



## Despite Changes, 2004 Champs Turnout as Large as Ever

**T**wo things changed this year at PNA Champs. First, the meet was held on Friday and Saturday instead of Saturday and Sunday. Second, two pools were used for all events except relays; in the past two pools were used only for distance events.

One thing that didn't change, though, was the venue: Federal Way's Weyerhaeuser King County Aquatics Center, a world class facility where over 250 swimmers gathered to participate in PNA's signature competitive event.

### Why Friday and Saturday?

Champs is scheduled for the second weekend in April. But in past years, when that weekend included Easter, the meet was held on another weekend at a different venue. "This year we wanted to keep the meet at the Aquatic Center, so we decided to try running it on a Friday and Saturday, and that seemed to work out quite well," says Hugh Moore, who together with Hank Kirkland served as meet co-director.

### Why Two Pools?

In the past, Champs has used the Aquatic Center's two pools

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*Looking for meet results, places to swim, past newsletters or other information about PNA? Check out our Web site at [www.swimpna.org](http://www.swimpna.org).*

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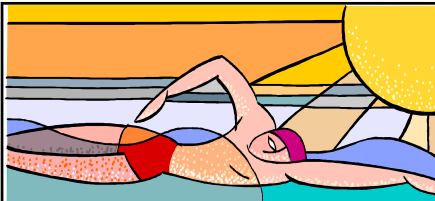
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*PNA President Jeanne Ensing presents PNA's 2004 Coach of the Year Award at Champs to Wendy and Malcolm Neeley, who coach the Federal Way Masters.*



# WET SET

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**Fitness:** Jo Moore

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**Safety:** Kathy Casey

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Are you a "fitness" swimmer or a "competitive" swimmer? USMS leaders look frequently for ways to encourage fitness swimmers to become competitive. I found out that despite years of denial, I am a "competitive" swimmer!

## June Van Leynselle's Tale

Another person who moved from fitness to competitive swimmer was June Van Leynselle. A year ago, when the Shoreline Pool, where the North End Otters swim, was about to shut down for a month, June asked NEO swimmers in the locker room where they'd be swimming during that month. They told her the Helen Madison Pool, and June joined NEO the next week.

She went from a lap swimmer, who had never jumped into a pool, to a competitive Masters swimmer contributing to NEO's points at PNA Champs just six weeks later. She didn't jump into the pool—she dove from the blocks! After her first event at Champs, the 50 back stroke, June told NEO coach Robin O'Leary that she couldn't do any more. Robin told her to swim the 100 free long and relaxed, which June did. She then placed third in the 50 free, third in the 100 free, fifth in the 50 back and first in the 100 back in the 60-64 age group.

June was a great support for NEO swimmers who did the Bay Area's Escape from Alcatraz Swim this past September. She learned how to use a video camera and helped provide motivating presents—and presence—for the swimmers. She regrets that she didn't swim it; next time she plans

# LEADING OFF



By Jan Kavadas,  
Board Member at Large

to.

June reports that swimming has changed her lifestyle; she now goes to work later. She began working out three days a week, then four, then realized that she was missing NEO's "dreaded" Wednesday distance training. So she now swims five days a week consistently.

## Renee Quistorf's Tale

Renee joined NEO because she's competitive as a small business owner and always had a desire to belong to a swim team. She's a competitive runner, beginning with cross country track in high school and eventually moving on to marathons, 10Ks and similar races.

Renee's swimming instruction consisted of only a few swimming lessons when she was five from a neighbor. After joining NEO, she had to learn most of the competitive strokes. But she is improving. And although she reported initial fatigue during the

(Continued on page 8)

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.



# MASTERS 2004 CALENDAR

**OPEN  
POSTAL SWIMS  
MEETS**  
**CLINICS**

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

May 5-September 30, 2004  
USMS 5K & 10K Postal  
Championship  
Bruce Hopson (314) 569-2220  
(314) 569-0382  
[bhopson@swbell.net](mailto:bhopson@swbell.net)

**May 25, 2004**  
**PNA Board Meeting**  
**Seattle Parks & Recreation**  
**7:00 p.m.**

June 3-13, 2003  
FINA Masters World Champs  
Riccione, Italy

June 12, 2004  
USMS 5K Open Water  
Championship  
Fernandina, FL  
Edward Gaw  
[edginc@att.net](mailto:edginc@att.net)

**June 22, 2004**  
**PNA Board Meeting**  
**Edmonds**

June 27, 2004  
USMS 2-Mile Cable Championship  
Eagle Creek Reservoir  
Indianapolis, IN  
Mel Goldstein (317) 253-8289  
[goldstein@mindspring.com](mailto:goldstein@mindspring.com)

June 28, 2004  
USMS 1 Mile Open Water  
Championship  
Wildwood, NJ  
Vicki Anders (410) 502-5395  
[andervi@jhmi.edu](mailto:andervi@jhmi.edu)

July 10, 2004  
2004 USMS 10K Open Water  
Championship Huntington Bay  
Huntington, NY  
Bea Hartigan (631) 271-3349  
[bea10k@yahoo.com](mailto:bea10k@yahoo.com)

**July 17**  
**Fat Salmon**  
**Lake Washington**  
**See page 7 for update.**

**July 24-25, 2004**  
**Northwest Zone Long Course**  
**Meters Champs**  
**South Kitsap High School**  
**Port Orchard, WA**  
**Steve Peterson (360) 692-1699**  
[speterson@bandwagon.net](mailto:speterson@bandwagon.net)  
**See page 15 for entry form.**

**July 27, 2004**  
**PNA Board Meeting**  
**Tacoma or Federal Way**

**August 7, 2004**  
**Lake Padden**  
**See page 16 for entry form.**

**August 14**  
**Away-From Home 5K/10K Postal**  
**Swim Opportunity**  
**South Kitsap High School**  
**Port Orchard, WA**  
**See page 14 for details.**

