



## Fall in the Northwest Time for a SCM Pentathlon and Planning Ahead



Photo by Jim and Mareli McCleery

Sally Dillon and Dick LaFave both officiated at the Oak Harbor Pentathlon.

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# LEADING OFF

By  
Lee Carlson

Subjects this month:

- Our planning retreat
- A last look at Nationals
- What can PNA do for me?

First, the Board held a planning retreat in Oak Harbor on September 29th and 30th. Eleven board members worked very hard for the two days planning a wide variety of activities for the PNA for the next 15 months. These activities support our overall mission of promoting adult health and fitness.

*(Continued on page 2)*

## Animals, Masters, and Sprinters Compete at Pentathlon in Oak Harbor

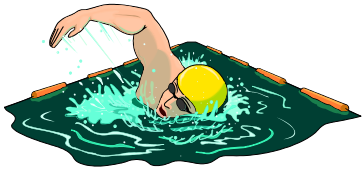
Oak Harbor, WA, September 29, 2001—The 4th Annual Short Course Meters Pentathlon Meet keeps growing in size. This year 73 swimmers entered, an increase of 30 from last year.

Most swimmers can sign up for the five events that complete the pentathlon: the Sprinters Choice (50 each of fly, back, breast, and free plus a 100 IM), Middle Masters (100 each of fly, back, breast, and free plus a 200 IM), or Animal (200

each of fly, back, breast, and free plus a 400 IM). We had 44 Sprinters, 24 Middle Masters, and 11 Animals.

Sally Dillon, the Meet Director, commented on the Pentathlon, "The Pentathlon is a fun format that challenges most of the swimmers to try strokes they don't usually swim. It's especially fun seeing the "animals" complete the 200s and the 400 IM.

*(Continued on page 5)*



# THE WETSET

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# LEADING OFF

By  
Lee Carlson

(Continued from page 1)

My charge to the board was to increase benefits to existing members. This discussion is timely as PNA membership is over 1,000, having grown steadily since 1992. Yet we retain only a little over 70% of our membership, just slightly above the average for other United States Masters Swimming local swim organizations.

Second, we took a final look at this year's Nationals. Retreat participants offered their observations and personal highlights from the Long Course National Championships. Several comments stood out. Hugh and Jane Moore led a team of experienced meet hosts and their contributions and efforts produced a meet with amazingly few problems. The committee was proud to be part of this effort. Many new people, such as Arni Litt, Holly Bork, Jim Stephenson, and Sarah Welch, took on large roles and contributed significantly. Our PNA membership also responded quickly to a last minute call for more volunteers. Officiating was outstanding. Each individual did their part and the net result was one of the smoothest Nationals ever.

During the retreat we looked forward to the next 15 months. Your board is considering holding three clinics. The first clinic is a fitness clinic emphasizing health, nutrition, dry land training, and weight work. This could be held in the first quarter of 2002. The second clinic is an open water clinic in early summer (July). This would include lots of suggestions on technique and approaches for improved open water swimming—one of the fastest growing areas in our sport. Finally, a stroke clinic was discussed for next fall. We would include videotaping, on deck coaching, and

nationally recognized swimmers for demonstrations and discussion.

We discussed how to strengthen what we do for teams and clubs. We have an excellent start with the *PNA Team Handbook* provided to team reps last April. This handbook is also on line at [swimpna.org](http://swimpna.org). We will attempt to keep the handbook a living document and work to determine what teams want from the PNA. We discussed items for coaches such as a subscription to the *Coaches Committee Quarterly*. A new job description for our coaches' chair is being developed. We have asked before what coaches want and we will ask again in a survey.

Third, we talked about some of the advantages of belonging to the PNA and United States Masters Swimming. Consider these and let us know some other advantages you see:

- *The WetSet*—our monthly newsletter (published 10 times a year).
- *Swimpna.org*—our website with links to places to swim, workouts, and past issues of the newsletter.
- *SWIM Magazine*—the national Masters' magazine published 6 times a year.
- *USMS.org*—our national web site offering discussion forums, coaching tips, and more.
- Organized meets—held by local clubs, the PNA, and USMS.
- Open water swims—held by local clubs, the PNA, and USMS.

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*Thanks to Carolyn Behse for providing this reprint from IDEA, an international membership association in the health and fitness industry.*

## Developing Grade-A Abs

Strong abdominal muscles can protect you from low-back pain and help you perform your daily activities efficiently. Bill Bejeck, CSCS, CCS, owner of HealthSport Fitness and Sport Training Services in the Washington, DC, area, offers some guidance on training the abdominals.

**The Muscles Involved.** The “abdominals” include several muscle groups: the rectus abdominis, the obliques and the transversus abdominis. Also important in any program designed to strengthen the abdominals are

the erector spinae. These lower-back muscles add greatly to trunk strength and stability.

**Rectus Abdominis.** The rectus abdominis muscles—sometimes call the “six-pack”—are the most superficial muscles in the core region. They stabilize the pelvis during walking and flex and rotate the lumbar spine. To work the rectus abdominis, perform a standard crunch or a crunch over a stability ball. For a good combination exercise, crunch and rotate the elbows in an alternating fashion, right elbow to left knee and left elbow to right knee.

**The Obliques.** The internal and external obliques lie at the sides of the core area. When activated on one side, they help perform moves that involve trunk rotation (twisting) or lateral flexion (bending to one side). When contracted on both sides simultaneously, these muscles aid in flexing the vertebral column and compressing the abdominal wall. To work the obliques, attach one end of rubber tubing to a secure object (e.g., a railing or heavy beam). Hold the other end in both hands. Turn 90 degrees, so one side of your body is toward the secure object, and extend your arms out in front of you. You should be far enough away from the attachment to feel tension on the tubing. From this starting position, rotate the trunk away from where the tubing is attached. Then return to the starting position. Perform 15 to 20 reps on each side.

**The Transversus Abdominis.** The transversus abdominis muscles contain the deepest fibers of the abdominal wall. These muscles increase trunk stability and help maintain proper posture and low-back stability. To activate the

transversus abdominis, lie flat on you back with knees bent and feet flat on the floor. Draw the belly button toward the spine. Maintain this position for a slow count of five. Do not perform pelvic tilts. For more challenge, lift your feet off the ground and bring your thighs up until the kneecaps point toward the ceiling. Keeping the stomach drawn in, slowly extend one leg and bring it back to its previous position. Perform 10 to 15 repetitions per leg. If at any point the abdominal muscles push out, stop, put your feet down, and draw you stomach back in.

**The Erector Spinae.** These important low-back muscles add to trunk strength and stability and help maintain posture. To work the erector spinae, lie face down on the floor with arms extended. Simultaneously raise both arms and both legs off the floor. Keep the legs as straight as possible and squeeze the gluteus muscles. Hold briefly at the top and then lower the arms and legs to the floor. Perform 15 to 20 reps.

**“Functional” Exercises.** Functional exercises are valuable because they require all the muscles in the abdominal region to work together, as they often must do in real life. Here is one example: Kneel about 18 inches behind a stability ball. Lean forward and rest the forearms on the ball, clasping the hands together. Slowly push the ball away from the body until the arms are fully extended, then pull the ball back. To protect the lumbar spine, maintain a posterior tilt while performing this exercise. Perform 15 to 20 reps.



*(Continued from page 2)*

- Swimming and fitness clinics sponsored by the PNA and USMS.
- Secondary Accident Insurance—in case you are injured in a workout or at a meet.
- Your registration card—which enables you to swim at other workouts.
- Social activities—held after meets and as separate events.

The PNA will be discuss this information during its next two board meetings and will decide on ways we can provide more to the PNA and specifically to you as fitness or competitive swimmers. Some 20 ideas were discussed and you will be hearing more about these ideas as they develop.

Please come to one of our board meetings or let your team rep, officers, and coaches know what you would like from the PNA. We want your input. E-mail any member of the board or call us. We want you to be able to say “there is a lot in this for me.”



