

Lane Lines



Announcements:

- Next Committee meeting: August 18 (subject to change)
- **Marlins Pentathlon is canceled**

Marlins Head Coaching Update

The Marlins have made a formal offer to Ray Laughlin for the head coaching vacancy. More information to come.

Ray Laughlin was an accomplished youth swimmer, and continued into college. His swimming career was cut short due to an ear drum injury. For the past 10 years, Ray has worked with De Anza Cupertino Aquatics (DACA), a major age group swim club. Many DACA swimmers have very successful in competition, with members swimming at Senior Nationals, Junior Nationals, Western Zone Meet, and Speedo Sectional Championships.

Welcome Ray!

Are Plastic Bottles Dangerous?

Over the past several years, medical and media reports have been released stating the dangers of plastic containers. The various studies have consistently stated the chemical, Bisphenol A (BPA) that is used in production of the various types of plastics. BPA has been found to leach from the bottles, especially when the containers are heated, cleaned with harsh chemicals, or exposed to acidic food or drinks.

In laboratory tests, BPA has been found to mimic estrogen, block testosterone, and harm lab animals at low doses. Despite the medical findings, plastic industry representatives say the trace amounts are far below the thresholds set by the EPA and other agencies.

Any level of chemical that is foreign to the human body is harmful, because of test after test that has stated the trace amounts now present in most human blood tested, once was not. Unfortunately, these studies will not deter our dependence on plastic. We are a society reliant on comforts, and the use of plastics is no different. Everywhere you look, plastic beverage (water, soda, etc.) bottles, containers of fruit in supermarkets, and many other uses throughout our society.

What can I do to reduce the impact? Plastic and stainless steel containers for any food or drinks will be a good start. In addition, reliance on non-plastic plastic containers, may help reduce the impact in our landfills.

For more information on plastic containers, see the references stated below.

References:

- <http://www.painease.com/files/10824677.pdf>
- <http://www.bisphenol-a.org/>
- <http://www.in-cites.com/papers/dr-ana-soto.html>

Notes from the Editor

So another Tahoe has come and gone. The vivid memory from this Tahoe was the crazy rough water at the end of the race. Every year, the water conditions start calm, became a little choppy. This year, the condition made swimming very difficult.

On a positive note, I got back in, and wanted to keep getting back in. Even with the rough

conditions, we can all try to succeed. Here's a quote from former Dallas Cowboy, a teary Michael Irvin, at this year's NFL Hall of Fame induction ceremony, "Look up, get up, but don't every give up."

This year, the Marlins Swim Committee has decided to not offer the Marlins Pentathlon. This was a difficult decision but after exhaustive discussion, the Committee decided to cancel the meet. We will review the possibility of having the meet next year.

Did you know 40 is the new prime age? Recently, former Olympian Dara Torres competed in the 2007 ConocoPhillips USA Swimming National Championships, attempting to make the 2008 Olympic team. After nearly 25 years since winning her first national championship race at the age of 14, Dara not only won the 50-meter freestyle, she beat her own seven-year old American record. She will attempt to make the 2008 Beijing Olympics at next year's Trials.

Another athlete to make news, Barry Bonds, who at the age of 43 joined baseball immortality by tying all-time homerun leader Hank Aaron by hitting career number 755. He will attempt to become the all-time homerun leader with every at-bat.

Peanut Butter & Banana Smoothie

1 medium banana
2 tbsp of 100% natural peanut butter (no hydrogenated fats!)
1 cup of milk (or soy milk)
1/2 cup of low or non fat yogurt

DIRECTIONS

Ready in minutes! Chop banana into 1 inch pieces. Toss all ingredients into blender. Makes one serving.

Nutrition Information per Serving:
Total Calories 450
Carbohydrate (g) 60
Protein (g) 22

Fat (g) 17
Saturated Fat (g) 3
Sodium (mg) 131
Fiber (g) 6

Courtesy of <http://www.usaswimming.org>



Aug. 2007

Fri.-Mon., Aug 10-13, USMS Long Course Championships, The Woodlands, TX

Sat, Aug. 11, SNM Donner Lake Swim

Sun, Aug. 19, MAM 2x1 Mile Relay

Sept. 2007

Sun, Sept. 9, RAD Whiskeytown One and Two Mile

~~**Sun**, Sept. 23, SMMM Short Course Meters Pentathlon canceled~~

Sun, Sept. 30, Sprint Pentathlon

Sat, Sept. 29, SAC Folsom Lake Swim 1 and 2 Mile

Oct. 2007

Fri-Sun, Oct. 12-14, WCM Pac Masters SCM Championships

Dec. 2007

Sat, Dec. 1, SNM Winners Meet

Lanes Lines is edited by Henry Chan. For questions, concerns, or to submit content for future issues, send to hymc219@hotmail.com. Always remember, keep swimming!