

THE WET SET



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Once a Tiger, Always a Tiger

Other swim teams have come and gone. But the Tigers were here when PNA was first organized. And the Tigers are here now.

Tigers have no organized workouts anymore, but they still are friends and they still swim at meets.

At the meet in Federal Way last October, Maxine Carlson was there with Lee Holm. Maxine was recovering from back surgery and Lee was recovering from a broken hip and two knee replacements. If you ask they will list a multitude of other surgeries in their history—and attest to the benefits of swimming for fast recoveries.

LEADING OFF

By
Lee Carlson

Corrections, Perspective, and Focus

It's time to issue two small corrections. About eight months ago I repeated a statement I heard from Scott Rablais, Chair of the Coaches Committee for Masters Swimming. Scott said being on time to a workout meant being in the water the moment the workout started.

After dozens of comments when I arrived five minutes after a workout started, I want to remove the comment from the record. Scott must never have made the comment and I must never have repeated it. Now do your part and never repeat it to me.

On the second correction, several people have pointed out that while Alan Bell swims like an Olympian he never was one. Alan, we will give you credit for swimming like an Olympian.

I want to take a moment to step back and assure that I have the

(Continued on page 2)

They both swam in the first Worlds meet in New Zealand in 1974. Lee no longer competes, but she swims laps five days a week. Maxine still competes and was in fine form at the Federal Way meet. She says, "Once a Tiger, always a Tiger."

Tigers is a small club now, less than ten people. Tom Foley and Maxine were two of the original 25 to 30 Tigers. In 1971, US Masters Swimming had been organized for one year. "We went to

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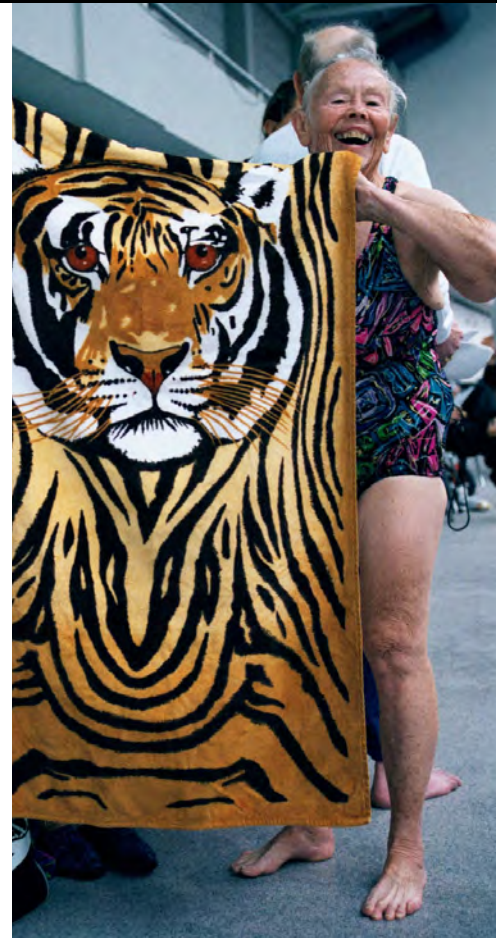


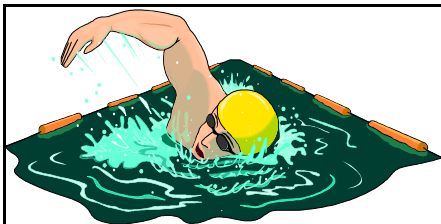
Photo by Sandy McNeel

Maxine Carlson proudly shows her Tiger towel. "Swimming has been a big thing in my life for a long time."



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Volume 20 • Issue 10
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Editor

Sandy McNeel (206) 324-0480
2364 Fairview Ave E, #1
Seattle, WA 98102
E-mail: swim@troutlake.com

PNA OFFICERS

President

Lee Carlson (206) 232-3916
2913 70th Ave SE
Mercer Island WA 98040
leedee@home.com

Vice President

Carolyn Behse (425) 747-3889
cbehse@yahoo.com

Treasurer

Jeanne Ensign (206) 324-6768
treasurer@usms.org

Secretary

Steve Peterson (360) 692-1669
speterson@bandwagon.net

Board Members at Large

Kathy Moore (253) 854-8715
Kathy Casey (253) 588-4879

PNA VOLUNTEERS

Registrar

Suzanne Dills (509) 456-7281
Cell (206) 779-3654
639 N Riverpoint Blvd #3W
Spokane, WA 99202

Awards: Sally Dillon

Coaches: Barb Gundred

Computer Apps.: Jim McCleery

Constitution & By-Laws: Jane Moore

Fitness: Carolyn Behse

Historian: Tom Foley

LC Nationals: Hugh Moore

Meets/Sanctions: Hugh Moore

Publicity: Brad Palmer

Records/Top Ten: Walt Reid

Officiating: Jan Kavadas

Open Water: Sally Dillon

Safety: Kathy Casey

Social: Jett Vallandigham

LEADING OFF

By
Lee Carlson

(Continued from page 1)

proper perspective about Masters Swimming. I also want to stress that our organization recognizes this perspective. In our last four issues we have emphasized a Nike Champions Clinic, World Masters Championship, Olympians, and record performances at Federal Way. Masters swimming is about fitness and fun. Only one-third of us ever swim in meets. Few of us are coached. Many of our members are lap swimmers. More and more of our members are engaged in other pursuits besides swimming. Triathletes, runners, open water swimmers are joining our organization to learn better stroke techniques and because it is an easy form of exercise. Many of us can continue swimming even though we have injuries.

A couple of good examples of fitness and fun occurred at workout this morning. I had worked too many hours this week and had so

much to do for next week I had to cancel out of the Bangor meet at the last minute. I did have enough time and energy to get a good Saturday morning workout at Green Lake. Robin O'Leary, our coach, always makes sure each lane has a good individual workout that's interesting and challenging. Janelle Stout is a runner who is just learning all the swim strokes. By the end of the workout she had improved both her backstroke body position and turns and was doing some negative splits on the 100s. Janelle also did stretching for the last 10 minutes of the workout. Stretching is a good goal for each of us so that we are more flexible and avoid injuries. Other swimmers in the lane, Bob Farrell, Arnie Litt, and Coryn Gjerdrum, also were very supportive and encouraging, so we each swam the workout better. Let's all try to emphasize fitness and fun.