August 11-15, 2004  
USMS Long Course  
Championships  
Savannah, GA  
Scott Rabalais (912) 927-7016  
[scottrabalais@compuserv.com](mailto:scottrabalais@compuserv.com)

August 21  
SCM  
Grass Valley A.C.  
Camas, OO  
Bert Petersen  
[Petersen@exchangenet.net](mailto:Petersen@exchangenet.net)

**August 24, 2004**  
**PNA Board Meeting**  
**Seattle Parks & Recreation**

**September 25, 2004**  
**7th Annual Short Course Meters**  
**Pentathlon Meet**  
**Oak Harbor, WA**  
**Sally Dillon (360) 679-5038**  
[salswmr@earthlink.net](mailto:salswmr@earthlink.net)  
**See page 17 for entry form.**

## 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  
USMS Northwest Zone  
Oregon Masters  
Alaska LMSC  
Utah Masters  
Masters Swimming of BC

[www.swimpna.org](http://www.swimpna.org)  
[www.usms.org](http://www.usms.org)  
[www.northwestzone.org](http://www.northwestzone.org)  
[www.swimoregon.org](http://www.swimoregon.org)  
[www.akmswim.org](http://www.akmswim.org)  
[www.utahmasters.org](http://www.utahmasters.org)  
[www.mastersswimming.bc.ca](http://www.mastersswimming.bc.ca)



# PNA Champs

## April 9-10, 2004

(Continued from page 1)

simultaneously only for distance events. This year they were used for nearly all events. That saved three-and-a-half to four hours of pool time. Saving pool time is essential because the cost of renting the Aquatic Center has risen dramatically in recent years. "In other words, the two-pool format was a form of cost containment," says Hugh.

### Strong Turnout

One concern was that holding the meet on Easter weekend would lower the turnout. But that didn't happen. According to Hugh, 269 swimmers signed up this year for Champs, which in a typical year draws 250 to 275 competitors.

### Special Thanks

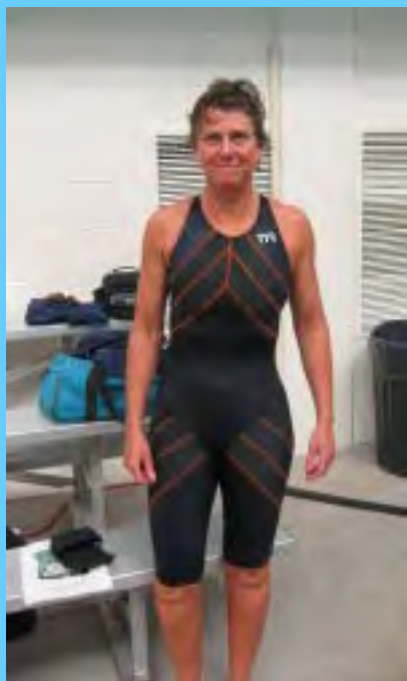
Like any swim meet, Champs couldn't happen without help from many volunteers. This year, they included, in addition to Hugh and Hank, Holly Bork, Ken Breiding, Mary Coddington, Mike Anderson, Judy Williams, Julie Fay, Jane Moore, Mary Ann White and other members of Federal Way Masters.

### Looking Ahead

In 2005 Champs will return to a Saturday-Sunday format. But, says Hugh, "because of the need to hold down costs, I expect we'll once again use both pools for most events, splitting the events evenly between Saturday and Sunday."

### PNA (P) and Zone (Z) Records Set at Champs Meet

Charlotte Davis (53)	NEO	100 Y Fly 400 Y IM	1:08.89 Z 5:21.56 Z
Kathy Casey (55)	FTSW	100 Y Back	1:18.99P
Pinky Walker (61)	TACM	200 Y Free	2:44.29P
Chaya Amiad (66)	WSYD	200 Y Fly	5:34.24P
Bernice Phillips (76)	BAM	100 Y Back	2:00.96Z
Muriel Flynn (81)	TACY	50 Y Free	49.69 Z
Elliott Kolbe (23)	ORCA	100 Y Free 200 Y Free 50 Y Brst 100 Y Brst	47.77P 1:44.59P 26.69P 59.63P
Alden Koll (21)	HMST	100 Y Back 200 Y Back	56.84P 2:04.13P
Brent Nordyke (28)	FWM	400 Y IM	4:19.01P
Amon Emeka (35)	UNA	50 Y Fly	24.08P
Scott Lautman (51)	FWM	400 Y IM	4:41.96Z
James McCleery (58)	NWM	1650 Y Free	18:53.14Z
Steve Peterson (57)	OOPS	50 Y Brst	33.27P
Larry Wright (55)	NHM	50 Y Fly 100 Y IM	27.42P 1:05.86P
Robert Pilger (60)	UNA	50 Y Free 100 Y Free 200 Y Free	25.81P 1:00.18P 2:18.82P
Sonny Garrett (60)	UNA	50 Y Fly	28.99P
Gene Crossett (90)	NEO	100 Y Free 200 Y Free 500 Y Free	2:01.82Z 4:26.73Z 11:40.02 Z
Brent Nordyke, Jennier Evans, Emily Woodworth & Will Cann	FWM	19+ 200 Y Free Mixed Relay	1:38.33Z



*Janet Johnson, Port Townsend Masters*



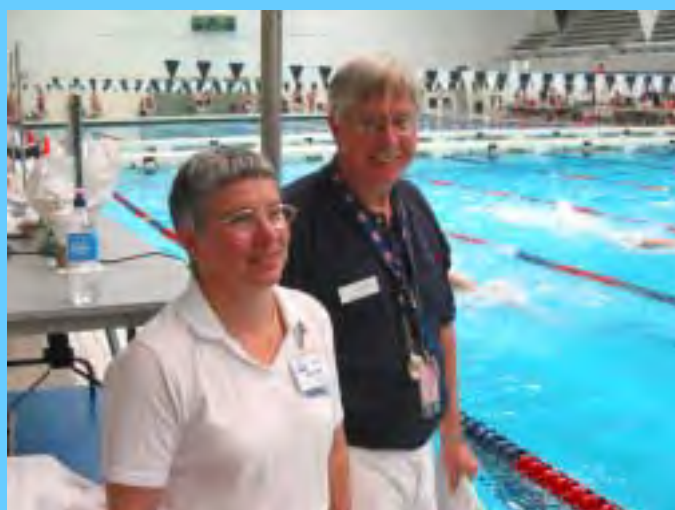
*Emma Sieber, West Seattle YMCA Dolphins*