# MASTERS CALENDAR

CLINICS  
POSTAL SWIMS  
MEETS  
OPEN WATER

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

November 15-18  
USMS Convention  
Louisville, Kentucky

November 20  
Deadline for articles for December  
*WetSet*

December 4  
PNA Board Mtng & Christmas Potluck  
Lee Carlson's home  
Issaquah, WA

December 8  
Multnomah Athletic Club SCM Meet  
Portland, OR  
Frank Parisi  
[frank@parisi-parisi.com](mailto:frank@parisi-parisi.com)  
[www.swimoregon.org/calendar.htm](http://www.swimoregon.org/calendar.htm)  
Entry deadline Nov 23

December 8  
Alaska SCM Champs  
Anchorage, AK  
Ginny Wright (907) 344-5321  
[ginnyw@alaska.net](mailto:ginnyw@alaska.net)  
[www.akmswim.org](http://www.akmswim.org)  
Entry deadline Nov 29

December 20  
Deadline for articles for January *WetSet*

**January 19, 2002**  
**SCY Queen City Splash & Ski 2002**  
**Helene Madison Pool, Seattle**  
**Matt Lind (206) 328-8351**  
**[chewma@earthlink.net](mailto:chewma@earthlink.net)**  
**Entry deadline Dec 31**

January 20, 2002  
Deadline for articles for February  
*WetSet*

January 22  
PNA Board Meeting  
Seattle Parks & Recreation  
Seattle, WA

February 15-16, 2002  
Alaska Master SCY State Champs  
Anchorage, AK  
Ginny Wright (907) 344-5321  
[ginnyw@alaska.net](mailto:ginnyw@alaska.net)  
[www.akmswim.org](http://www.akmswim.org)  
Entry deadline Feb 7

**February 16, 2002**  
**SCY Bellingham meet**

February 16  
PNA Board Meeting  
Bellingham, WA

February 20, 2002  
Deadline for articles for March *WetSet*

March 9, 2002  
SCY Pentathlon  
Tualatin Hills  
Sandi Rousseau  
[tsrousse@ix.netcom.com](mailto:tsrousse@ix.netcom.com)

**March 10, 2002**  
**SCY Mercer Island Sprint Meet**  
**Mary Wayte Pool**  
**Entries due Mar 1**

March 20, 2002  
Deadline for articles for April *WetSet*

March 24-30, 2002  
LCM  
FINA Masters World Championships  
Christchurch, New Zealand  
Neil Blanchfield +64-3 377-1700  
[masters.swim@greatevents.co.nz](mailto:masters.swim@greatevents.co.nz)  
[www.eventnz.co.nz](http://www.eventnz.co.nz)

March 27  
PNA Board Meeting  
Federal Way Library

**April 13-14, 2002**  
**SCY Zone & PNA Championships**  
**Weyerhauser King Co Aquatic Ctr**  
**Entries due Mar 30**

April 20, 2002  
Deadline for articles for May/June  
*WetSet*

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# Results

## Oak Harbor Pentathlon Meet

September 29, 2001

Short Course Meters

**P** PNA Record  
**Z** Zone Record

### WOMEN 19-24

<b>50 M. FREE</b>		
KATIE RICHTER	24 WSyd	42.44
<b>50 M. BACK</b>		
KATIE RICHTER	24 WSyd	45.71
<b>50 M. BRST</b>		
KATIE RICHTER	24 WSyd	48.51
<b>50 M. FLY</b>		
KATIE RICHTER	24 WSyd	45.72
<b>100 M. I.M.</b>		
KATIE RICHTER	24 WSyd	1:41.28

### WOMEN 25-29

<b>50 M. FREE</b>		
CARRIE NORDBERY	25 BEST	32.06
<b>100 M. FREE</b>		
KAREENA KING	27 FWM	1:43.19
<b>50 M. BACK</b>		
CARRIE NORDBERY	25 BEST	39.69
<b>100 M. BACK</b>		
KAREENA KING	27 FWM	2:06.81
<b>50 M. BRST</b>		
CARRIE NORDBERY	25 BEST	40.47
<b>100 M. BRST</b>		
KAREENA KING	27 FWM	2:06.50
<b>50 M. FLY</b>		
CARRIE NORDBERY	25 BEST	34.35
<b>100 M. FLY</b>		
KAREENA KING	27 FWM	2:03.59
<b>100 M. I.M.</b>		
CARRIE NORDBERY	25 BEST	1:18.55
<b>200 M. I.M.</b>		
KAREENA KING	27 FWM	4:10.62

### WOMEN 30-34

<b>50 M. FREE</b>		
LISA GOMEZ	33 UNA	30.09
Y.POEHLMAN	32 TIGE	30.98
MEGAN BUSSART	31 BMSC	32.48
KATHY MOORE	34 UNA	37.35
V.FAVRE-POONUN	33 OWET	37.96
<b>100 M. FREE</b>		
LINDA HEGERBERG	31 BMSC	1:11.37
VICKY WAGNER	32 NWM	1:16.50
<b>50 M. BACK</b>		
LISA GOMEZ	33 UNA	37.31
Y.POEHLMAN	32 TIGE	38.11
MEGAN BUSSART	31 BMSC	40.80
KATHY MOORE	34 UNA	44.53
V.FAVRE-POONUN	33 OWET	53.89
<b>100 M. BACK</b>		
LINDA HEGERBERG	31 BMSC	1:17.65
VICKY WAGNER	32 NWM	1:31.66
<b>50 M. BRST</b>		
Y.POEHLMAN	32 TIGE	42.36
MEGAN BUSSART	31 BMSC	42.61
LISA GOMEZ	33 UNA	43.35
V.FAVRE-POONUN	33 OWET	48.89
KATHY MOORE	34 UNA	51.64
<b>100 M. BRST</b>		
LINDA HEGERBERG	31 BMSC	1:22.18
VICKY WAGNER	32 NWM	1:39.13

<b>50 M. FLY</b>		
LISA GOMEZ	33 UNA	33.66
Y.POEHLMAN	32 TIGE	34.77
MEGAN BUSSART	31 BMSC	37.78
KATHY MOORE	34 UNA	45.40
V.FAVRE-POONUN	33 OWET	59.17
<b>100 M. FLY</b>		
LINDA HEGERBERG	31 BMSC	1:14.24
VICKY WAGNER	32 NWM	1:29.88
<b>100 M. I.M.</b>		
Y.POEHLMAN	32 TIGE	1:16.57
LISA GOMEZ	33 UNA	1:20.00
MEGAN BUSSART	31 BMSC	1:25.16
KATHY MOORE	34 UNA	1:39.08
<b>200 M. I.M.</b>		
LINDA HEGERBERG	31 BMSC	2:43.59
VICKY WAGNER	32 NWM	3:14.79

### WOMEN 35-39

<b>50 M. FREE</b>		
KAREN GREGORY	37 WAKO	45.24
TERRI NELSON	38 WAKO	45.36
<b>100 M. FREE</b>		
LAURA DE RIO	36 GLAD	1:19.46
<b>200 M. FREE</b>		
WENDY HOFFMAN	39 GLAD	2:52.40
<b>50 M. BACK</b>		
KAREN GREGORY	37 WAKO	50.31
TERRI NELSON	38 WAKO	59.52
<b>100 M. BACK</b>		
LAURA DE RIO	36 GLAD	1:35.33

(Continued from page 1)

In a 3-hour time span, it's pretty impressive."

The meet did get people to swim events they had never tried before. One swimmer, Kerry Ness, commented that he had swum all personal bests. Several he had never raced before, but that's the beauty of the Pentathlon.



<b>200 M. BACK</b>		
WENDY HOFFMAN	39 GLAD	3:17.46
<b>50 M. BRST</b>		
KAREN GREGORY	37 WAKO	1:01.42
TERRI NELSON	38 WAKO	1:04.41
<b>100 M. BRST</b>		
LAURA DE RIO	36 GLAD	1:36.95
<b>200 M. BRST</b>		
WENDY HOFFMAN	39 GLAD	3:33.41
<b>50 M. FLY</b>		
TERRI NELSON	38 WAKO	54.10
<b>100 M. FLY</b>		
LAURA DE RIO	36 GLAD	1:32.54
<b>200 M. FLY</b>		
WENDY HOFFMAN	39 GLAD	3:41.14



Harvey Prosser set an Zone Record in the 200 Fly in the Men's 70-74 age group.

Photo by Jim and Maral McCleary



Photo by Jim and Mardi McCleery

The start of the 100 Back from right to left: Jan Kavadas, Tom Foley, Jerry Plunkett, and Kareena King.