PNA Officers to be Elected in April

A "call for nominations" for PNA officers was announced at the October PNA meeting. The semi-annual election will take place in April and a nominating committee has been formed to find candidates. Board meetings are held monthly, usually on the 4th Tuesday. The following positions will serve 2-year terms:

President

Vice President

Secretary

Treasurer

At Large Representatives (3)

The At Large Representatives must be swimmers who are either unattached or belong to small teams. We need one each to represent swimmers from the following zip codes:

less than 98100

98100-98199

greater than 98199

Anyone interested in serving on the PNA board should contact a member of the nominating committee by January 1:

Sally Dillon (360) 679-5038 salswmr@oakharbor.net

Tom Foley (206) 937-5585

Walt Reid (253) 588-4879 reidw@wdni.com

Jett Vallandigham (253) 582-7534 JValland@CloverPark.k12.wa.us



HAPPY BIRTHDAY

to the following PNA swimmers!

12 15 JOANNE KIRKLAND	12 30 ROBERT KEEVER
12 15 LEEANN MCGHIE	12 30 ANN THORN
12 16 BRITA ENFIELD	12 30 SCOTT LORENZEN
12 16 STEVEN DILL	12 31 JAMES SCANTLAND
12 17 ANN HELSER	01 01 JULIE CORMAN
12 17 MICHELE MEHAFFEY	01 01 CAROL TYREE-DEWELL
12 18 THOMAS GRANDINE	01 01 HAROLD HUFF
12 19 MARTIN KLEMPNER	01 02 RALPH BREMER
12 19 SCOTT ENGELHARD	01 03 LAURA MAIN
12 19 BERNARD RYAN	01 03 JOHN MCJUNKIN
12 19 LAURA TORZEWSKI	01 03 MARC COTTRELL
12 20 STEPHANIE DIEMEL	01 03 DON GALLAGHER
12 20 CHRIS OHANA	01 03 LARRY WRIGHT
12 20 CINDY MARTIN	01 04 SARAH KRAMER
12 21 PAM STRANDBERG	01 05 ELIZABETH HERRING
12 23 KATY WISWALL	01 05 REBEKKA PALMER
12 24 JOHN BAILEY	01 06 NAN BENSON
12 24 PATRICIA ALVARADO	01 06 SUSAN CARLETON
12 24 CHRIS BOENSEL	01 06 PAUL OLMSTEAD
12 25 SELBY RADABAH	01 07 KIM BOGGS
12 25 ROBERT MURRAY	01 07 HELEN SCHUCHART
12 25 L. (GENE) CROSSETT	01 07 SONNY GARRETT
12 26 MICHAEL HENDERSON	01 09 JACK AKAMINE
12 27 KELLY WELCH	01 09 THOMAS TAYLOR
12 27 UTE CRAY	01 09 BRYAN SPARROWHAWK
12 27 HENRY KIRKLAND	01 10 JAMES MCCLEERY
12 27 HOPE DEAN	01 10 STEVEN RUITER
12 27 CATHERINE HERRING	01 11 FRANK WARNER
12 28 JERRY GALLAHER	01 11 DEBORAH TAYLOR
12 28 FRED CARTER	01 11 TOM SEIFTS
12 28 JAMES (JIM) SLOAN	01 11 MICHAEL SAUNDERS
12 28 CYNTHIA KRASS	01 11 JENNIFER PETERSON
12 28 MAUREEN KELLY	01 11 WILL KELLOGG
12 29 JEANNINE VEDERA	01 12 MELISA GILDELATORRE
12 29 LAUREEN POWELL	01 12 CHRIS CUSHMAN
12 29 CURTIS WADE	01 12 BARBARA GEHRKE
12 30 JOY ROGERS	01 12 ANNE SEELEY

10 Reasons Muscles Matter

by James A. Peterson, Ph.D., FACSM
Courtesy of ACSM's Health & Fitness
Journal

1 Enhances your level of functional fitness. Your muscles play a key role in determining whether you can perform the activities of daily living at home, work, and play. The higher your level of muscular fitness, the more likely you will be able to do the tasks in your life without undue fatigue or risk of injury.

2 Helps control your weight. The amount of lean muscle mass you have helps determine your resting metabolic rate, which in turn significantly affects the number of calories you burn. All factors considered, the more muscle you have, the easier it is to keep your weight within a desirable range.

3 Promotes bone health. Strength training not only makes your muscles stronger, it also makes your bones stronger. Performed over an extended time, strength training has been found to increase bone density. Accordingly, proper strength training will help to lower your risk of osteoporosis.

4 Reduces your chances of sustaining both muscular and skeletal injuries. It's estimated that a significant number of injuries from physical activity could be prevented through a higher level of muscular fitness. In that vein, strength training can be viewed as a relatively effective and inexpensive form of personal health insurance.

5 Slows down the so-called aging process. Strength training enhances the ability of older adults to perform the daily tasks associated with independent living. Proper strength training can have an invaluable impact on helping senior citizens maintain their independence and personal dignity.

(Continued on page 15)

PNA LOCAL MASTERS SWIMMING COMMITTEE
 SHORT COURSE YARDS MEET: February 17, 2001 (Meet Sanction #013604)
 Hosted by the Bellingham Masters Swim Club

Order of Events (#1)	Event
1	400 IM
2	1650 Freestyle
Warm-up Break	
3	200 Free Relay
4	50 Free
5	100 Breast
6	200 Back
7	50 Fly
8	200 IM
5 minute break	
9	200 Mixed Free Relay
10	100 Free
11	200 Breast
12	50 Back
13	100 Fly
14	200 Medley Relay
5 minute break	
15	200 Free
16	50 Breast
17	100 Back
18	200 Fly
19	100 IM
20	200 Mixed Medley Relay
21	500 Free

DATE: Saturday, February 17, 2001
 TIME: Warm-up: 8:00 AM; Meet starts 8:45 AM
 30 minute warm-up after Event #2
 Meet will resume no earlier than 10:30 AM
 PLACE: Arne Hanna Aquatic Center
 Phone: 360-647-POOL

MEET DIRECTOR: Barb Gundred
 360-734-8364 before 9PM/barbg@memes.com

FACILITY: Eight lane x 25 yard course. Lanes 2-7 will be used for competition. Lanes 1 and 8 will be used for continuous warm-up and warm-down. There is a diving tank which will be open for warm-up and warm-down, and a large whirlpool available for relaxation.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2001 USMS or MSC registered swimmers 19 and above as of 2/17/2001. Age groups based upon the swimmer's age as of 2/17/2001.

SEEDING: Slow to fast TIMING: Manual

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card carefully to ensure correct intent and results.

T-shirts: Commemorative t-shirts are available at @12 each

DIRECTIONS: From I-5 Northbound: Take exit 253 (Lakeway Dr.). Take exit empties onto Potter St. Proceed straight for two blocks. The pool is located just past the school on the right. From I-5 Southbound: Take exit 253 (Lakeway Dr.). Turn left onto Lakeway, and proceed to second light. Turn left onto Lincoln St., go one block past the school, and turn right onto Potter St. The pool is located just past the school on the right.