*Brent Nordyke, Federal Way Masters, who set a PNA record in the 400 IM*



*Timer Charity Simpson, age 10*



*Meet Officials Linda Postma and Ken Breiding*

# Kathy Casey Receives 2004 Dawn Musselman Award

One highlight of PNA Champs is the presentation of the Dawn Musselman Inspirational Swimmer Award.

Dawn Musselman (1913–1986) was a long-time PNA member and a gifted swimmer, who still holds 13 SCY, 14 LCM, and 4 SCM records for ages 60 to 74. She inspired others and encouraged them to do their best until cancer finally overcame her.

This year's recipient was Kathy Casey.

## Text of Award Speech

The Pacific Northwest Association Local Masters Swimming Committee proudly presents the 2004 Dawn Musselman Inspirational Swimmer Award to Kathy Casey. Kathy, the PNA old-timers have long been aware of your dedication to your sport and your commitment to building a strong local organization. Indeed, at the national level you have earned well-deserved recognition for your contributions to Masters Swimming. This day, the PNA is pleased to acknowledge the inspiration you bring to all members of our Pacific Northwest Association.

Linda Hamilton, one of your students and mother of one of your swimmers, observes that you are a "coach with such a love for the sport and for the swimmers. Kathy is always giving. She gives of her time and her money.

"She will coach for nothing—except the love of the sport—or some chocolate chip cookies! She has been a standby coach for the Washington Aquatic Killer Orcas for the past five years—and coaches the Masters program without compensation. She substitutes for free. Her reward is another's success in swimming. She even sponsors an athlete on the team who cannot



*Kathy Casey flanked by Chaya Amiad, last year's Dawn Musselman winner, and PNA Vice President Steve Peterson*

afford to pay the monthly dues.

"Kathy also coaches the Steilacoom High Girls Swim and Dive team, and teaches diving in the local community. She participates in Masters and USA Swimming events. She swims on the relays with the kids when needed. She has a wonderful rapport with all of the coaches. She is always there assisting with the coaching and cheering the kids on."

Kathy, you have worked in the water with injured adults to get them back in shape. You've encouraged those afraid of the water and taught them to swim. For Linda, in just two years you have taken her from learning to swim to being your assistant high school coach.

Bellingham Masters coach Barb Gundred adds, "Kathy's always been an inspiration to me from my

Masters beginnings way back in 1979—she was awesome then as she is now!"

Linda concludes, "Kathy loves working with all swimmers, from our youngest at 8 to the Masters. She is admired for the shape she keeps herself in (recently amazing her doctors at reaching level 6 on a stress test) and her ability to compete with the kids. She is a role model to look up to. Kathy is very deserving of this award."

Kathy, for your inspiration to the Fort Steilacoom Masters team, Washington Aquatic Killer Orcas youth swimming, and by your example of good sportsmanship, encouragement and commitment, the PNA is proud to recognize you as the Dawn Musselman Inspirational Swimmer for 2004.



# PNA Presents First Annual Coach of the Year Award to Wendy and Malcolm Neely

Coaches are essential part of Masters swimming. To recognize PNA's top coaches PNA has instituted a Coach of the Year Award. This first award, made at Champs, went to the very deserving husband and wife team of Wendy and Malcolm Neely.

## Text of Award Speech

PNA is proud to present the first annual Coach of the Year Award in recognition of coaching that stands out in its scope, its impact on a program and the benefits to Masters Swimmers.

This year's honorees have led their team for the last nine years. Among their many accomplishments, they led Federal Way Masters to a first place finish at the 2003 PNA Short Course Championships. They can be found on deck at many meets and always at team



*PNA President Jeanne Ensign presents PNA's 2004 Coach of the Year Award to Wendy and Malcolm Neeley*

workouts. It's fitting that the award is presented here at the Weyerhaeuser King County Aquatic Center, their home pool.

I am proud to present the first annual PNA Coach of the Year

Award to Wendy and Malcolm Neely, the husband/wife coaching team of Federal Way Masters.

You have been honored by your team swimmers who nominated you and cited your many strengths. Your imagination and

*"Your imagination and variety have kept Federal Way Masters members coming back, and more coming."*

variety have kept them coming back for more, and more coming. During your tenure the team has grown from 50 to over 100 swimmers with the addition of more workouts to accommodate more swimmers. You have inspired many a swimmer to dive off the blocks, to learn butterfly or to participate in a meet for the first time. Your drill and practice sets encourage improved technique and better swimming at all levels. You are thoughtful about each individual swimmer.

You have both worked to promote swimming outside of traditional team workouts. Malcolm developed Saturday open water practices for the team, and participation in those as well as area open water events has steadily increased. Wendy initiated a "Learn to Swim" program for adults this year and a program to train women swimmers for the 2003 Danskin Triathlon. You have coached numerous swimmers who have set PNA, Zone, National and World records. You find time to organize relays and to be on-deck coaches. Your efforts have

introduced many adults to the awesome sport of swimming and the benefits of joining a Masters team.

You both have coached not just Masters but high school and age group swimmers as well. For that you have received other honors to which we add this.

Your enthusiasm morning, noon and night has inspired a loyal following. You have a positive impact on every swimmer, many of whom have been with you for all nine years. All of PNA joins me in congratulating you as the first recipients of the PNA Coach of the Year Award. Thank you for your contribution to Masters Swimming.