<b>100 M. I.M.</b>			
KAREN GREGORY	37 WAKO	2:01.48	
TERRI NELSON	38 WAKO	2:03.42	
<b>200 M. I.M.</b>			
LAURA DE RIO	36 GLAD	3:12.28	
<b>400 M. I.M.</b>			
WENDY HOFFMAN	39 GLAD	6:51.21	

**WOMEN 40-44**

<b>50 M. FREE</b>			
LAURA ROOKSTOOL	40 NWM	36.03	
SHARI SLATER	42 WIN	42.16	
<b>100 M. FREE</b>			
ZENA COURTNEY	42 UNA	1:07.07	
DALE FREEMAN	41 WIN	1:10.37	
CATHY COOLEY	44 GLAD	1:10.67	

<b>50 M. BACK</b>			
LAURA ROOKSTOOL	40 NWM	48.23	
SHARI SLATER	42 WIN	52.24	

<b>100 M. BACK</b>			
ZENA COURTNEY	42 UNA	1:13.73	
CATHY COOLEY	44 GLAD	1:22.07	
DALE FREEMAN	41 WIN	1:24.36	

<b>50 M. BRST</b>			
LAURA ROOKSTOOL	40 NWM	49.57	
SHARI SLATER	42 WIN	58.42	

<b>100 M. BRST</b>			
CATHY COOLEY	44 GLAD	1:29.93	
ZENA COURTNEY	42 UNA	1:31.85	
DALE FREEMAN	41 WIN	1:34.05	

<b>50 M. FLY</b>			
LAURA ROOKSTOOL	40 NWM	47.18	

<b>100 M. FLY</b>			
ZENA COURTNEY	42 UNA	1:13.15	
DALE FREEMAN	41 WIN	1:18.27	
CATHY COOLEY	44 GLAD	1:21.49	

<b>100 M. I.M.</b>			
LAURA ROOKSTOOL	40 NWM	1:36.47	
SHARI SLATER	42 WIN	1:48.86	

<b>200 M. I.M.</b>			
ZENA COURTNEY	42 UNA	2:43.66	
DALE FREEMAN	41 WIN	2:55.71	

**WOMEN 45-49**

<b>50 M. FREE</b>			
JULIE IDDON	47 WIN	35.88	
DEBORAH AMANDOLI	48 BEST	43.43	

<b>100 M. FREE</b>			
THEO MANLEY	46 WIN	1:20.22	

<b>50 M. BACK</b>			
JULIE IDDON	47 WIN	46.44	
DEBORAH AMANDOLI	48 BEST	59.20	

<b>100 M. BACK</b>			
THEO MANLEY	46 WIN	1:35.56	

<b>50 M. BRST</b>			
JULIE IDDON	47 WIN	46.58	
DEBORAH AMANDOLI	48 BEST	47.80	

<b>100 M. BRST</b>			
THEO MANLEY	46 WIN	1:45.60	

<b>50 M. FLY</b>			
JULIE IDDON	47 WIN	42.34	
DEBORAH AMANDOLI	48 BEST	50.32	

<b>100 M. FLY</b>			
THEO MANLEY	46 WIN	1:31.24	

<b>100 M. I.M.</b>			
JULIE IDDON	47 WIN	1:31.01	
DEBORAH AMANDOLI	48 BEST	1:49.70	

<b>200 M. I.M.</b>			
THEO MANLEY	46 WIN	3:18.15	

**WOMEN 50-54**

<b>50 M. FREE</b>			
KATHRINE CASEY	53 FSW	34.01	
LINDA MARIZ	53 BMSC	37.34	
KATE CARRUTHERS	53 BAM	40.50	
DEMPSEY DYBDAHL	52 FWM	41.58	
SUSAN ELLIOTT	51 WSYD	42.58	

<b>100 M. FREE</b>			
SARAH WELCH	54 PNA	1:24.32	

<b>50 M. BACK</b>			
KATHRINE CASEY	53 FSW	41.21	
LINDA MARIZ	53 BMSC	44.80	
KATE CARRUTHERS	53 BAM	48.34	
DEMPSEY DYBDAHL	52 FWM	49.14	
SUSAN ELLIOTT	51 WSYD	56.93	

<b>100 M. BACK</b>			
SARAH WELCH	54 PNA	1:44.68	

<b>50 M. BRST</b>			
KATHRINE CASEY	53 FSW	45.85	
LINDA MARIZ	53 BMSC	46.99	
DEMPSEY DYBDAHL	52 FWM	47.93	
KATE CARRUTHERS	53 BAM	48.96	
SUSAN ELLIOTT	51 WSYD	58.83	

<b>100 M. BRST</b>			
SARAH WELCH	54 PNA	1:52.57	

<b>50 M. FLY</b>			
KATHRINE CASEY	53 FSW	39.77	
LINDA MARIZ	53 BMSC	43.19	
DEMPSEY DYBDAHL	52 FWM	45.33	
KATE CARRUTHERS	53 BAM	49.84	
SUSAN ELLIOTT	51 WSYD	58.19	

<b>100 M. FLY</b>			
SARAH WELCH	54 PNA	1:37.25	

<b>100 M. I.M.</b>			
KATHRINE CASEY	53 FSW	1:30.73	
LINDA MARIZ	53 BMSC	1:34.15	
KATE CARRUTHERS	53 BAM	1:40.16	
DEMPSEY DYBDAHL	52 FWM	1:40.36	
SUSAN ELLIOTT	51 WSYD	2:04.12	
<b>200 M. I.M.</b>			
SARAH WELCH	54 PNA	3:25.69	

**WOMEN 55-59**

<b>50 M. FREE</b>			
JOY WARD	59 NCM	34.56	
<b>SALLY DILLON</b>	<b>55 NWM</b>	<b>34.59 P</b>	

<b>100 M. FREE</b>			
GINGER PIERSON	55 MAC	1:21.29	

<b>200 M. FREE</b>			
BONNIE PRONK	58 MSBC	2:56.07	

<b>50 M. BACK</b>			
JOY WARD	59 NCM	41.24	
SALLY DILLON	55 NWM	47.96	

<b>100 M. BACK</b>			
GINGER PIERSON	55 MAC	1:33.71	

<b>200 M. BACK</b>			
BONNIE PRONK	58 MSBC	3:03.94	

<b>50 M. BRST</b>			
SALLY DILLON	55 NWM	44.70 Z	
JOY WARD	59 NCM	50.82	

<b>100 M. BRST</b>			
GINGER PIERSON	55 MAC	1:32.43 Z	

<b>200 M. BRST</b>			
BONNIE PRONK	58 MSBC	3:09.45	

<b>50 M. FLY</b>			
JOY WARD	59 NCM	38.07	
SALLY DILLON	55 NWM	41.99	

<b>100 M. FLY</b>			
GINGER PIERSON	55 MAC	1:34.32 Z	

<b>200 M. FLY</b>			
BONNIE PRONK	58 MSBC	3:33.89	

<b>100 M. I.M.</b>			
JOY WARD	59 NCM	1:32.25	
<b>SALLY DILLON</b>	<b>55 NWM</b>	<b>1:33.40 P</b>	

<b>200 M. I.M.</b>			
GINGER PIERSON	55 MAC	3:15.21 Z	

<b>400 M. I.M.</b>			
BONNIE PRONK	58 MSBC	6:27.08	

**WOMEN 60-64**

<b>50 M. FREE</b>			
FRANCESCA DRUM	60 OOPS	40.08 P	
TERRY BURT	64 BEST	1:02.87	

<b>200 M. FREE</b>			
CHAYA AMIAD	63 WSYD	5:10.62	





<b>50 M. BACK</b>		
<b>FRANCESCA DRUM</b>	<b>60 OOPS</b>	<b>49.36 P</b>
TERRY BURT	64 BEST	1:14.33
<b>200 M. BACK</b>		
CHAYA AMIAD	63 WSYD	4:54.75
<b>50 M. BRST</b>		
<b>FRANCESCA DRUM</b>	<b>60 OOPS</b>	<b>48.21 Z</b>
TERRY BURT	64 BEST	1:29.48
<b>200 M. BRST</b>		
CHAYA AMIAD	63 WSYD	5:44.95
<b>50 M. FLY</b>		
FRANCESCA DRUM	60 OOPS	53.17
<b>100 M. I.M.</b>		
FRANCESCA DRUM	60 OOPS	1:42.70

### **WOMEN 65-69**

<b>200 M. FREE</b>		
EULAH VARTY	67 CAMS	4:00.11
<b>200 M. BACK</b>		
EULAH VARTY	67 CAMS	4:19.16
<b>200 M. BRST</b>		
EULAH VARTY	67 CAMS	4:14.14
<b>200 M. FLY</b>		
EULAH VARTY	67 CAMS	5:03.26

### **WOMEN 70-74**

<b>100 M. FREE</b>		
JANET KAVADAS	70 GLAD	2:15.44
<b>100 M. BACK</b>		
JANET KAVADAS	70 GLAD	2:30.77
<b>100 M. BRST</b>		
JANET KAVADAS	70 GLAD	2:35.91
<b>50 M. FLY</b>		
JANET KAVADAS	70 GLAD	1:28.82
<b>200 M. I.M.</b>		
JANET KAVADAS	70 GLAD	5:25.54