Website: Visit the BMSC website (<http://members.aol.com/Ariston844/bmsc.htm>) or the PNA website (<http://www.swimpna.org>)

SAFETY FIRST!

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

PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: February 17, 2001 (Meet Sanction #013604)
 Hosted by the Bellingham Masters Swim Club

NAME: _____ M F AGE as of 2/17/2001: _____
 ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS or MSC #: _____

Local Team _____ or UNATTACHED _____ LMSC _____

USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED _____

AGE GROUP (Circle one - determined by your age as of February 17, 2001):

19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59

60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your first Masters meet: Y

EVENT NUMBER	EVENT	SEED TIME (for SC YARDS)

ENTRY FEES: \$ 6.00 (includes LMSC surcharge)
 Individual Events: + _____ \$1 per event for swimmers under age 65.
 No charge for swimmers 65 or over. No charge for Relays

T-shirts @ \$12 _____ Indicates size ___ M ___ L ___ XL

Total: \$ _____

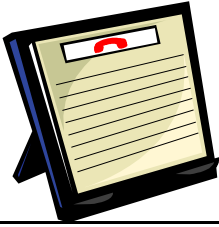
Please make checks payable to: Bellingham Masters Swim Club
 Mail this entry form and fees to: Barb Gundred
 konabarb@hotmail.com 3880 GALA LOOP
 360-734-8364 (h) Bellingham, WA 98226

Entries must be received no later than Friday, February 9 2001 Please allow appropriate time for mail.

Include a copy of your Masters registration card if you are not a PNA member.

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.

SIGNED: _____ DATE: _____



MASTERS CALENDAR

OPEN WATER
POSTAL SWIMS
MEETS
CLINICS

Events in Washington, Oregon, British Columbia, Idaho, and Alaska, plus USMS Championship events. PNA Events are listed in **bold**. All events subject to change.

January 1-31

2001 USMS 1 Hour Postal Championship

Greg Bruce

PO Box 22505

Seattle, WA 98122-0505

(206) 985-1850

bruceg@u.washington.edu

January 13

Queen City Splash Meet

Seattle/ Madison Pool

Jim Lasersohn

(206) 325-8613

OrcaSwimJim@aol.com

Deadline 12/29/00

January 21

SCY Coeur d'Alene, ID

Margaret Hair

(208) 667-3721

January 27

Emerald Aquatics "50's Challenge" SCY

Eugene, OR

Lynda Christiansen

(541) 687-8379

ericandynda@netzero.net

Deadline 01/12/01

February 1-28

February Fitness Challenge

Postal fitness event

Bill Volckening, fitnessfrog@aol.com

February 11

Cowichan Aquannis Masters SCM

Cowichan Aquannis Pool

Duncan, BC

Nancy Hamilton, (250) 746-0450

February 17

SCY President's Day Meet

Bellingham, WA

Barb Gundred

(360) 734-8364

konabarb@hotmail.com

Feb 18

Mt Hood Community College SCY

Gresham, OR

Phillip King

Work: (503) 491-7211

Home: (503) 284-8946

kingp@mhcc.cc.or.us

Deadline 2/3/01

March 4

Victoria Masters LCM

Commonwealth Games Pool

Victoria, BC

Rod Carmichael

(250) 598-5289

March 11

Mercer Island Redwoods SCY

March 16-18

Oregon Association Championships

SCY

Ashland, OR

Dan Gray

(541) 944-0529

dangray45@hotmail.com

April 28-29

NW Zone Championships @ Parkrose

SCY

Portland, OR

May 12

LCM Anchorage, AK

(907) 344-5321

ginnyw@alaska.net

May 15-September 30

2001 USMS 5K & 10K Postal

Championship

Pam Himstreet

3339 NW Windwood Way

Bend, OR 97701

(541) 385-7770

him@cmc.net

Entry deadline 10/10/01

May 17-20

SCY National Championships

Santa Clara, CA

Alma Guimarin, aguimarin@aol.com

July 21 (tentative)

Fat Salmon

3-Mile and 1-Mile OW Swim

Seattle, WA

Michael Meyer, meyer@tempstore.net

PNA Meetings

All PNA members are invited.

January 23

Board meeting

For further information on Masters events, call or mail the point of contact, the WetSet editor, or any of the following newsletter editors:

Alaska

Janet Rumble

P.O. Box 33336

Juneau AK 99803

(907) 364-3106

jandean@alaska.net

British Columbia

Vanda Stocks

PO Box 149 Stn Main

Duncan BC V9L 3X1

Canada

(250) 748-4628

vstocks@mail.island.net

Idaho

Jill Wright

1626 Williams St

Boise, ID 83706

(208) 338-5287

swimjmw@aol.com

Inland Northwest

Doug Garcia

P.O. Box 145

Albion WA 99102

(509) 332-1621

dmgarcia@pullman.com

Oregon

Dave Radcliff (Northwest Zone Rep)

5832 SE Woll Pond Wy

Hillsboro OR 97123

(503) 648-7141

therads@home.com

Utah

Karen Oliver

4597 Jupiter Dr.

Holladay, UT 84124

(801) 274-8004

oliver4597@aol.com



QUEEN CITY SPLASH AND SKI 2001 MEET

Sponsored by the Orca Swim Team
Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 013603

DATE: **Saturday, January 13th, 2001**

TIMES: Check-in & 1st Warm-up: **8:00am** Meet: **9:00am**
Event 3 will start no earlier than 9:45am.

PLACE: **HELENE MADISON POOL**

CONTACTS: 13401 Meridian Ave N, Seattle 98133 (206) 684-4979
Jim Lasersohn (206) 325-8613 OrcaSwimJim@aol.com
Matt Lind (206) 328-8351 chewma@earthlink.net

DEADLINE: Postmark by **Friday, December 29th, 2000**. Sorry, but no late or day of meet entries. Entries must be received by Friday, 1/5/01.
FACILITY: An indoor facility with six (6) 25-yard competition lanes with an adjacent warm-up and warm-down area. Water temp is 84 degrees. Coin lockers available. Snacks/drinks will be available for a nominal donation.

RULES: Current USMS Rules will govern the meet.
SAFETY FIRST: NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.
ELIGIBILITY: Open to all year 2001 USMS or MSC registered swimmers 19 and above as of 1/13/2001. Age groups based upon the swimmer's age as of 1/13/2001.