**Update on Fat Salmon!!!!**



Approvals are still being worked out, and it's not clear the event can be held. If it can, an entry form will be available at [www.swimpna.org](http://www.swimpna.org) OR you can obtain one from PNA president Jeanne Ensign. Contact her at (206) 324-1354 or [jeanne@raincity.com](mailto:jeanne@raincity.com)

# Tamara Bennett Brings Swimming Record to LUNA Coach Job

## Masters Coach Profile

In Tamara Bennett, Team LUNA has a coach who has excelled at swimming. As a college swimmer, Tamara made collegiate Nationals all four years. And as a Masters swimmer in 1987 at Nationals, she won the 200 Yard Fly and came in second and third, respectively, in the 50 and 100 Yard Fly. The following year she turned in a 1:07.34 for the 100 Fly SCM, breaking the then existing Masters world record.

### Tri-Cities Native

A competitive swimmer since the age of five, Tamara spent her first 14 years in the Tri-Cities, then moved with her family to Bellevue. She attended Newport High School and swam on the school's team. She also swam with Chinook, an age group team then coached by Jack Ridley, who has coached two Olympic swimmers.

### Varied Job Experience

After high school, Tamara enrolled at Tacoma's Pacific Lutheran University, graduating from there in 1979 with a degree in physical education. Over the next couple of decades she worked at a number of jobs. They included a long stint in procurement. "I purchased structural steel, machine tools and just about every kind of industrial product you could imagine," says Tamara. She also spent four years in transplant medicine with the Northwest Lions Eye Bank.

These days Tamara divides her work time between her coaching duties with Whitewater Aquatics, an age-group team, and LUNA, which swims at All Star Fitness in West Seattle.

When Tamara joined LUNA last November, the team was small. "We had about eight-to-10 'core' members that swam regularly," says Tamara. But the



team has been growing and now boasts about 20-plus core members.

As LUNA's coach, Tamara works with swimmers at all levels. "I have everything from swimmers that do freestyle but are still learning how to do back or breast stroke to a couple of national champions," she says. "It's the full spectrum, which makes coaching interesting and fun."

### Coaching Philosophy

What she tries to do as a coach, says Tamara, "is meet the needs of each LUNA swimmer at whatever level they're at, whether it's basic conditioning, swimming competitively or doing triathlons. They're all looking for something different, and I try to meet these individual needs."

(Continued from page 2)

### Leading Off

day, her physical condition limited any soreness.

Renee entered competition by completing the One Hour Postal Swim with 3,750 yards. Her first meet was at the Bellevue Athletic Club. She took second in the 50 back, but in a fly event, she died in the last quarter. She found that her body was almost as uncomfortable as after a marathon.

The experience convinced Renee that that to compete in meets, she needed to train more. As many new swimmers do, she began by swimming three days a week, then moved to four, five and now even occasionally works out six days a week.

### The Moral

Both June and Renee found success by adding competition to their swimming. Their strokes improved, their fitness levels improved and their life styles changed. Don't be afraid to start swimming competitively. You'll have plenty of company and camaraderie as well as increased fitness and fellowship.



When Tamara isn't coaching or swimming—"I still train on and off," she says—she can be found, at least during winter months, in the local mountains perfecting her cross country skiing. She also likes movies, preferably foreign and independent films. Plus, she enjoys walking around West Seattle's Alki neighborhood with her dog, Bear, whom she describes as "kind of a mutt that looks like a black Samoyed."





# Health and Fitness

## Smart in the Sun

*Editor's Note: This article is from the July 2003 Aqua Master, the newsletter of the Oregon LMSC. It appeared in the monthly "Get Fit" Column with Jani and Sara.*

According to the most recent estimates from the National Aeronautics and Space Administration, the ozone layer is being depleted at a rate of 4% to 6% each decade. This means additional UV radiation is reaching the Earth's surface and our bodies. We can take protective measures by following the seven steps below.

These steps come from many organizations, including the American Academy of Dermatology, American Cancer Society, Skin Cancer Foundation, National Cancer Institute, the Food and Drug Administration and the National Weather Service.

**1. Avoid the sun:** The sun's rays are the strongest between 10:00 a.m. and 3:00 p.m., so it is especially important to avoid the sun during those hours. Also avoid the sun when the UV index is high. The UV index is a number from 1 to 10+ that indicates the amount of UV radiation reaching the earth's surface during the hour around noon (if you are outside). The higher the number the greater the exposure to UV radiation. This number is forecast daily in many cities by the National Weather Service.

Cloudy skies can fool you! Clouds block out only 20 percent of



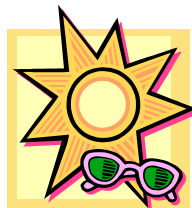
UV radiation. And UV radiation passes through water, so you aren't safe from it while in the water. Sand and snow reflect sunlight and increase the amount of UV radiation you get. The vast majority of UVA passes through window glass and can cause skin damage (more on UVA and UVB below). UV radiation increases 4% for every 1,000 feet increase in altitude.

**2. Use Sunscreen:** Sunscreens and sun blocks absorb, reflect or scatter some or all of the sun's rays. Sunscreen products labeled "broad spectrum" protect against 2 types of radiation: UVA and UVB. It was previously thought that only UVB caused skin damage but scientists now believe that both can cause sunburn, damage to the skin and skin cancer.

Some products only protect against UVB, so read labels carefully! The FDA requires labels of all sunscreen and sun block products to state the SPF or sun protection factor. The higher the number the longer a person can stay in the sun before burning. The FDA suggests 30 as the upper limit as anything above that level offers little additional benefits and may expose people to dangerous levels of chemicals.

**3. Wear a Hat:** A hat with at least a 3" brim on all sides can protect the neck, ears, eyes and scalp.

**4. Wear Sunglasses:** Sunglasses should block 99% to 100% of UVA and UVB radiation. Read the label, don't go by how dark the glasses are. UV protection comes from an invisible chemical applied to the lenses. Larger frames protect



more. Children should also wear sunglasses.