### **MEN 19-24**

<b>50 M. FREE</b>		
JASEN SPEER	20 UNA	27.52
<b>100 M. FREE</b>		
JASEN SPEER	20 WSYD	1:00.24
<b>50 M. BACK</b>		
MARC SLAWSON	20 UNA	32.02
<b>100 M. BACK</b>		
JASEN SPEER	20 WSYD	1:18.63
<b>50 M. BRST</b>		
MARC SLAWSON	20 UNA	35.49
<b>100 M. BRST</b>		
JASEN SPEER	20 WSYD	1:23.98
<b>50 M. FLY</b>		
MARC SLAWSON	20 UNA	30.15
<b>100 M. FLY</b>		
JASEN SPEER	20 WSYD	1:14.16
<b>100 M. I.M.</b>		
MARC SLAWSON	20 UNA	1:10.74
<b>200 M. I.M.</b>		
JASEN SPEER	20 WSYD	2:46.46

### **MEN 25-29**

<b>50 M. FREE</b>		
KEVIN SIVERTSON	26 OMS	27.44
DAVID AUSTIN	27 BMSC	28.63
<b>200 M. FREE</b>		
PATRICK MURRAY	26 NWM	3:34.17
<b>50 M. BACK</b>		
KEVIN SIVERTSON	26 OMS	33.57
DAVID AUSTIN	27 BMSC	38.53
<b>200 M. BACK</b>		
PATRICK MURRAY	26 NWM	4:00.40
<b>50 M. BRST</b>		
DAVID AUSTIN	27 BMSC	36.76
KEVIN SIVERTSON	26 OMS	42.59
<b>50 M. FLY</b>		
KEVIN SIVERTSON	26 OMS	30.01
DAVID AUSTIN	27 BMSC	37.06
PATRICK MURRAY	26 NWM	51.94
<b>100 M. I.M.</b>		
KEVIN SIVERTSON	26 OMS	1:10.92
DAVID AUSTIN	27 BMSC	1:19.50

### **MEN 30-34**

<b>50 M. FREE</b>		
DAN FROST	33 SEA	27.65
KERRY NESS	32 SVY	33.77
PAUL THOMAS	33 BMSC	35.84
<b>100 M. FREE</b>		
PAUL THOMAS	33 BMSC	1:28.43
<b>50 M. BACK</b>		
DAN FROST	33 SEA	31.56
KERRY NESS	32 SVY	44.50
<b>50 M. BRST</b>		
DAN FROST	33 SEA	36.04
KERRY NESS	32 SVY	41.54
<b>50 M. FLY</b>		
DAN FROST	33 SEA	30.82
KERRY NESS	32 SVY	37.83
<b>100 M. I.M.</b>		
DAN FROST	33 SEA	1:09.10
KERRY NESS	32 SVY	1:24.02

### **MEN 35-39**

<b>50 M. FREE</b>		
CHRIS GAARDER	36 OWET	28.51
KEN RAGSDALE	39 BAM	30.61
<b>200 M. FREE</b>		
STEVE RUITER	36 GLAD	2:11.66
<b>50 M. BACK</b>		
KEN RAGSDALE	39 BAM	39.39
CHRIS GAARDER	36 OWET	39.99
<b>200 M. BACK</b>		
STEVE RUITER	36 GLAD	2:25.44
<b>50 M. BRST</b>		
CHRIS GAARDER	36 OWET	36.13
KEN RAGSDALE	39 BAM	41.49
<b>200 M. BRST</b>		
STEVE RUITER	36 GLAD	2:49.82
<b>50 M. FLY</b>		
CHRIS GAARDER	36 OWET	31.56
KEN RAGSDALE	39 BAM	34.75
<b>200 M. FLY</b>		
STEVE RUITER	36 GLAD	2:21.85 P
<b>100 M. I.M.</b>		
CHRIS GAARDER	36 OWET	1:16.09
KEN RAGSDALE	39 BAM	1:20.37
<b>400 M. I.M.</b>		
STEVE RUITER	36 GLAD	5:04.62 P

### **MEN 40-44**

<b>50 M. FREE</b>		
RICHARD DENDY	41 WIN	27.48
DALE WATANABE	40 PNA	28.15
<b>100 M. FREE</b>		
CRAIG SLATER	41 WIN	1:02.88
MATTHEW BITTNER	42 UNA	1:25.40
<b>200 M. FREE</b>		
ERIC DYBDAHL	41 FWM	2:30.74
<b>50 M. BACK</b>		
RICHARD DENDY	41 WIN	33.43
DALE WATANABE	40 PNA	34.71
<b>100 M. BACK</b>		
CRAIG SLATER	41 WIN	1:12.67
<b>200 M. BACK</b>		
ERIC DYBDAHL	41 FWM	2:48.59
<b>50 M. BRST</b>		
RICHARD DENDY	41 WIN	33.53
DALE WATANABE	40 PNA	39.24
<b>100 M. BRST</b>		
CRAIG SLATER	41 WIN	1:19.34
MATTHEW BITTNER	42 UNA	1:46.57
<b>200 M. BRST</b>		
ERIC DYBDAHL	41 FWM	3:29.33
<b>50 M. FLY</b>		
DALE WATANABE	40 PNA	30.49
RICHARD DENDY	41 WIN	30.62
<b>100 M. FLY</b>		
CRAIG SLATER	41 WIN	1:10.71
<b>200 M. FLY</b>		
ERIC DYBDAHL	41 FWM	2:40.55
<b>100 M. I.M.</b>		
RICHARD DENDY	41 WIN	1:08.93
DALE WATANABE	40 PNA	1:11.16

### **Team Abbreviations**

<b>BAM</b>	Bainbridge Area Masters
<b>BEST</b>	Bellevue Eastside
<b>BMSC</b>	Bellingham Masters
<b>CAMS</b>	Cams Duncan
<b>FSW</b>	Ft. Steilacoom WAKO
<b>FWM</b>	Federal Way Masters
<b>GLAD</b>	Green Lake Aqua Ducks
<b>MAC</b>	Multnomah Athletic Club
<b>MSBC</b>	Masters Swimmers of BC
<b>NWM</b>	North Whidbey Masters
<b>OOPS</b>	Old Olympic Peninsula
<b>OWET</b>	Oregon Wetmasters
<b>PNA</b>	Pacific Northwest Association
<b>PORT</b>	Portland
<b>SVY</b>	Skagit Valley Y
<b>SEA</b>	Seaside
<b>TIGE</b>	Tigers
<b>TACY</b>	Tacoma YMCA
<b>UNA</b>	Unattached
<b>UWM</b>	UW Masters
<b>WIN</b>	Winskill Otters
<b>WSYD</b>	West Side YMCA

<b>200 M. I.M.</b>		
CRAIG SLATER	41 WIN	2:36.73
<b>400 M. I.M.</b>		
ERIC DYBDAHL	41 FWM	6:07.99

### **MEN 45-49**

<b>50 M. FREE</b>		
LOREN BAKER	47 BEST	28.56
GLEN MEHUS	47 AYM	29.90
KIRK KALLANDER	46 NWM	31.30
<b>50 M. BACK</b>		
LOREN BAKER	47 BEST	34.90
GLEN MEHUS	47 AYM	37.30
KIRK KALLANDER	46 NWM	37.88
<b>50 M. BRST</b>		
LOREN BAKER	47 BEST	36.06
GLEN MEHUS	47 AYM	37.20
KIRK KALLANDER	46 NWM	43.82
<b>50 M. FLY</b>		
LOREN BAKER	47 BEST	32.19
GLEN MEHUS	47 AYM	32.25
KIRK KALLANDER	46 NWM	35.54
<b>100 M. I.M.</b>		
LOREN BAKER	47 BEST	1:11.43 P
GLEN MEHUS	47 AYM	1:15.54
KIRK KALLANDER	46 NWM	1:22.62

### **MEN 55-59**

<b>50 M. FREE</b>		
RICK ALMBERG	57 NWM	31.23
MICHAEL MCKINLAY	58 BEST	32.68
AART LOOYE	57 WIN	34.26
<b>100 M. FREE</b>		
MICHAEL MCCOLLY	56 GLAD	1:09.87
JERRY PLUNKETT	55 UNA	1:28.22
<b>50 M. BACK</b>		
MICHAEL MCKINLAY	58 BEST	37.21
AART LOOYE	57 WIN	38.76
RICK ALMBERG	57 NWM	45.19
<b>100 M. BACK</b>		
JIM MCCLEERY	55 NWM	1:18.28
MICHAEL MCCOLLY	56 GLAD	1:19.99
JERRY PLUNKETT	55 UNA	1:46.24
<b>50 M. BRST</b>		
RICK ALMBERG	57 NWM	41.44
MICHAEL MCKINLAY	58 BEST	43.78
AART LOOYE	57 WIN	57.09



Photo by Jim and Maree McCleery

North Whidbey Masters members Patrick Murray, Laura Rookstool, and Rick Almborg relax between events.

