

## RELAYS

		<u>NAME</u>	<u>SWIM</u>	<u>BIKE</u>	<u>RUN</u>	<u>TOTAL</u>
1.	Pauline Yeckley	SE	50:12			
	Diane Davis	SE		49:48		
	Tom McInerney	SE			2:18:35	
						<b>3:58:35</b>
2.	Peter Darlington	DC	44:13			
	Boris Rosenberg	DC		39:47		
	Deb Spalding	DC			2:40:05	
						<b>4:04:05</b>
3.	Scott Haskins	DC	32:17			
	Dennis Deisinler	DC		44:43		
	Patrina Grube	DC			3:17:30	
						<b>4:34:30</b>
4.	Staphanie Cain	DC	1:01:49			
	Susanne Friedrich	DC		58:11		
	Anne Barbaret	DC			2:50:40	
						<b>4:50:40</b>
5.	Linda Nowell	SE	1:25:03	NTR		
	Marty Maricle	SE			3:50:00	
						NTR

## Dolphin News

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ing of the blood as it goes into the extremities, and then, much cooler, returns to the heart.

This phenomenon is familiar to anyone who has gotten out of the cold water, and stood around to talk with people on the deck afterwards for several minutes. When you go up to the showers and sauna, you are much more chilled than when you first got out of the water. This may also be due to the fact that when in the water, we are exercising and creating body heat. Then when we stop swimming, we stop providing heat from exercise, and quickly cool off even more. Obviously, the more work you do when swimming, the more "self heating" your exercise produces.

Some general information that Dr. Nuckton provided at the lecture:

Big-boned people, with large muscle mass and high body fat have the best resistance to cold water.

Contrary to popular belief, one's resistance to

cold does not increase with training, Dr. Nuckton claimed however, you do learn to breathe better in cold water over time, and avoid the hyperventilation response to cold water that contributes to hypothermia.

Extreme hypothermia (confusion, rapid heart beat) is best treated by wrapping the person in a "re-warming blanket" and slowly warming them up in a heated room. (For severe hypothermia, always call 911.)

If you are experiencing moderate hypothermia (shaking, slow breathing, confusion) you can treat it best by applying heat to the body trunk (torso) only. Stand in a hot shower and let the water pour onto your torso. The sauna is not good to use first, since it warms up all the body surfaces at once, especially the arms and legs, and that draws blood away from your torso and heart, which need it the most. You can then pass out if your core temperature continues to drop. So warm up in the shower first, and then go into the sauna.

Warm herbal tea is the best thing to drink to warm up from the inside out, but any warm liquid is better than nothing. Beverages with caffeine and/or alcohol, however, are not recommended.

In conclusion, Dr. Nuckton proclaimed: "dry, wrap and run for medical attention."

—John Theede

## PILOT OF THE YEAR TROPHY MISSING

A terrible tragedy has befallen the Club. It was discovered in January that the stunning trophy honoring the Pilot of the

Year is missing and suspected stolen.

The sculpture was commissioned in the early 1980s by member Modesto Lanzone and crafted by member Gordon Cook, both now



deceased. A number of members have been recognized as Pilot of the Year and their names adorn the trophy.

This piece is representative of exemplary efforts by Club members and has been a wonderful connection for many of us to the past. It is part of the heart and soul of the Club.

The Board is most interested in re-claiming the trophy and requests any information regarding its location be sent anonymously to the Club. Please help us retrieve this invaluable piece of Dolphin history.