**5. Cover Up:** Wear a lightweight, long-sleeved shirt and pants or long skirts. Most materials absorb or reflect UV rays. A tightly woven fabric is best. Sun protective clothing is regulated by the FDA only if the manufacturer claims it has medical benefits such as preventing skin cancer. Currently no products qualify as sun protective under this policy.

**6. Avoid Artificial Tanning:** Many people mistakenly think tanning beds are harmless because they primarily emit UVA rays. UVA can cause serious skin damage too. Sunlamps also increase radiation risk.

**7. Check Skin Regularly:** The best time to do a skin exam is after a bath or shower (you can check all areas). Get to know your moles, blemishes and birthmarks so you can tell if they undergo any changes. Look for changes in size, texture, shape and color or a sore that does not heal.

Remember skin cancer is very slow to develop. The sunburn you received as a child may take 20 or more years to become skin cancer. Tanning is the skin's response to UV light. It is a protective reaction to prevent further injury to the skin from the sun. It does not prevent skin cancer. People with higher risk are those with fair skin, Northern

*(Continued on page 14)*



# Technique

## Training the Older Swimmer

*Editor's Note: This article appeared in "Great Lengths," the newsletter of the Masters Swimming Association of British Columbia. Gail Roper, who responds to the questions, was a US National Champion. She swam competitively until she was 26, then stopped swimming for 18 years to raise a family. She competed in her first Masters meet in 1970 and began to break national records in all four strokes and the individual medley. She now competes in the 70-74 age group.*

**GL: How and where do you feel that older (65+) swimmers can make the most improvements?**

**GR:** This is a delicate subject, and most swimmers do not like to accept the fact that they will not improve as they grow older. I am not an exercise physiologist, but from what I've experienced, myself and other swimmers in my age group, everyone has point of no return. Everyone seems to age differently depending on genetic factors and how much you have abused your body over your Masters or other careers. Swimmers that begin Masters competition later, say in their 50s and 60s, appear to continue to swim well into their 60s and 70s, whereas swimmers who have been in swimming from their 30s and 40s begin to slow up earlier. Once you slow down, nothing can be done to improve. Rather, it is a struggle to stay in one place. My last PB was when I was 57.

**GL: What is quality in terms of swim sets and can you give an example?**

**GR:** If you are over 60, you

need to be very careful of stressing your body as stress causes aging. If you are training for a 200 race, then a set might be 2x100 negative split with about 20 seconds between hundreds x 2. That's 400 yards of training at 90%; that's enough. Another set would be 4x50 giving yourself an interval that gives 10 seconds rest, as in a broken 200. Two broken 200's is all you need. Focus more on your quality sets as you can't do many of them without breaking down.

**GL: What is garbage yardage and can you give an example?**

**GR:** Most Masters programs are geared to giving swimmers an hour's worth of variety. Any set that does not prepare you for your goal is probably not worth doing. One example: A set like 5x100 on a given short rest interval where the goal is to make the interval and not recording the time. It would be better to do a longer rest interval and keep the 100's under a goal time. Any set that mixes up the strokes without regard to the time achieved is garbage. A set like this would be

*"Any set that mixes up strokes without regard to the time achieved is garbage yardage."*

5x100 with the first 100 free, the 2nd 100 75 free, 25 stoke, the third hundred 50-50, the fourth 25 free, 75 stoke and the last 100 all stroke. You can't work this type of set as the time for each 100 can't be repeated or worked upon.

**GL: How can Masters swimmers over 65, capable of 2000-3000 metre workouts, apply this**

**to workouts when training for stroke/middle distance events when they are schooled swimmers?**

**GR:** Swimmers over 65 should give themselves a day of rest between workouts to recover if they are doing 90% efforts. On the off days, stretching programs could be included. You need to achieve your workout goals in one 600-800 yard set, enough to maintain systems. 400m of warm up, 200m of drills and kicks, main set of 600-800 yards, 400 of drills or kick, 200 easy. The main set could be a kick, pull or swim set of any one stroke or IM.

**GL: And not schooled swimmers (little background in swimming technique)?**

**GR:** I don't think any swimmer should be doing a lot of sets without first learning proper technique. Lots of 25's focusing on form. This is hard as most swimmers want a "workout" and not do technique training.

**GL: Backstroke and freestyle turns tend to be challenging in terms of breath control or spatial awareness especially as we grow older. Is there a time when open turns are a better choice?**

**GR:** Yes, when the cost in oxygen depletion results in trying to recover for the first half of the next lap. It would be better to take a breath and a good push off than not go into oxygen debt. This will also happen to breaststrokers on the pull down off the wall, and a time will *come* when doing this is detrimental as well as dangerous. Lack of oxygen to the brain can cause cell damage. If you feel you need air, take it. I now breathe every stroke on the 100 and every fourth on the 50 free.

*(Continued on page 11)*



(Continued from page 10)

**GL: Do you suggest that older swimmers try using breaststroke kick on the fly or possibly double arm backstroke to help them. In some cases to be able to do more strokes and IM in particular?**

**GR: Yes.** Swimming other strokes is good for flexibility and it should be permitted if they feel better doing it.

**GL: How can older swimmers be integrated with other Masters swimmers sometimes 30 years younger and often very fast and fit? I know you sometimes work out with youth teams.**

**GR:** Fast and fit is relative. Older swimmers might be faster and fitter than 30-year-olds who are new to Masters swimming. It is dangerous to combine these two in one lane as the older swimmers are more prone to injury from younger inexperienced swimmers who haven't learned to swim straight. If a 30-year-old hits another 30-year-old, it's a bruise. But a 30-year-old hitting a 60-plus-year-old is a broken bone. I swam with youth teams for a lot of reasons. They were disciplined, swam straight, followed the set as given and never complained. Now that I'm 75, I can't keep up with the 10-year-olds, so I swim with a very small Masters program run by the age-group coach.