# Top 10 Ways to Tell if You Need a New Swimsuit

One of the biggest expenses in being a swimmer is your swimsuit. For that reason, many people put off buying a new one for as long as possible. Here is a helpful top ten list of ways you can determine that you need to bite the bullet.

10. People avoid standing behind you.
9. People are always standing behind you.
8. The bottom of your suit brushes your kneecaps.
7. You can't find the leg-holes.
6. You bought it as a one-piece.
5. You didn't start the workout naked.
4. All of your appendages are in, but there is still an empty hole.
3. People start asking how you got interested in politics.
2. Someone asks if you've checked the "Lost and Found."
1. The people in your lane start tucking \$1 bills into the elastic.

In order to avoid embarrassment and the cost of a new suit every 6-10 weeks (depending on how often you are in the water of course), here are a couple of suggestions. Buy a nylon suit, they are rare but wear longer than the typical suit. Get a suit with a heavy liner. Or, the cheapest and most effective safeguard against playing peek-a-boo with your lane mates: wear two or more suits.

*Reprinted by permission from Dynamo Masters Swim Team's newsletter, The WaterShed.*

<b>100 M. BRST</b>			
MICHAEL MCCOLLY	56 GLAD	1:32.49	
JERRY PLUNKETT	55 UNA	1:51.94	
<b>50 M. FLY</b>			
RICK ALMBERG	57 NWM	34.85	
MICHAEL MCKINLAY	58 BEST	35.20	
AART LOOYE	57 WIN	40.21	
<b>100 M. FLY</b>			
MICHAEL MCCOLLY	56 GLAD	1:22.08	
JERRY PLUNKETT	55 UNA	1:51.53	
<b>100 M. I.M.</b>			
MICHAEL MCKINLAY	58 BEST	1:22.99	
RICK ALMBERG	57 NWM	1:25.73	
AART LOOYE	57 WIN	1:37.18	
<b>200 M. I.M.</b>			
MICHAEL MCCOLLY	56 GLAD	2:48.89	
JERRY PLUNKETT	55 UNA	3:43.39	
<b>400 M. I.M.</b>			
JIM MCCLEERY	55 NWM	5:38.92 Z	

**MEN 60-64**

<b>50 M. FREE</b>			
GARY CHASE	61 UNA	30.71 P	
LEE CARLSON	61 MIR	36.73	
HAROLD TAUSCHER	64 BMSC	37.63	
<b>100 M. FREE</b>			
BERT PETERSEN	63 PORT	1:16.47	
<b>50 M. BACK</b>			
GARY CHASE	61 UNA	34.52	
LEE CARLSON	61 MIR	42.44	
HAROLD TAUSCHER	64 BMSC	46.62	
<b>100 M. BACK</b>			
BERT PETERSEN	63 PORT	1:33.90	
<b>50 M. BRST</b>			
GARY CHASE	61 UNA	38.32	
HAROLD TAUSCHER	64 BMSC	40.75	
LEE CARLSON	61 MIR	47.07	
<b>100 M. BRST</b>			
BERT PETERSEN	63 PORT	1:39.64	
<b>50 M. FLY</b>			
GARY CHASE	61 UNA	33.49 P	
HAROLD TAUSCHER	64 BMSC	41.54	
LEE CARLSON	61 MIR	44.20	
<b>100 M. FLY</b>			
BERT PETERSEN	63 PORT	1:20.59	
<b>100 M. I.M.</b>			
GARY CHASE	61 UNA	1:17.68 P	
HAROLD TAUSCHER	64 BMSC	1:30.66	
LEE CARLSON	61 MIR	1:33.53	

<b>200 M. I.M.</b>			
BERT PETERSEN	63 PORT	3:08.63	

**MEN 65-69**

<b>50 M. FREE</b>			
DAVID DRUM	66 OOPS	33.90	
<b>100 M. FREE</b>			
TOM FOLEY	67 TIGE	2:03.46	
<b>200 M. FREE</b>			
DAVE DRUM	66 OOPS	2:51.83	
<b>100 M. BACK</b>			
DAVE DRUM	66 OOPS	1:35.90	
TOM FOLEY	67 TIGE	2:00.87	
<b>100 M. BRST</b>			
TOM FOLEY	67 TIGE	2:10.78	
<b>50 M. FLY</b>			
DAVE DRUM	66 OOPS	38.58	
<b>100 M. FLY</b>			
TOM FOLEY	67 TIGE	2:29.30	
<b>200 M. I.M.</b>			
TOM FOLEY	67 TIGE	4:27.25	

**MEN 70-74**

<b>200 M. FREE</b>			
HARVEY PROSSER	73 NWM	3:08.92	
<b>200 M. BACK</b>			
HARVEY PROSSER	73 NWM	3:53.98	
<b>200 M. BRST</b>			
HARVEY PROSSER	73 NWM	4:40.38	
<b>200 M. FLY</b>			
HARVEY PROSSER	73 NWM	4:15.39 Z	
<b>400 M. I.M.</b>			
HARVEY PROSSER	73 NWM	8:23.53	

**It's time to renew  
your USMS  
membership for  
2002!  
See back page.**





# Antioxidants—Myth or Magic?

By Dr. Bill Crouse, Overlake Hospital

Your grandmother said, "An apple a day keeps the doctor away." Your mother told you, "Eat your vegetables." For decades, dietitians have told us to eat a balanced diet with a good variety of foods and to eat everything in moderation. Then along came news of antioxidants.

You have no doubt heard claims and counterclaims about these substances. Antioxidants are a group of nutrients which include vitamins A (in forms such as carotenoids and retinoids), C, E, and the minerals zinc and selenium. What antioxidants do is fight one of the side effects of oxygen in our cells. It may seem ironic, but the same oxygen which is essential to life can also do our cells serious harm. Some of the chemical reactions of oxygen in the body create destructive by-products. We call these compounds free radicals.

Free radicals are oxygen molecules in a highly reactive, unstable form which are very toxic and can injure the cells in our body. Research now implicates these molecules in a wide range of diseases such as cancer, heart disease, cataracts, and lowered immune function, in addition to the aging process itself. Besides the free radicals produced by normal metabolic processes, our cells must also contend with exposure to free radicals from environmental factors such as cigarette smoke, exhaust fumes, radiation, ultraviolet light, X-rays, alcohol, and some pollutants.

Fortunately, there is a defense system to help process these toxic

oxidation reactions. That's where the antioxidants come in.

Antioxidant nutrients work synergistically to not only prevent further cell damage, but to also repair damaged cells by neutralizing the free radicals and removing their destructive energy. All antioxidants work to deactivate free radicals, but they do their jobs in different parts of a cell or during different metabolic processes. The roles of the various antioxidants overlap and researchers still do not agree on exactly how antioxidant compounds produce their beneficial effects. It could just as well be some of the other components (nutrients) in these foods.

Until additional studies have been completed, eating more dark leafy greens (spinach, kale, collard greens, etc.), broccoli, citrus fruits, tomatoes, peppers, strawberries, peaches, apricots, cantaloupe, cabbage, and a wide variety of whole-grain products is the best advice. These foods contain hundreds of substances that have the potential to improve your health. They are not just a handful of compounds that have been isolated and packaged into pills. In fact, supplements may provide high doses of some nutrients that can antagonize the absorption of other nutrients. Variety in your diet will provide the best and most diverse array of antioxidants.

Most research to date has pointed out repeatedly that obtaining antioxidants from food sources rather than supplements is

## Related web sites:

*American Dietetic Association at [www.eatright.org](http://www.eatright.org)*

*Nutrition resources, frequently asked questions, help finding a Registered Dietitian, and much more can be found at this site.*

*Dietetics Online at [www.dietetics.com](http://www.dietetics.com)*

*This site describes itself as a worldwide networking organization of nutrition and dietetic professionals.*

related to a reduced risk of certain cancers and heart disease. The latest evidence supports what you should already know: fruits, vegetables, and whole grains should be your first choice in getting your antioxidant protection. If you still want to take a supplement, dietary experts recommend taking a one-a-day multivitamin/mineral supplement rather than randomized supplements or mega-doses of single vitamins and minerals.