DIRECTIONS (located approximately 15 minute drive from downtown Seattle)
From areas north of city limits of Seattle: Take I-5 Southbound, take N/NE 145th St. exit. Turn RIGHT on N 145th St to Meridian Ave N. Turn LEFT on Meridian Ave N. The pool is on the right at N 134th St.

From all other areas: Take I-5 Northbound, take NE 130th St. exit. Continue north from exit ramp to signal at NE 130th St. TURN LEFT on NE 130th. Continue to Meridian Ave N (2nd signal). Turn RIGHT on Meridian Ave N. The pool is on the left at N 134th St.

ORDER OF EVENTS (PNA Order #4) (Seeding is slow to fast)

1	400 IM (must check-in by 8:30am)	12	50 Fly
2	500 Free (check-in by 8:30am)	13	100 Free
	20 minute break & 2nd warm-up	14	200 Back
	Event 3 will not begin before 9:45am	15/16	200 Women's/Men's* Medley Relay
3/4	200 Women's/Men's* Free Relay		20 min. Break including the Original Pink Flamingo Relay
5	50 Breast	17	200 Breast
6	100 Fly	18	200 Fly
7	200 Free	19	50 Free
8	50 Back	20	100 Back
9	100 IM	21	200 IM
10	200 Mixed Free Relay	22	200 Mixed Medley Relay
11	100 Breast		

Note: Relays entries done on day of meet and deck-seeded.

* - **The entries for Men's Relays and Women's Relays may be swum in the same heats. DISCOUNTED OFFICIAL HOTELS** in Downtown Seattle (request Orca Swim group rate) **Hawthorn Inn & Suites**, 2224 8th Ave, 98121 (800) 437-4867 (206) 624-6820. Rate \$74. Free parking & breakfast. Call by December 12th. Confirm cancellation policy.

WEBSITE: For more information on **hosted housing, discounted official hotels, ski and other social events** associated with the meet, please visit our website at www.teamseattle.org/orca. Results will be available at the PNA website at www.swimpna.org.

The ORCA SWIM TEAM is 501 (c) (3) non-profit corporation dedicated to promoting the sport of swimming and to educating the public about the value of sports in community-building. The team is comprised of gay/lesbian and gay/lesbian-friendly swimmers and welcomes all Masters Swimmers to its swim meets. ORCA SWIM TEAM is a member of Pacific Northwest Aquatics (PNA), International Gay and Lesbian Aquatics (IGLA) and Team Seattle.

QUEEN CITY SPLASH AND SKI 2001 MEET

Sponsored by the Orca Swim Team
Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 013603

Name: _____ First Master's Meet? Y/N

Phone: (____) _____ E-mail Address: _____

Street Address: _____

City: _____ State/Province: _____ Zip/Postal Cd: _____

M or F Age (on 1/13/01): ____/____ Birthdate (mm/dd/yy): ____/____/____ USMS or MSC # _____

Team Abbrev: _____ Team Name: _____ LMSC: _____

USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED

AGE GROUPS (Determined by your age as of 1/13/2001):

19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59

60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

INDIVIDUAL EVENT ENTRIES - ENTRY LIMIT: 5 individual events (excluding relays)

EVENT NUMBER	EVENT NAME	SEED TIME (Short Course Yards)

FLAT ENTRY FEE: \$12 US funds or \$18 Canadian. 65& over: \$8 US or \$12 Canadian. Includes charge for all individual and relay events, heat sheet, and ribbon awards. Please make checks payable to **Orca Swim Team. Amount Enclosed:** _____

Mail completed and signed Entry, Check, & copy of USMS card to: **Queen City Splash & Ski 2001 c/o Orca Swim Team, PMB 869 1122 E Pike St., Seattle, WA 98122.** Postmark by **Friday, December 29th, 2000.**

ALL ENTRANTS: PLEASE RENEW YOUR MASTERS REGISTRATION EARLY. Those without proof of Year 2001 Masters registration will be asked to register with PNA for \$30 on the day of the meet in order to swim. Non-PNA entrants must make a copy of your Year 2001 Masters registration card and mail it in with this entry form.

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.

SIGNED: _____ DATE: _____



NEWS ABOUT PNA SWIMMERS



USMS 2000 5K Postal National Championship Results

Nine PNA swimmers entered the USMS 2000 5K Postal National Championship, joining 123 other swimmers. Eleven of those swimmers were from Australian teams!

Although he didn't swim this year, Harvey Prosser's still holds the US record for the 5K swim in the Men's 70-74 age group. Last year, he swam this in 1:29:14.50.

WOMEN 40-44

#3	Mary Ann White	41	1:20:49.81
#4	Barby D Cahill	44	1:23:28.12
#8	Joanne E Kirkland	41	2:06:39.54

WOMEN 50-54

#2	Sally A Dillon	53	1:22:34.43
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MEN 40-44

#4	Eric Dybdahl	40	1:14:09.59
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MEN 45-49

#6	Gregory Harrison	48	1:17:57.28
#7	Hugh C Moore	45	1:20:30.27
#13	John R Mettler	45	1:43:17.90

MEN 65-69

#3	Thomas T Taylor	69	1:25:54.99
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Barby Cahill, after swimming the 5K in the Colman Pool last summer.

Photo by Sandy McNeel

TEAM WOMEN 3x5K

35+		
#1	Mary Ann White Barby D Cahill Sally A Dillon	4:06:52.36

TEAM MEN 3x5K

35+		
#2	Eric Dybdahl Hugh C Moore Gregory Harrison	3:52:37.14

TEAM MIXED 4x5K

35+		
#2	Mary Ann White Sally A Dillon Eric Dybdahl Gregory Harrison	5:15:31.11
#3	Joanne E Kirkland Barby D Cahill Hugh C Moore Thomas T Taylor	6:16:31.93

World Wide Web Guide

Check out these sites on the Internet for information on Masters swimming, news, events, workouts, and more from throughout the Northwest!

PNA Masters Swimming
U.S. Masters Swimming
Masters Swimming Canada
Oregon Masters
B.C. Masters
Bellingham Masters
Orca Swim Team

www.swimpna.org
www.usms.org
www.compumart.ab.ca/masterssc/
www.swimoregon.org
www.island.net/~bpronk
members.aol.com/Ariston844/bmsc.htm
www.teamseattle.org/orca

Training & Travel



Photo by Kerry Sussex

Swimming Out of Town with Masters

By M. Patrick Jones

Last winter I spent two weeks in Portland, one week in New York City (Manhattan), and, finally, one week in Honolulu. Determined to maintain my swimming fitness in order to compete well at the Nationals in May in Indianapolis, I found Masters programs with which I could train in each of these cities.