**GL: Do you have any other suggestions or hints helping older swimmers to continue to swim well as they age?**

**GR:** Give yourself rest days to let your body recover. Do not do excessive macho yardage challenges, like the February Fitness challenge, "training camps" that go for yardage, the New Year's Day set of 50 x 100's, etc. 2000 yards is enough to maintain. Don't spread yourself too thin and try to do too much. Stick to the strokes you do best. Do keep up

## Summary of PNA Board Actions Taken at April Meeting

Twelve members of the PNA Board met at the Seattle Parks & Recreation office on Wednesday, April 28. The board approved revisions to general policies and discussed the recently completed PNA Champs meet. Federal Way Masters received kudos for a well-run meet. The board consensus was to switch back to having relays prior to the 1000 at the end of the meet. During Champs the PNA Coach of the Year award was presented to Wendy and Malcolm Neely of Federal Way Masters, and Kathy Casey received the Dawn Musselman Award.

Steve Peterson and Sarah Welch reported on the coaches' meeting held during Champs. Ideas were exchanged among the seven coaches who attended to mutually benefit PNA and coaches. Jeanne Ensign handed out PNA Convention Delegate applications. The board will select our delegates at the May board meeting. Sally Dillon will reserve the South Kitsap pool during a weekend in August for PNA swimmers who would like to enter the Postal 5K or 10K. PNA placed third at short course nationals in the small team combined category.

For the full minutes of this and past meetings, go to [www.swimpna.org](http://www.swimpna.org).

## Welcome New PNA Swimmers

Jeff Alpen  
Laurie Bennett  
Joan Beyerlein  
Penni Brinkerhoff  
Sarah Bullock  
Matthew Davis  
Susan Drummond  
Tristan Fields  
Christian Gerling  
Mark Getzendaner  
Patricia Goodhope  
Steve Grant  
Lynn Johnson  
Jimmy Jones  
Scott Jones

Martin Klemptner  
Elliott Kolbe  
David Lilleness  
John McJunkin  
Scott Neuhaus  
Francoise Pearlman  
Philip Spencer  
Nancy Townsend  
Ralph Ujano  
Pamela Valdez  
Linda Vicik  
Lauren Walker  
Audra Waller  
Julie Weaver  
Emily Woodworth

flexibility training, maintain muscle strength and keep a healthy outlook. Swimmers over 60 should not do hypoxic training, in or out of the

wall without breath.

Avoid any breath control training. Be happy you can still swim!