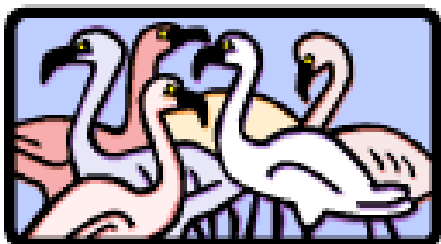
*Bill Crouse, MD, a board-certified family physician, is vice president of Medical Technology for the Overlake Venture Center in Bellevue.*

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## We're back . . . Orca Swim Meet Will Be in January

Mark your calendars—Queen City Splash & Ski meet—Saturday, January 19th, 2002. Warm-ups will begin at 8 am with meet beginning at 9 am. This annual meet usually attracts 150+ swimmers and will be taking place again at Helene Madison Pool in North Seattle. Don't miss the Pink Flamingo Relay.

**Postmark** deadline will be December 31st, 2001. Please renew your Masters membership early and send in your meet entry. Entry form is in this issue.



## The Diet and Stress Connection

Busy lifestyle, looming deadlines, family responsibilities. Stress is a part of our daily lives. Ever wonder what the connection is between stress and nutrition? The basic equation: A well-nourished person handles stress better than a poorly nourished one.

When you are under stress your nutrient needs may be altered by reduced absorption, increased excretion, and intensified daily requirements. On the other hand, it is likely that your eating habits are at their nutritional "worst" during periods of high stress. The combination of the emotional stress coupled with marginal nutrition suppresses the immune system leaving you more vulnerable to colds and infections.

Here are some quick tips to help improve your nutritional status during stressful times:

- Consider taking a multivitamin, one-a-day supplement. This is **not** a replacement for healthy eating but does help provide nutrients that may be low in your diet.
- Eat breakfast. It will help get you going for the rest of the day.
- Don't binge or graze endlessly on whatever is at hand. Sit down and enjoy your meal.
- Try quick foods, such as fresh, canned or frozen veggies added to canned soups or pastas. Experiment with the new frozen meals. Order in if you like, but don't skip meals.

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If you would like to become a PNA member or renew your membership, and receive *The WetSet* and *Swim Magazine*, please use the Member Registration Form on the back cover of this newsletter.

Affix old address label here (if changing address)

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**USMS National Top 10**  
May 31, 2001 Short Course Yards



Photo by Sandy McNeel

*Jim McCleery placed in the Top 10 in the 200 Free, 500 Free, 1000 Free, 1650 Free, and 400*

**WOMEN 19-24**

<b>500 YD. FREE</b>		
AURORA TALLACKSEN 24 # 7		5:27.65
<b>1000 YD. FREE</b>		
AURORA TALLACKSEN 24 # 2		11:27.97
<b>1650 YD. FREE</b>		
AURORA TALLACKSEN 24 # 2		18:48.27
<b>100 YD. BACK</b>		
JESSICA WEATHERS 22 # 9		1:02.16
<b>200 YD. FLY</b>		
AURORA TALLACKSEN 24 #10		2:19.45

**WOMEN 25-29**

<b>1000 YD. FREE</b>		
LESLIE MIX 26 # 6		11:32.04
<b>1650 YD. FREE</b>		
LESLIE MIX 26 # 6		19:09.13
<b>100 YD. FLY</b>		
JEAN DILLON 26 # 9		1:02.95
<b>200 YD. FLY</b>		
TAUNYA ROBERTS 27 # 7		2:24.61

**WOMEN 30-34**

<b>50 YD. BRST</b>		
LINDA HEGERBERG 31 # 6		32.74
<b>100 YD. BRST</b>		
LINDA HEGERBERG 31 # 6		1:10.56
<b>200 YD. BRST</b>		
LINDA HEGERBERG 31 # 4		2:30.92
<b>200 YD. I.M.</b>		
LINDA HEGERBERG 31 # 6		2:19.46
<b>400 YD. I.M.</b>		
LINDA HEGERBERG 31 # 9		4:59.04

**WOMEN 35-39**

<b>1650 YD. FREE</b>		
JERRY FREIMUTH 36 #10		19:15.79
<b>50 YD. BACK</b>		
CAROLYN MATHEWS 38 # 9		29.53
<b>200 YD. BRST</b>		
JERRY FREIMUTH 36 # 7		2:36.36

**WOMEN 40-44**

<b>50 YD. BACK</b>		
ZENA COURTNEY 41 # 2		29.03
<b>100 YD. BACK</b>		
ZENA COURTNEY 41 # 3		1:02.73
<b>200 YD. BACK</b>		
ZENA COURTNEY 41 # 2		2:13.58
<b>200 YD. BRST</b>		
TONYA BERG 42 # 7		2:43.17
<b>100 YD. FLY</b>		
KATHY BYERS 40 #10		1:04.14
<b>400 YD. I.M.</b>		
ZENA COURTNEY 41 # 3		4:56.90

**WOMEN 45-49**

<b>50 YD. FREE</b>		
MARY LIPPOLD 45 # 4		26.44
DEBBIE GLASSMAN 47 # 6		26.74
JO MOORE 46 #10		27.30
<b>100 YD. FREE</b>		
MARY LIPPOLD 45 # 3		57.68
DEBBIE GLASSMAN 47 # 7		1:00.14
JO MOORE 46 #10		1:00.31
<b>200 YD. FREE</b>		
MARY LIPPOLD 45 # 3		2:06.33
<b>500 YD. FREE</b>		
MARY LIPPOLD 45 # 5		5:47.57
<b>1000 YD. FREE</b>		
BARBARA GUNDRED 49 # 5		12:14.15
JO MOORE 46 # 6		12:18.10
<b>1650 YD. FREE</b>		
JO MOORE 46 #10		20:47.86

<b>50 YD. BACK</b>		
BARBY CAHILL 45 # 2		31.47
BARBARA GUNDRED 49 # 6		31.82
<b>100 YD. BACK</b>		
BARBARA GUNDRED 49 # 2		1:07.43
BARBY CAHILL 45 # 5		1:09.68
<b>200 YD. BACK</b>		
BARBARA GUNDRED 49 # 2		2:24.74
BARBY CAHILL 45 # 3		2:29.22
<b>100 YD. BRST</b>		
A.LITZENBERGER 48 # 7		1:17.51
<b>200 YD. BRST</b>		
A.LITZENBERGER 48 # 6		2:48.68
<b>50 YD. FLY</b>		
DEBBIE GLASSMAN 47 # 6		29.36
<b>100 YD. FLY</b>		
MARY LIPPOLD 45 # 3		1:05.31
DEBBIE GLASSMAN 47 # 7		1:07.33
A.LITZENBERGER 48 # 9		1:08.38
<b>200 YD. FLY</b>		
MARY LIPPOLD 45 # 4		2:28.76
DEBBIE GLASSMAN 47 # 7		2:31.94
<b>100 YD. I.M.</b>		
A.LITZENBERGER 48 # 8		1:10.63

**WOMEN 50-54**

<b>50 YD. FREE</b>		
CHARLOTTE DAVIS 51 # 1		27.24
<b>100 YD. FREE</b>		
CHARLOTTE DAVIS 51 # 1		59.83
KATHRINE CASEY 52 # 6		1:03.72
<b>200 YD. FREE</b>		
SALLY DILLON 54 # 8		2:22.69
KATHRINE CASEY 52 #10		2:23.70
<b>500 YD. FREE</b>		
SALLY DILLON 54 #10		6:23.12
<b>1000 YD. FREE</b>		
SALLY DILLON 54 # 6		13:09.13
KATHRINE CASEY 52 # 9		13:23.84
<b>1650 YD. FREE</b>		
SALLY DILLON 54 # 5		21:53.23
KATHRINE CASEY 52 # 7		22:32.47
<b>50 YD. BACK</b>		
CHARLOTTE DAVIS 51 # 3		32.86
<b>100 YD. BACK</b>		
KATHRINE CASEY 52 # 8		1:16.36
<b>200 YD. BACK</b>		
KATHRINE CASEY 52 # 6		2:42.38
<b>50 YD. BRST</b>		
KATHRINE CASEY 52 # 8		38.25
<b>100 YD. BRST</b>		
KATHRINE CASEY 52 # 8		1:24.39
<b>200 YD. BRST</b>		
KATHRINE CASEY 52 # 7		3:02.60