My first experience was with coach Bill Volckening's Tualatin Hills Barracudas. I met Bill at a meet here in Seattle two weeks before I went down to Portland. We talked about my pending trip and he welcomed me to swim with his team while I was in Portland taking a class for work.

When I arrived in Portland, I joined the Barracudas for their hour and a half practices that started at 5:45 every weekday morning and regularly attracted 40 to 50 Masters swimmers of all abilities. We trained at the Tualatin Hills facility, an indoor 25-yard by 50-meter pool. On alternating days, we swam widths (25 yards) and lengths (25 meters). Most every morning that we practiced, a high school team also practiced at the same time in the lanes next to us. (They were quite fast!) Even with all of the teens and Masters swimming, there was still enough room for several lap swim lanes down in the shallow end of the pool.

I believe I made all the weekday morning workouts except Wednesdays (my traditional morning to sleep in) and feel that I benefited from the training that I did. As is typical for me, I swam with the "second fastest" group of

swimmers and had plenty of company in my lane. Bill is a great coach. He's up on a lot of the latest drills and approaches to training, so I was able to glean a passel of great ideas for workouts to take back to my team in Seattle.

The swimmers in Portland were friendly and helpful. They noticed I was new and showed me where to put my street clothes during the workout, where the pull buoys and kickboards were, and how seriously to take what the coach said (very important!). One of the swimmers and I frequently stayed after workout to spend time working together on aspects of our 200 freestyle—a race both of us were planning to swim at Nationals.

About one month later I found myself on the way to New York to work at a trade show for my company. I had doubts about whether I'd find a pool anywhere in Manhattan, much less a Masters team, but with a little research starting with the USMS web site, I was able to identify a couple of teams that were training there.

Asphalt Green, a fitness club, had a Masters program. I called the coach, Michael Ritter, two weeks before I went out. "You'll probably be in the second fastest group" he said, after he found out my typical training pace. He assured me that there would be enough space for me to join them. I got the sense from him that many Masters swimmers visit Manhattan on business or pleasure and want to find a group to train with. It sounded like Michael tries to make sure that

there's enough room in the lanes without overcrowding his regulars before he invites someone to join them.

When I took the cab from my hotel to the facility early one morning, I found myself at a beautiful 8-lane, 50-meter indoor swimming complex. A bulkhead in the middle separated the lap swimmers from the Masters swimmers and in both 25-yard ends we swam lengthwise. There were also racquet ball courts, basketball courts, weight rooms, and a couple of outdoor astro-turf fields at this facility; it was about the last thing I expected to find on the upper west side of Manhattan. The team's web site indicates that it is the only competition 50-meter pool in Manhattan.

Michael was very gregarious with everyone, but his friendliness belied the extremely challenging workouts he gave. I was usually pretty spent by the time the hour and a half was over (they ran 5:45 am workouts three days a week). One thing I liked about his workouts was that he offered a "BB"—short for a five minute "bathroom break" after the warm up and first set were completed and before we embarked on the main set. I was not used to this, but found it a nice change from my normal get-in-and-go-hard-for-one-hour routine.

Much to my surprise, I found the New York swimmers extremely friendly and outgoing. They were curious about what I was doing there and what my Masters program back in the Northwest was

like. Many of them mentioned that they were going to the Nationals, and after my last workout with them, we agreed to connect again once we arrived in Indianapolis.

Next month I flew to Honolulu for a friend's wedding. I had found on the USMS web site a local Masters team, University of Hawaii Masters, that trained at the University pool at about 6 am. Although I never was able to contact the coach, Bruce Kennard, before I arrived, despite trying several times, I did show up one morning and was welcomed to join the group for the workout.

Once again, this was a 50-meter pool (outdoor) in which we trained, but this time with no bulkheads. The facility's design was very similar to that of Federal Way and Santa Clara in that it had both a competition pool and a diving well with 10-meter platform. Bruce put the workout up on a chalk board and I found what looked to be the "second fastest" group and got in and got going. There were about 35 Masters there that morning. The UH college swimmers were working out in the diving well at the same time and Bruce spent most of his time with them since he is also their coach. Due to the cloud cover, the red and orange sunrise while we were swimming was truly spectacular.

Once we finished and were

showering in the outdoor showers (with suits on, of course!), I was talking with a couple of the regulars and one woman mentioned that they would be doing their weekly open water swim that Sunday. They were starting from a beach quite close to where I was staying in Waikiki and she encouraged me to join them, if it was convenient. There was no question that I was going to make time for my first warm water, open ocean training swim!

We met at 8 am that sunny Sunday morning near the life guard chair of a small beach toward the Diamond Head end of Waikiki. The UH masters gave me a few instructions about what to be aware of while we were swimming and cautioned me to stay with the four of them since they didn't want me getting lost. We started by swimming straight out from the beach to just beyond the breakers, then turned to our right and headed parallel to Waikiki beach.

The ocean was comfortably warm, but a bit rough because of the wind. Visibility in the water was extremely good and I could easily see the 10-15 feet down to the bottom. I didn't notice any fish or sea life to speak of, mostly just observed the sand being rolled and pushed along the lava flow rock formations of the ocean floor by the oscillating wave action. We turned

around after about 25 minutes and came back in slightly less time thanks to the prevailing current. I was a bit tired, yet energized by such an exciting and novel experience.

The people I swam with said that they occasionally encounter dolphins. The swimmers will often hear the dolphins' clicking and squeaking under the water from some distance away several minutes before they are actually visible. Then, all of a sudden in a flourish a group of dolphins will appear and curiously investigate their land cousins for a little while. I was sorry that I wasn't lucky enough to experience this.

That was my final long trip of the year before Nationals and I did manage to maintain my fitness despite several weeks away from home.

It would be great to report that I arrived at Nationals in perfect shape and ended up setting a couple of personal records, however this wasn't the case. As a result of my busy schedule and some forgetfulness on my part, I missed the entry deadline and never ended up going to Indianapolis. Because of this, my teammates have insisted that this year they, and not I, will be sending in my National's entry form. This happens to be the second year in a row that I've had trouble getting the form submitted on time.

Although I did feel a bit foolish after all of my effort, I still felt very good about the programs I visited, the fitness I maintained, and the people I met. This is, after all, what Masters swimming is all about, isn't it?

Editor's note: University of Hawaii is the site of the 2002 Short Course Nationals, scheduled for May 15-19, 2002. Start filling out that form now!