**PNA Teams**

<b>Team/Abbreviation</b>	<b>Team Rep/Coach</b>	<b>Pool</b>	<b>Workout Times</b>
Bainbridge Aquatic Masters <b>BAM</b>	Brian Russell (206) 842-5849 <a href="mailto:Brian_a_Russell@urscorp.com">Brian_a_Russell@urscorp.com</a> Lynn Wells (206) 780-5378 <a href="mailto:swimlynn@usms.org">swimlynn@usms.org</a>	Bainbridge Aquatic Center High School Rd & Madison Ave Bainbridge Island	5:30- 6:30 am T/Th 6:30-7:30 am M, W, F 9:00-10:00 am M-Th Noon-1:00 pm M-Th 6:30-8:30 am m, W
Bellevue Club <b>BC</b>	Coryhildebrand (425) 445-1616 ext 4641 <a href="mailto:coryh@bellvueclub.com">coryh@bellvueclub.com</a> (425) 688-3127	Bellevue Club 11200 SE 6th St Bellevue, 98004 (425) 455-1616	12-1 pm M-F 5:45-7:00 am T,Th,F 7-8:30 am Sat
Bellevue Eastside Swim Team Masters <b>BEST</b>	Michael McKinlay (425) 417-9770 <a href="mailto:mmckinlay@acm.org">mmckinlay@acm.org</a> <a href="http://home.comcast.net/~BESTMasters/">http://home.comcast.net/~BESTMasters/</a>	Bellevue Eastside YMCA 14230 Bel-Red Road Bellevue, 98007 (425) 746-9900	6:30-7:30 am MWF
Bellingham Masters <b>BMSC</b>	Barb Gundred (360) 734-8364 <a href="mailto:konabarb@hotmail.com">konabarb@hotmail.com</a>	Arne Hanna Aquatic Center 1114 Potter St, Bellingham (360) 647-7665	5:30-7:00 am M,T,Th,F 7:00-8:00 pm T-Th
Downtown Seattle YMCA <b>DSYM</b>	Mike A Torchie (206) 328-8374 <a href="mailto:swmcoachmike@hotmail.com">swmcoachmike@hotmail.com</a>	Downtown Seattle YMCA 909 4th Ave. (206) 328-8374	6:00-7:00 am T, Thu 7:00-8:00 pm M,W
Federal Way Masters <b>FWM</b>	Hugh Moore (253) 925-0803 <a href="mailto:weswim@mindspring.com">weswim@mindspring.com</a>  Malcolm & Wendy Neely (253) 838-8408 <a href="mailto:malwen9@mac.com">malwen9@mac.com</a>	1. Weyerhaeuser King County Aquatic Center 650 SW Campus Dr, Fed. Way (253) 296-4444 2. Federal Way High School Pool 30421 16th Ave S Federal Way, WA 98003	1. 5:30-6:45 am M-F 10:15-11:15 am M,W,F 7:00-8:00 pm M-Th  2. 7:00-8:00 am Sat
Fins of the San Juans <b>FSJ</b>	Blanche Bybe (360) 378-1398 <a href="mailto:bybee@u.washington.edu">bybee@u.washington.edu</a>		
Fort Steilacoom - WAKO <b>FTSW</b>	Kathrine Casey (253) 588-4879 <a href="mailto:walt.reid@weyerhaeuser.com">walt.reid@weyerhaeuser.com</a> <a href="mailto:kcasey@colverpark.k12.wa.us">kcasey@colverpark.k12.wa.us</a>	Lakes High School Pool 10320 Farwest Dr SW Lakewood, 98498  Clover Park High School 11023 Gravelly Lake Drive SW Lakewood, WA 98498	5:00-6:00 pm M,W  6:00-7:15 am M-F Lap Swim \$2/swim or \$17 for 10-swim pass
	Lois L. Marquart (WAKO) <a href="mailto:lois@trisportcoach.com">lois@trisportcoach.com</a>		
Greenlake Aquaducks <b>GLAD</b>	Clark Pace (206) 525-3925 <a href="mailto:pacec@u.washington.edu">pacec@u.washington.edu</a>	1. Evans Pool 7201 E Green Lake Dr N Seattle, 98115-5301 (206) 684-4961 2. Coleman Pool (Outdoor, 50m) Lincoln Park, West Seattle	1.5:00-6:00 am M-F 7:00-8:30 Sat  2. Sat to Sept 13, 2003, call for times
Husky Masters <b>HMST</b>	Kiko VanZandt (206) 524-2417 <a href="mailto:cuanzan@attbi.com">cuanzan@attbi.com</a> Beth Slaughter (206) 543-9880 <a href="mailto:bslaught@u.washington.edu">bslaught@u.washington.edu</a>	HecEd Pavillion Pool University of Washington Seattle, 98195	5:15 – 7pm (varies) M-F <a href="http://groups.yahoo.com/group/huskymasters/">http://groups.yahoo.com/group/huskymasters/</a>
Issaquah Swim Team Masters <b>ISST</b>	Amy Quinn (425) 392-3996 <a href="mailto:issysockeyes@attbi.com">issysockeyes@attbi.com</a> <a href="http://www.istsockeyes.org">www.istsockeyes.org</a> Ty Rudolph (425) 785-9052 <a href="mailto:tyrudolph@attbi.com">tyrudolph@attbi.com</a>	Julius Boehm Pool 35 Clark St Issaquah, 98027 (425) 837-3355	5:00-6:30 am M,W,F
Team Luna <b>LUNA</b>	Casey Murphy 206-280-5962 <a href="mailto:cmurphdog@aol.com">cmurphdog@aol.com</a> Tamara Bennett <a href="mailto:tbenn@earthlink.net">tbenn@earthlink.net</a>	All-Star Fitness Gym, West Seattle Summer, Colman Pool	7:15-8:15 pm M, W, Th 6:15-7:15 am F
Lynnwood Sharks <b>LWS</b>	Karin Heusted (425) 402-6413 <a href="mailto:karinARNP@aol.com">karinARNP@aol.com</a> Laurie Stallings (425) 338-4721 <a href="mailto:kelmella@hotmail.com">kelmella@hotmail.com</a>	Lynnwood Pool 18900 44 <sup>th</sup> Ave W Lynnwood 98012-5737	8:15-9:30 pm M, W 6:00-7:30 pm F
Mercer Island Redwoods <b>MIR</b>	Steve Sussex (206) 232-9263 <a href="mailto:swimguy24@aol.com">swimguy24@aol.com</a>	Mary Wayte Pool 8815 SE 40th St Mercer Island, 98040	6:00-7:00 am M-F
Newport Hills Masters <b>NHM</b>	Karen Gagne (425) 802-1785 <a href="mailto:Karen_gagne@hotmail.com">Karen_gagne@hotmail.com</a>  Tom Dunning (425) 746-9510 <a href="mailto:tedunning@msn.com">tedunning@msn.com</a>	Newport Hills Swim & Tennis Club, 5464 119 <sup>th</sup> Ave SE Bellevue, 98006	6:00-7:00 pm M, W, F
North End Otters <b>NEO</b>	Robin O'Leary (206) 525-7725 <a href="mailto:robinoleary@comcast.com">robinoleary@comcast.com</a>	Shoreline Pool, (206) 296-4345 19030 1st Ave NE Shoreline, 9155	7:00-8:00 am M-F