<b>50 YD. FLY</b>		
CHARLOTTE DAVIS 51 # 1		30.24
<b>200 YD. FLY</b>		
KATHRINE CASEY 52 # 6		3:04.74
<b>100 YD. I.M.</b>		
CHARLOTTE DAVIS 51 # 2		1:09.06
<b>200 YD. I.M.</b>		
KATHRINE CASEY 52 # 8		2:47.90
<b>400 YD. I.M.</b>		
KATHRINE CASEY 52 # 5		5:57.26

**WOMEN 55-59**

<b>500 YD. FREE</b>		
SUZANNE DILLS 56 # 2		6:19.47
<b>1000 YD. FREE</b>		
SUZANNE DILLS 56 # 2		13:11.28
<b>1650 YD. FREE</b>		
SUZANNE DILLS 56 # 2		21:40.40
<b>50 YD. BACK</b>		
PINKY WALKER 58 # 6		38.74
<b>100 YD. BACK</b>		
SUZANNE DILLS 56 # 9		1:23.71
<b>100 YD. BRST</b>		
SUZANNE DILLS 56 #10		1:31.29
<b>200 YD. BRST</b>		
SUZANNE DILLS 56 #10		3:21.65
<b>50 YD. FLY</b>		
SUZANNE DILLS 56 # 5		33.78
<b>100 YD. FLY</b>		
SUZANNE DILLS 56 # 3		1:15.67
<b>200 YD. FLY</b>		
SUZANNE DILLS 56 # 3		2:59.65
<b>400 YD. I.M.</b>		
SUZANNE DILLS 56 # 2		5:52.62

**WOMEN 75-79**

<b>1000 YD. FREE</b>		
MARION CHADWICK 79 # 9		28:01.27
<b>100 YD. BRST</b>		
MURIEL FLYNN 77 # 7		2:10.90
<b>50 YD. FLY</b>		
BETTY KERCHEVAL 76 # 2		52.91
<b>100 YD. FLY</b>		
BETTY KERCHEVAL 76 # 3		2:10.64
<b>100 YD. I.M.</b>		
BETTY KERCHEVAL 76 # 7		2:01.22
<b>200 YD. I.M.</b>		
BETTY KERCHEVAL 76 # 5		4:30.22

**WOMEN 80-84**

<b>50 YD. BACK</b>		
MAXINE CARLSON 81 # 9		1:03.97



<b>100 YD. BACK</b>		
MAXINE CARLSON	80 # 7	2:14.05
<b>200 YD. BACK</b>		
MAXINE CARLSON	81 # 5	4:41.99
<b>50 YD. BRST</b>		
PAT MATTHIESEN	84 #10	1:22.37
<b>50 YD. FLY</b>		
PAT MATTHIESEN	84 # 7	1:31.99
<b>100 YD. I.M.</b>		
MAXINE CARLSON	80 # 7	2:33.27
PAT MATTHIESEN	84 # 8	2:49.64

**MEN 30-34**

<b>200 YD. BRST</b>		
TOM SCHUTTE	31 # 7	2:18.53
<b>50 YD. FLY</b>		
JON PAUOLE	30 # 8	23.82

**MEN 40-44**

<b>1000 YD. FREE</b>		
JACK STAVROS	41 #10	10:52.83
<b>200 YD. I.M.</b>		
DAVID SANTOS	42 # 3	2:01.45
<b>400 YD. I.M.</b>		
DAVID SANTOS	42 # 2	4:22.20

**MEN 45-49**

<b>200 YD. FREE</b>		
STEVE SUSSEX	45 # 5	1:50.40
<b>500 YD. FREE</b>		
STEVE SUSSEX	45 # 1	4:57.65
<b>1000 YD. FREE</b>		
STEVE SUSSEX	45 # 2	10:17.47
<b>200 YD. I.M.</b>		
STEVE SUSSEX	45 # 6	2:08.36

**MEN 50-54**

<b>200 YD. BACK</b>		
FRANK WARNER	52 # 8	2:18.28

**MEN 55-59**

<b>200 YD. FREE</b>		
JIM MCCLEERY	55 # 8	2:05.30
<b>500 YD. FREE</b>		
JIM MCCLEERY	55 # 5	5:38.73
MICHAEL MCCOLLY	55 # 8	5:41.44
<b>1000 YD. FREE</b>		
JIM MCCLEERY	55 # 2	11:22.48
MICHAEL MCCOLLY	55 # 5	11:56.75
<b>1650 YD. FREE</b>		
JIM MCCLEERY	55 # 2	19:15.08
<b>200 YD. BACK</b>		
MICHAEL MCCOLLY	55 # 3	2:24.81
<b>400 YD. I.M.</b>		
JIM MCCLEERY	55 # 2	5:02.31
MICHAEL MCCOLLY	55 # 8	5:11.99

**MEN 60-64**

<b>50 YD. BACK</b>		
GARY CHASE	61 # 1	29.68
<b>100 YD. BACK</b>		
GARY CHASE	61 # 1	1:05.57
<b>200 YD. BACK</b>		
GARY CHASE	61 # 1	2:27.57
<b>100 YD. BRST</b>		
GARY CHASE	61 # 5	1:16.36
<b>100 YD. I.M.</b>		
GARY CHASE	61 # 5	1:07.91
<b>200 YD. I.M.</b>		
GARY CHASE	61 # 7	2:36.24
<b>400 YD. I.M.</b>		
GARY CHASE	61 # 5	5:49.24

**MEN 70-74**

<b>200 YD. FREE</b>		
TOM TAYLOR	70 # 6	2:29.71
<b>500 YD. FREE</b>		
TOM TAYLOR	70 # 5	6:49.79

<b>1000 YD. FREE</b>		
TOM TAYLOR	70 # 2	13:52.50
HARVEY PROSSER	72 # 8	15:14.40
<b>1650 YD. FREE</b>		
TOM TAYLOR	70 # 3	22:56.78
HARVEY PROSSER	72 # 9	25:33.59
<b>100 YD. BACK</b>		
TOM TAYLOR	70 # 8	1:24.97
<b>200 YD. BACK</b>		
TOM TAYLOR	70 # 7	3:05.70
<b>50 YD. BRST</b>		
TOM TAYLOR	70 # 3	37.15
<b>100 YD. BRST</b>		
TOM TAYLOR	70 # 3	1:24.31
<b>200 YD. BRST</b>		
TOM TAYLOR	70 # 4	3:13.82
<b>100 YD. I.M.</b>		
TOM TAYLOR	70 # 7	1:20.81
<b>200 YD. I.M.</b>		
TOM TAYLOR	70 # 3	2:57.36
<b>400 YD. I.M.</b>		
TOM TAYLOR	70 # 4	6:26.27

**MEN 75-79**

<b>200 YD. BRST</b>		
JAMES WORREL	78 # 5	4:00.76

**MEN 85-89**

<b>50 YD. FREE</b>		
GENE CROSSETT	86 # 8	44.82

<b>100 YD. FREE</b>		
GENE CROSSETT	86 # 6	1:43.59
<b>200 YD. FREE</b>		
GENE CROSSETT	86 # 4	3:49.19
<b>500 YD. FREE</b>		
GENE CROSSETT	86 # 5	10:44.73
<b>1000 YD. FREE</b>		
GENE CROSSETT	86 # 4	21:55.48

**RELAYS-WOMEN 200 YD. FREE**

<b>35 +</b>		
CAROLYN MATHEWS	38 # 6	1:46.97
TONYA BERG	42	
LISA WILSON	39	
ZENA COURTNEY	41	

<b>45 +</b>		
DEBBIE GLASSMAN	47 # 1	1:47.37
BARBARA GUNDRED	49	
CHARLOTTE DAVIS	51	
MARY LIPPOLD	45	

KATHRINE CASEY	52 # 7	1:58.71
SARAH WELCH	54	
SALLY DILLON	54	
A.LITZENBERGER	48	

<b>65 +</b>		
JOAN DAVIS	70 # 7	3:35.15
JANET KAVADAS	70	
MARGARET WINNIE	68	



Joan Davis, with relay teammates, Janet Kavadas, Margaret Winnie, and Karen Bryce placed 7th in the 65+ 200 yard Free Relay.



# HAPPY BIRTHDAY

to the following PNA swimmers!