Here are my recommendations if you're going to travel to another city for an extended stay and want to swim with a Masters program while you're there:

1. Call or e-mail first and make sure the program has room. Verify their workout hours times and find out exactly where you should meet them. You can find a list of teams for most any US city on the USMS web site.
2. When you arrive at the facility, pay the proper fee and ask the other swimmers for advice on where to put your street clothes while you're working out. You might want to bring a lock with you just in case they tend to use lockers.
3. Be gracious while working out and do your best to indicate your correct training speed. Get in a lane of people of similar speed.
4. When you return home, make sure to write a thank you note or e-mail to the coach who allowed you to join his or her program.

US Aquatic Sports Convention 2000

Following is a summary of the committee meetings from the USMS Convention held in Kissimmee, Florida, October 11-15, 2000.

Championship

The award plaque with logo for 2001 Long Course Nationals in Federal Way was approved.

The national championship meets for 2002 were awarded. Short Course Nationals will be at the University of Hawaii May 15-19, 2002. Long Course Nationals will be at Cleveland State University August 15-19, 2002.

The USMS National Meet Survey results are in and it was found that the ideal length of each meet session is 7-8 hours. Since many Nationals exceed that time, the committee is focusing on ways to reduce the length, such as deck seeding (which will be done at Santa Clara this year) and tighter National Qualifying Times (NQTs). The survey was sent to a random sample of USMS "Top 10" swimmers. It revealed that location is the most important factor in deciding whether or not to attend a meet.

Coaches:

Over 800 coaches are registered in the National Database used routinely for meeting and informational purposes.

Applications are still being taken for swimmers and coaches to the USMS Olympic Training Camp, February 10-15, 2001. Five Mentor Coaches & Swimmers Clinics and two Open Water Clinics were held last year. Dan Gray has a great manual and is looking for individuals or teams to host clinics. Nike Clinics are suspended until further notice. Two color Snoopers were purchased last year and are available for rentals.

Computer On Line:

The Computer On Line committee was renamed the Communication Committee. This committee will oversee the USMS web page and the USMS SWIM magazine editor. This committee will be chaired by Hugh Moore.

The USMS SWIM Magazine Editor and the USMS Webmaster will both be partially compensated positions and will be ex-officio members of the Communications Committee.

The USMS web site will move to a dedicated server later this year. This will provide better quality of service. Web hosting will be offered to LMSCs and Zones. Once the USMS web site has been relocated, we will update the LMSC officer listing, which is severely outdated in many areas.

Fitness:

The Strokes for Strokes campaign and other charitable organizations were discussed.

History & Archives:

The committee is working on several projects to preserve the history of USMS. Visit www.swimgold.org to see top ten, oral history, and other electronic data bases. With the assistance of the Henning Library, the goal is to establish the USMS Historical Archives at the International Swimming Hall of Fame in Fort Lauderdale. The committee encourages LMSC resource people to record their history.

Insurance:

Our excellent loss history (we have had very few claims) continues to be the main reason that our rates and coverage are as good as they are. Continuing emphasis is on safety and insurance education. If an accident

happens USMS members are to file an accident report on all incidents, whether they believe a claim will be filed or not. A Travel Assistance program was added to cover all USMS members at sanctioned or recognized meets more than 100 miles from home.

International:

The last Pan Pacific meet was held in Perth, Australia in 1999. They have been held every two years alternating with the FINA World Championships. However, at this time there are no countries willing to put on this meet in 2001.

The FINA Website has been updated with the latest World Masters Records and the 1999 Masters Top Ten. The web address is fina.org. A FINA Masters Newsletter is available two times a year, free of charge, from the FINA office, Avenue de Beaumont 9, 1012 Lausanne, Switzerland.

It was announced that our USMS candidate, June Krauser, was again selected as a member of the FINA Masters Committee.

ISHOF:

The purpose of this committee is to select candidates for induction into the International Swimming Hall of Fame (ISHOF). A major project was completed this year, the preparation of a computer database of all the USMS National Records for all three courses (1972 to 1999). This database will soon be available on the USMS web site. These records will be used to help in the selection of ISHOF candidates.

Since one of our previously selected USMS candidates was inducted into ISHOF in 2000, we still have the three candidates we submitted last year up for ISHOF consideration. Therefore, this committee did not select any additional candidates at this time.

Legislation:

An amendment to lower the age for registration age to 18 was presented and discussed. In an off year (this year), a 90% majority is required for passage and the amendment failed. It will be further developed and presented again next year and will most likely pass then.

Long Distance:

Fourteen rule proposals were approved in committee and eventually approved at the House of Delegates. Bids were reviewed and the hosts and sites for the 2002 Long Distance National Championships were selected. For the third year in a row, an open water championship will be held in the Northwest. Emerald Aquatics of Eugene, OR, will host the 1-mile open water event in 2002. (In 2001, Bend, OR, will be the site of a 3000 K open water swim.) The championship schedule is available on the USMS long distance web site at usms.org/longdist/.

Marketing/Publications:

The USMS display booth, which was set up in the vendors' area, was discussed. It is to be sent to three shows per year and is to be available to others to use. The shipping costs and other details will be worked out.

Committee members are working on a media contact list: a database of local contacts, newspapers, editors, and writers.

The committee recommended to budget up to \$25,000 for an individual or firm for public relations. The Marketing committee will solicit proposals.

Officials:

Jan Kavadas will be the Meet Liaison from the Officials Committee for PNA's 2001 LC Nationals. The Meet Liaison position description was reviewed (rule interpretations, rule differences, and consistency of calls). Meet reports

go to the Championship Committee chair and the next meet directors. They will include problems that occurred and recommendations for future championships.

Planning:

The committee recommended that USMS subscribe to various publications and to create a database of recently constructed pools. The information is to be available to anyone exploring the possibility of a building a new pool.

Recognition and Awards:

The USMS Service Award has been renamed the Dorothy Donnelly USMS Service Award. The Ransom J. Arthur Award is considered the National USMS Award and all other awards (Service Award, Coach of the Year, and Newsletter of the Year) are considered Official Recognition Awards. The *WetSet* won Newsletter of the Year!

Records and Tabulation:

A proposal for a new home page for the Top Ten Awards web site was presented and approved. This should make it easier to navigate.

Currently last year's records are listed in the USMS Rule Book. If a person breaks these published records they receive a certificate. It was recommended that we also list the "current" records on the web site and this will be implemented this year.

Registration:

The shift from a USMS National Registrar to the USMS office has gone very smoothly. It was recommended and approved to include the Registrar section of the USMS Handbook on the USMS web site.

A request was made to the Legal Committee to establish an official policy for the length of time that the registration and meet entry forms must be retained.

A recommendation was made to the USMS Executive Committee that e-mail solicitations not be made by the National Sponsor.

Rule Book:

Bill Volckening submitted the winning cover design.

The 2001 Rule Book will be available on the USMS web site early next year.

