS swimmers, 20 years of age or older.

Rules: Current USMS rule govern the conduct of this meet.

MEET:	University of Oregon	Events	Warm Ups	Meet Starts
PLACE:	Leighton Pool, 15th & University	Fri. 1-2	6:00 PM	7:00
DATE:	November 2 - 3, 1984	Sat. 3-21	9:00 AM	10:00
HOSTED BY:	UO Masters and Varsity Teams	Send entry form with \$5.00		
ENTRY DEADLINE:	October 29, 1984	entry fee payable to <u>Oregon</u>		
Comments/Directions to Pool:		<u>Masters Swimming to:</u>		
		Dan Cole, Meet Director		
		Athletic Department		
		University of Oregon		
		Eugene, Oregon 97403		

Awards for places earned may be purchased for \$1.50 each at the meet.

-----  
 Tear off and return this section.

Name \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone \_\_\_\_\_ USMS # \_\_\_\_\_ ASSN. \_\_\_\_\_

AGE GROUP (Circle One) 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59  
 60-64 70-74 75-79 80-84 85-89 90-Plus

You are limited to a maximum of 5 individual events, plus 4 relays. Check the events you wish to enter and enter your best or estimated time. Meet is seeded fastest heats first.

CO-ED		EVENTS		Best Time	
	<u>Fri.</u>				
1	400 Ind Med	12		200 Fly	
2	1650 Free	13		100 Back	
	<u>Sat.</u>			5 MINUTE BREAK	
3	100 Ind Med	14		200 Mixed	XXXXX
				Free Relay	
4	200 Breast			5 MINUTE BREAK	
5	100 Free	15		50 Free	
6	200 Back	16		100 Breast	
7	50 Fly	17		100 Fly	
	5 MINUTE BREAK	18		50 Back	
				5 MINUTE BREAK	
8	200 Mixed	19		200 Med Relay	XXXXX
	Med Relay	XXXXXXX	20	500 Free	
	5 MINUTE BREAK			5 MINUTE BREAK	
9	50 Breast	21		200 Free Relay	XXXXX
10	200 Free				
11	200 Ind Med				

ENTER RELAYS AT THE MEET

Statement of Release: In consideration of your accepting this entry, I release all rights and claims for damages that I may have against the hosts and sponsors and Oregon Masters Swimming as a result of my participation in said OMS swimming meet. I am physically fit and have sufficiently trained for the swimming of these events.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Special recognition and thanks goes to Jean Kinzey-Lee  
for typing the meet results.

Portland, Oregon 97204

916 S.W. Fourth Avenue

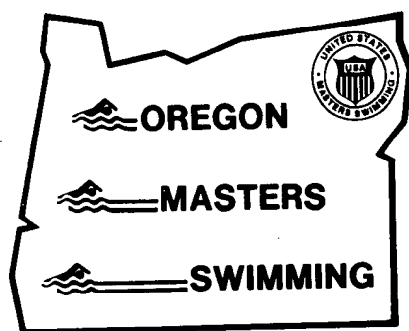
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