## RELAYS-WOMEN 200 YD. MEDLEY

45 +  
 BARBARA GUNDRED 49 # 1 2:02.96  
 A.LITZENBERGER 48  
 DEBBIE GLASSMAN 47  
 MARY LIPPOLD 45

BARBY CAHILL 45 # 3 2:10.24  
 KATHRINE CASEY 52  
 CHARLOTTE DAVIS 51  
 SALLY DILLON 54

65 +  
 JOAN DAVIS 70 # 7 4:24.34  
 LIVIA WALKER 78  
 MARGARET WINNIE 68  
 KAREN BRYCE 67

## RELAYS-MIXED 200 YD. FREE

35 +  
 MICHAEL JONES 40 # 8 1:39.10  
 CAROLYN MATHEWS 38  
 LISA WILSON 39  
 ROBERT FISH 37

45 +  
 MARY LIPPOLD 45 # 1 1:40.01  
 RONALD JACOBS 49  
 DEBBIE GLASSMAN 47  
 STEVE SUSSEX 45

## RELAYS-MIXED 200 YD. MEDLEY

45 +  
 RONALD JACOBS 49 # 2 1:54.67  
 A.LITZENBERGER 48  
 STEVE SUSSEX 45  
 MARY LIPPOLD 45

65 +  
 JANET KAVADAS 70 #10 3:39.17  
 MARGARET WINNIE 68  
 DON REHFELDT 66  
 GENE CROSSETT 87

*"Luck is what happens when preparation meets opportunity."—  
 Coach Darrel Royal*

- |                          |                             |
|--------------------------|-----------------------------|
| 11 15 LONNY KANEKO       | 11 29 LIZ MCCORMACK         |
| 11 15 BONNIE RAUME       | 11 29 MARK ADAMS            |
| 11 15 KARIN GARDNER      | 11 29 MICHELLE KONDO        |
| 11 16 KARLA EDWARDS      | 11 30 SACHIN KUKREJA        |
| 11 16 DORRES FOSTER      | 11 30 DEREK MULLEN          |
| 11 17 VALERIE O'NEIL     | 11 30 SHIRLEY KOLM          |
| 11 17 CHERILYN SUITER    | 12 01 DEBORAH FESTE-KIRK    |
| 11 17 ELIZABETH SCOTT    | 12 01 IAN JOHNSTON          |
| 11 18 CHRISTOPHER KILMER | 12 02 MIKE GRIMM            |
| 11 18 JOLEEN WEESE       | 12 03 DEBORAH BELLINGHAUSEN |
| 11 18 MARK ELLIS         | 12 04 TIM WELCH             |
| 11 19 KARL JEFFERS       | 12 05 GARY KIMURA           |
| 11 19 MICHAEL SCHAEFFER  | 12 06 LAURA ROOKSTOOL       |
| 11 19 KYMMBERLY MYRICK   | 12 06 GEOFF WILWERDING      |
| 11 19 BREE DAVIDSON      | 12 07 KEN RAGSDALE          |
| 11 20 DAVID TURNER       | 12 07 LINDA HAMILTON        |
| 11 21 DANA COX           | 12 07 MARSHA HANSEN         |
| 11 22 BRETT MILLER       | 12 07 EVERETT MCCOOEY       |
| 11 22 BLAKE WAGNER       | 12 07 BRIDGET O'CONNELL     |
| 11 23 RONALD JONES       | 12 07 PETER JONES           |
| 11 23 NICK LECLERCQ      | 12 07 TAMARA BENNETT        |
| 11 24 DEBBIE GLASSMAN    | 12 08 KIRK KALLANDER        |
| 11 25 MATT SELLMAN       | 12 09 DAVID EDGAR           |
| 11 25 D. KIKO VANZANDT   | 12 09 JAMES HURSH           |
| 11 25 PETER LIEKKIO      | 12 09 DAN NELLIS            |
| 11 25 CHRIS JONES        | 12 09 MEGAN BERGER          |
| 11 25 MARCUS FAIRBANKS   | 12 09 MARK DAVIES           |
| 11 26 SHELLEY HALL       | 12 11 TERESA SOUCIE         |
| 11 27 SAMUEL LAWRENCE    | 12 11 CAROL GANNAWAY        |
| 11 26 PAUL CLEMENTS      | 12 11 STACY CUMMINGS        |
| 11 27 LINDA MARIZ        | 12 12 JAMES KURTZ           |
| 11 27 DAVID SCHULZ       | 12 13 FRANK NEWQUIST        |
| 11 28 SARAH WILLIS       | 12 13 SCOTT LAUTMAN         |
| 11 28 JOAN ADKISSON      | 12 14 RICK COLELLA          |

## 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**  
 US Masters Swimming  
 Masters Swimming Canada  
 Oregon Masters  
 Masters Swimming of BC  
 Utah Masters  
 Pacific Masters (CA)

[www.swimpna.org](http://www.swimpna.org)  
[www.usms.org](http://www.usms.org)  
[www.compumart.ab.ca/masterssc/](http://www.compumart.ab.ca/masterssc/)  
[www.swimoregon.org](http://www.swimoregon.org)  
[www.mastersswimming.bc.ca/](http://www.mastersswimming.bc.ca/)  
[www.utahmasters.org](http://www.utahmasters.org)  
[www.pacificmasters.org](http://www.pacificmasters.org)





# THE FINAL LAP



...Or Matt Shirley's Soapbox

I have noticed that a number of people who are new to swimming have a mistaken assumption about US Masters. To wit, they believe one has to already be pretty proficient at swimming before one can join a team and participate in its workouts, or participate in stroke clinics, or basically do anything that would help move past that awkward feeling beginner stage. Several people have tried to gently dispel this misunderstanding. Let me shout this from the rooftops: **You are good enough and completely worthy to join USMS just the way you are!**

USMS is about anyone who wants to improve their swimming and enjoy the fellowship of like minded people, period. Any swimmer, regardless of ability, can have a goal, and no one's goal is more or less worthy because it is faster or slower than someone else's. We have some people in USMS who's speed and power in the water are almost beyond comprehension. But, there is no inherent significance in one of their world record swims. All significance is assigned by people. Your goal is just as important to you, and just as worthy.

Let's talk about the medium of water for a minute. At top speeds, it is much less forgiving than air, much more dense and resistant. However, for less intense exercise, it is much more forgiving. Your natural buoyancy will hold you up, or at minimum drastically reduce the weight you have to support against the effects of gravity. Moreover, water is a much more efficient medium for dissipating excess body heat. If you have some kind of physical problem, you really ought to be getting your exercise in the water because you can do it better, longer, and with less risk of

injury than on land.

Now, let's talk about who can benefit most from swimming with a coach or a group. For all you triathletes out there, let me use an analogy to bicycling. When you were a kid just learning how to ride a bike, did you do a lot of conditioning for your legs, maybe some jogging or lifting weights, before you jumped on the bike for the first time, because you wanted to be sure you were in good enough shape to bike a half mile that first time? Heck no! That isn't how people learn to ride a bike! So why would you think that you have to be able to do something like swim 500 yards without stopping before you can get coaching or join a team? The easiest and fastest progress you will make is refining your stroke technique so that you can swim at a sustainable pace (like easy walking) and go as far as you like. So get your instruction right away, conditioning can come later. And, a Masters team can be one of the best places to get your coaching.

On a similar topic, a number of former swimmers think they have to get themselves in shape before they start working out with a team. "So I don't embarrass myself." Why?! These people don't know you and don't know how fast you were \_\_\_\_ years ago. Why would you want to deny yourself the fellowship and the variety of working out with a group? (In the final analysis, the greatest enemy to regular exercise is not age, or busy schedules, or injury, or lack of athletic ability; it's boredom.) So start out in a slower lane, and amaze everyone by how fast you move up!

Let me offer a few tips for picking the right team for you. Please do not interpret this to mean "I am not worthy." Look at this as a

method for directing traffic. For most Masters teams, you will have a difficult time if you cannot swim one length of the pool without stopping. Does that mean you need to suffer on your own? Of course not! Find yourself some good coaching to improve your technique. Conditioning can look after itself; let's get those training wheels off your bike. You may also find that you will benefit most from finding a coach who works with competitive or Masters swimmers, rather than starting with a rinky-dink learn-to-swim class. Best to learn good mechanics right away, rather than the Australian crawl circa 1950.

When you want to find a team, understand that all teams are different. You should try several until you find the one that is most comfortable and makes you want to come to practice. Understand that some teams have different levels of participation based in part on ability, and in some high Masters density areas, some teams even have strict ability and minimum participation requirements. That's cool. It is not about who is more worthy; it's about directing traffic.

Swimming can be a challenging and frustrating sport. It certainly allows less interaction with other people than most other sports. There is no need to turn it into a solitary sport. Find your group of swimming mates ASAP, and treasure them like gold. They will keep you far younger than you ever imagined possible!

Matt Shirley

St Louis Masters Swim Club