Safety Education:

The USMS Safety Handbook for Swimmers will be revised for legal and insurance considerations and will be ready for distribution to clubs by the end of 2001. A sheet of safety information "blurbs" will be mailed to newsletter editors.

Sports Medicine:

The Sports Medicine committee members will continue to develop articles of interest to Masters swimmers for publication in SWIM magazine. Surveys from swimmers attending the USMS Olympic Training Camps in Colorado Springs will continue to be collected and analyzed. Standards for awarding funds from the endowment fund to research projects will be developed. The committee is investigating the possibility of a joint research project on swimming and osteoporosis with the Eli Lilly Company.

Zone:

Hugh Moore was the elected chair of this committee for the last three years. His term ended at this convention. Lynn Hazlewood from Virginia was elected as the new Zone Committee Chair. Since the Zone Committee acts as the nominating committee, processes to be used for next year's officer nominations and elections were established.

Time to Renew Your USMS/PNA Registration

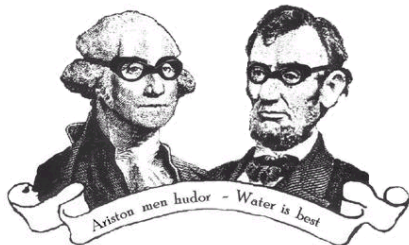
You should have received your 2001 USMS registration form by now. Remember to renew soon.

You can either use the form you received in the mail, the form at the back of this newsletter, or you can copy a form off our web site *swimpna.org*. But be sure to register! You can transfer your club affiliation but you may hold only one USMS membership at any one time.

On your form you can also contribute to two tax-deductible groups: the USMS Endowment Fund (to provide for research and projects which further the goals of Masters swimming) and International Swimming Hall of Fame (to record the history of USMS). Just \$1 from 30,000 swimmers can make a big difference.



BELLINGHAM MASTERS SWIM CLUB



PRESIDENTS' HOLIDAY SWIM MEET

Swim, skate, and ski. The President's Holiday Swim Meet is scheduled during a three-day weekend, February 17th. The meet is on Saturday so that you can spend the rest of the weekend ice skating at the rink just down from the pool, skiing on Mt. Baker, or enjoying the Bellingham sites.

This is the design that will be on the meet's t-shirts. Order one for \$12 when you send in your entry form.

Coming Soon to a Pool Near You! 25th Annual One Hour Postal Swim A USMS National Long Distance Championship

The facts are:

The event takes place during January
The PNA is sponsoring the event this year
PNA swimmers should participate
Entry forms are in this *WetSet*
Workout teams should get organized now!

The procedures are:

USMS registration must be current (2001)
Swim for one continuous hour
Swim at a pool of your choice
No drafting, no circle swimming; only 2 per lane
Someone counts your laps and times
Mail in your entry form and fee (It's only \$5)

Great reasons to participate:

It's a great way to start the new year
It's a great way to measure your fitness
It's a great way to involve the whole team
It's a great way to support the PNA
It's a great way to bring recognition to PNA

Be on a relay:

Postal relays are called "team" events
PNA swimmers can form teams
You only swim on hour, one time
Mail your split sheet to the entry chair and the entry chair will put together the best teams
Teams are by age group 19+, 25+ . . . and are for 3 male or female and 4 mixed (2+2)

Look for more info in January:

The January *WetSet* will have more details on the One Hour Postal Swim. Look for more info about the competition within PNA teams (workout groups) and the names of the volunteers organizing the team (relay) events. (Hint: think of the team events as relays but you are not necessarily doing your event at the same pool or same time as others on your team.)

For training hints, look in the November/December 2000 issue of *Swim* magazine. There is a good article by Bob Coale, "Preparing for the One Hour Swim."

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always has been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.



**25th Annual One Hour
Postal Swim
2001 United States Masters
Swimming Long Distance
National Championship**
Sanctioned by the Pacific Northwest
Association of Masters Swimmers
for USMS, Inc.
Sanction Number: 013602

DATE: All swims must take place during January 2001.

OBJECTIVE: To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

VENUE: Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five yard increment. Submit the distance in yards.)

ELIGIBILITY: Each participant must be registered for 2001 with USMS or a similar body in the swimmer's country. A COPY OF YOUR 2001 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!

INDIVIDUAL EVENTS: Men and women separately will compete as individuals in the following age groups: 19-24, 25-29, ..., 100+. The swimmer's age on the day the event is swum determines the entrant's age for the One Hour Swim.

TEAM EVENT: Two team events will be contested: 1) a 3 swimmer, same gender team and 2) a mixed 4 person team (2 men & 2 women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the team: 19+, 25+, ..., 95+. Each team member must also have entered the individual event for his/her age group. All team members must be registered with the same club. Unattached teams are not permitted. Team entries must include copies of the individual entry forms if they are not submitted with the originals.

CLUB EVENT: Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in each division will receive an award. Three divisions will be recognized based on the number of swimmers entered in the event from each club, as determined by the event host and Long Distance Committee chair. Team yards will not be counted.

AWARDS: USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 6 teams in each team event. First place finishers in individual and team events also receive USMS Champion patches. Distinctive awards will be given to the top 3 clubs in each division of the Club event.

RULES: Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. To ensure that drafting does not occur, no more than two swimmers may share a lane. If two swimmers share a lane, they should each swim on one side of the lane during the entire race (i.e. no "circle" swimming). USMS Long Distance Swimming rules require a starter/referee be present during the swim. Each swimmer must have a verifier to count lengths, record cumulative splits and time the event with a stopwatch. The verifier must sign the official entry form. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 yards to 2760). (See above for conversion from meters to yards.) Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group. No adjustment may be made for swims completed at altitude. Split sheets must be kept for each swimmer and a copy included with your entry. Using a stopwatch, record cumulative split times to the nearest second, tenth or hundredth for each 50 split.

FEES: Individual entry fees are US \$5 per swimmer for US (\$8 for non-US swimmers). Team entry fees are US \$15 per relay (\$18 for non-US entries). All fees are non-refundable. Make checks payable to PNA Masters Swimmers and mail entries to the address below. International entrants please submit US funds via international money order or bank check drawn on a bank with a US affiliate. DO NOT SEND entries registered mail or other forms of mail requiring a signature for delivery. ENTRIES MUST BE RECEIVED by February 10, 2001. Swimmers submitting incomplete entries will be contacted by collect phone call.

T-SHIRTS: A 2001 USMS One Hour Postal National Championship T-shirt is available at a cost of \$15. (International orders please add US \$3 postage for each shirt.)

MORE INFO: Address questions to
Greg Bruce, Meet Director
Swim Seattle, One Hour Postal Meet,
PO Box 22505,
Seattle, WA 98122-0505
Phone: 206-985-1850.
e-mail: bruceg@u.washington.edu

Team Entry Form: Use only for team entries:

Club: _____ Contact Person: _____

Mail results/awards to:

Contact Address: _____ City: _____

State: _____ Zip: _____ Country: _____ Club Abbreviation: _____

Swimmer #1: _____	_____	_____	_____
Name as it appears on USMS Registration Card	Gender	Age	Yards Swum
Swimmer #2: _____	_____	_____	_____
Name as it appears on USMS Registration Card	Gender	Age	Yards Swum
Swimmer #3: _____	_____	_____	_____
Name as it appears on USMS Registration Card	Gender	Age	Yards Swum
Swimmer #4: _____	_____	_____	_____
Name as it appears on USMS Registration Card	Gender	Age	Yards Swum

Total Team Yards: _____
Team Entry Fees: US \$15 (\$18 for non-US entries).
Payment in US \$ from US Banks or
International Money Order ONLY

Please note: An individual entry form (next page) and individual event entry fees for each team participant must accompany this team entry form with the team entry fee. Individual Entry Form: Use only for individual entries.

2001 USMS One Hour Postal Swim National Championship Individual Entry Form

NAME _____ REGISTRATION NUMBER _____
(As it appears on registration card)

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____ GENDER M F

E-Mail Address: _____ CLUB _____ CLUB ABBR _____

AGE _____ BIRTHDATE _____
(MM/DD/YY)

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 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. I certify that I have read the rules of this competition and that on _____ I swam _____ yards at _____
(Date) (Distance swum) (Pool name/City)

Swimmer's Signature _____

Entry Fee \$ 5.00 (US Only) \$8.00 (International/non-US) = \$ _____

T-shirt Order: Indicate T-shirt Quantity Ordered: \$15/shirt = \$ _____

Small ___ Medium ___ Large ___ X-Large ___ XX-Large ___

International @ \$19/shirt: = \$ _____

TOTAL (US \$): = \$ _____

Verifier's Signature _____

Include: Masters Registration Card,
 Entry form and split sheet
 Make Checks Payable To: PNA Masters Swimmers
 Send Entries to: Swim Seattle, Attn: One Hour
 Postal Meet, P.O. Box 22505, Seattle, WA 98122-0505.
 Must be RECEIVED by February 10, 2001.

Record Split Entries using *CUMULATIVE* split times to the nearest second, tenth, or hundredth.

50		1050		2050		3050		4050		5050	
100		1100		2100		3100		4100		5100	
150		1150		2150		3150		4150		5150	
200		1200		2200		3200		4200		5200	
250		1250		2250		3250		4250		5250	
300		1300		2300		3300		4300		5300	
350		1350		2350		3350		4350		5350	
400		1400		2400		3400		4400		5400	
450		1450		2450		3450		4450		5450	
500		1500		2500		3500		4500		5500	
550		1550		2550		3550		4550		5550	
600		1600		2600		3600		4600		5600	
650		1650		2650		3650		4650		5650	
700		1700		2700		3700		4700		5700	
750		1750		2750		3750		4750		5750	
800		1800		2800		3800		4800		5800	
850		1850		2850		3850		4850		5850	
900		1900		2900		3900		4900		5900	
950		1950		2950		3950		4950		5950	
1000		2000		3000		4000		5000		6000	

Total Yardage: _____



THE FINAL LAP



(Once A Tiger, Always a Tiger, continued from page 1)

meets and there weren't any teams. We thought it would be fun to have teams from the various pools." Maxine had a group at the Salvation Army that was coached so the team was formed.

They swam at the first local Masters meet in Federal Way at the old pool (pre-Weyerhaeuser King County Aquatic Center). Tom comments, "We didn't know what Masters was then. I was president of age group swimming. Steve Engle was the coach. He said we ought to have a swim meet. I thought he was talking about age group swimming." Tom was surprised that Steve was talking about adults.

Maxine reminisces, "None of us were in shape or had swum competitively." The meet was small, 26 people, with little time between swims. "You swam, you dried off, then you turned around and swam again." Tom remembers, "Afterwards, the lawn was littered with heaving, gasping, bodies. That was our first introduction to a Masters swim meet." Tom admires the volunteers and professionalism of those in PNA today. "Masters is so mature compared to the early days."

Early on, Tom drove his pickup to meets, so was appointed the designated driver. Tom recalls, "We put all the Tiger ladies in the back on bean bag chairs with signs in the back, 'Danger—Tigers—Do Not Feed.'" One time, while the Tigers were in a restaurant, they watched as kids dragged their parents to the truck, pointing, and looking in the back for the tigers. Tom was amused, "They didn't know it was just the little old ladies from White Center."

Tigers are never too old to learn. "When I was 60 I decided

that I wanted to learn the butterfly," says Maxine. So she did. She describes it as slow and poky, but it's the butterfly. Maxine, now 80 years old, swam the butterfly at the last Federal Way meet.

When Carolyn Baldwin, another long-time member, thinks of the Tigers, "Mostly what I remember is a lot of support and good talk. When you are new and you are scared it's really important. You always knew that people would be there for you."

So for inspiration at the next meet, look for a Tiger and a little Tiger history.



Tom Foley and his son were volunteer kayakers at the Fat Salmon open water swim last summer.

Photo by Sandy McVeel

(10 Reasons Muscles Matter, continued from page 3)

6 Decreases the relative muscular demands of specific tasks. Every physical activity requires a certain percentage of an individual's maximum level of muscular strength. Common activities of daily living (e.g., carrying groceries, shoveling snow, lifting small children) require less effort and are easier to perform.

7 Helps treat and prevent lower back pain. Proper strength training can help reduce the incidence and severity of lower back pain by strengthening both your abdominal and lower back muscles. By enhancing your postural stability, keeping these muscles strong can help prevent undue load forces from being placed on your spine.

8 Enhances your appearance. The "fit, healthy" look is a matter of muscle tone, and an improved level of muscle tone is a by-product of proper strength training.

9 Improves sports performance. Strength training has been shown to enhance an individual's ability to perform athletic skills. A higher level of muscular fitness affects not only your capacity to perform a specific task, but also your ability to continue to perform that task over an extended period.

10 Improves your psychological well being. Strength training has been found to have a positive impact on your level of anxiety, depression, and self-esteem. Strength training can have a meaningful effect on the various facets of the mind-body connection.

James A. Peterson, Ph.D., FACSM, is a freelance writer and consultant in sports medicine. From 1990 until 1995, Dr. Peterson was director of sports medicine with StairMaster. Until that time he was professor of physical education at the United States Military Academy.