Northshore Y's Guys <b>NSYG</b>	Joann Bushnell (425) 788-6035 <a href="mailto:prettyhorse@msn.com">prettyhorse@msn.com</a> Pete Gillis (425) 487-0420 <a href="mailto:petegill@microsoft.com">petegill@microsoft.com</a>	Northshore YMCA 11811 NE 195 <sup>th</sup> St Bothell, 98011	5:00-6:30 am M_F
North Whidbey Masters <b>NWM</b>	Sally Dillon (360) 679-5038 <a href="mailto:salswmr@earthlink.net">salswmr@earthlink.net</a> Neil Romney 360-675-7665 <a href="mailto:headcoach@oakharbor.net">headcoach@oakharbor.net</a> <a href="http://www.pioneernet.net/pool/">http://www.pioneernet.net/pool/</a>	John Vanderzicht Memorial Pool 85 SE Jerome St Oak Harbor 98277 (360) 675-7665	5:00-7:00 am M, T, Th, F 12:00-1:15 pm M, W, F 8:00-10:00 am Sat
Old Olympic Peninsula Swimmers <b>OOPS</b>	Steve Peterson (360) 692-1669 <a href="mailto:speterson@bandwagon.net">speterson@bandwagon.net</a>	Bangor Subase Pool Silverdale, WA (360) 535-5941	4:30-5:30 pm 12:00-1:00 pm Sund
Orca Swim Team <b>ORCA</b>	Ross Linderman (206) 200-4499 <a href="mailto:rossifer2@aol.com">rossifer2@aol.com</a> Paul Ikeda, <a href="mailto:gladorca@aol.com">gladorca@aol.com</a> <a href="http://www.teamseattle.org/orca">www.teamseattle.org/orca</a>	Seattle U-Connolly Center 14th Ave & Cherry St	5-6:30 pm Sun 7:00-8:15 pm M 8:15-9:15 pm W, Th 7:00-8:15 pm F
Port Townsend Masters <b>PTM</b>	Ann Bailey (360) 385-6351 <a href="mailto:johnnann@olyphen.com">johnnann@olyphen.com</a>	Mountain View Elementary Sch 1919 Blaine St Pt. Townsend	10:30-Noon Sun 7:00-8:30 pm Wed
PRO Sports Club <b>PRO</b>	Don Burton (425) 8619-6242 <a href="mailto:dburton@proclub.com">dburton@proclub.com</a> Camille Thompson (425) 882-3623 <a href="mailto:kcthompson3@attbi.com">kcthompson3@attbi.com</a>	Pro Sports Club Pool 445 148th Ave NE Bellevue, 98007 (425) 885-5566	6:30-7:30 pm T, Th 9:30-11:00 am S
Queen Anne Masters <b>QASC</b>	Jason Nadal (206) 285-5933 <a href="mailto:jasonnadal@hotmail.com">jasonnadal@hotmail.com</a> Ed Artis/Jason Nadal <a href="mailto:edmainlines@comcast.net">edmainlines@comcast.net</a>	Queen Ann Pool	8:00-9:30 pm Wed 8:00-9:00 pm Fri 9:30-11:00 am Sun
Redmond Aqua Hotshots <b>RAH</b>	Stella Preissler (425) 868-1883 <a href="mailto:Stellamarie4@juno.com">Stellamarie4@juno.com</a>	Redmond City Pool	6:00-7:30 am M-F 11:30-1:00 pm M-F 8:00-9:00 pm M-F 11:30-1:00 pm Sat-Sun
Seattle Athletic Club/Northgate <b>SAC</b>	Christian Bruhn (206) 362-3696 <a href="mailto:cbruhn@sacng.com">cbruhn@sacng.com</a>	Seattle Athletic Club Northgate 333 NE 97 <sup>th</sup> Seattle, 98115	9:00-10:00 am M, W, F 6:00-7:00 pm T, Th
Skagit Valley YMCA Chinooks <b>SYM</b>	C.W. Kirchhoff Aquatic Director (360) 336-9622 <a href="mailto:ocnfallsbc@aol.com">ocnfallsbc@aol.com</a>	Skagit Valley Family YMCA 215 E Fulton St Mount Vernon 98273 (360) 419-7207	5:00-8:00 am M-F 12:00-1:00 pm M-F
SQMasters Swim Team <b>SQM</b>	Sally Parry (360) 683-3660 <a href="mailto:parryco@olyphen.com">parryco@olyphen.com</a> Yvonne Yokota (360) 683-6480 <a href="mailto:tharyoko@olyphen.com">tharyoko@olyphen.com</a>	Sequim Aquatic Rec. Center (SARC) 610 N 5th Sequim, 98382	7:00-8:30 am Sat
Swim Seattle <b>SSEA</b>	<a href="mailto:stacy@swimseattle.org">stacy@swimseattle.org</a>	Seattle U. -Connolly Center 14th Ave & Cherry St Seattle, 98122	5:45-7:00 M-F
Skagit Valley YMCA Chinooks <b>SVY</b>	C.W. Kirchhoff, Aquatic Director 360-336-9622 <a href="mailto:ocnfallsbc@aol.com">ocnfallsbc@aol.com</a>	Skagit Valley Family YMCA 215 E Fulton St Mount Vernon, 98237	5:00-8:00 am M- F 12:00-1:00 pm M-F
Tacoma Pierce County YMCA <b>TacY</b>	Cathy Barmore (253) 460-8838 <a href="mailto:cbarmore@ymcatacoma.org">cbarmore@ymcatacoma.org</a>	Pilkey Aquatic Center Morgan Family YMCA 1002 S. Pearl Tacoma, 98465	9:00-10:00 am M, W, F 7:00-8:30 pm M, W, F
<b>TacY</b>	Cathy Barmore (253) 460-8838 <a href="mailto:cbarmore@ymcatacoma.org">cbarmore@ymcatacoma.org</a> Beverly Eredia (253) 460-8977 <a href="mailto:beredia@ymcatacoma.org">beredia@ymcatacoma.org</a>	Mel Korum Branch YMCA Pool 302 43rd Ave SE Puyallup, 98374	Varies, call for time (253) 460-8977
<b>TacY</b>	Cathy Barmore (253) 460-8838 <a href="mailto:cbarmore@ymcatacoma.org">cbarmore@ymcatacoma.org</a> Todd Buckley (253) 597-6444 <a href="mailto:toddbuckley@mac.com">toddbuckley@mac.com</a>	Tacoma Center YMCA 1144 Market St Tacoma, 98402	6:30-7:30 pm M, Th
<b>TacY</b>	Cathy Barmore (253) 460-8838 <a href="mailto:cbarmore@ymcatacoma.org">cbarmore@ymcatacoma.org</a> Brett Foreman (253) 460-8919r <a href="mailto:bforeman@ymcatacoma.org">bforeman@ymcatacoma.org</a>	Lakewood Family YMCA Aq. Ct 9715 Lakewood Dr. SW Lakewood, 98499	7:00-8:00 pm M, W
Thunderbird Aquatic Club Masters <b>TACM</b>	Pinky Walker <a href="mailto:pinkymwalker@yahoo.com">pinkymwalker@yahoo.com</a>	Fidalgo Pool 1603 22nd St Anacortes, 98221	(360) 293-0673 12:00-1:00 pm Daily 5:30 -7:00 T, Th
Tigers <b>TIG</b>	Tom Foley (206) 937-5585 <a href="mailto:lilmot@hotmail.com">lilmot@hotmail.com</a>	Various pools and times	
Thurston Olympians Swim Club <b>TOSC</b>	Vanessa Olson 360-459-1309 <a href="mailto:olsonvm@juno.com">olsonvm@juno.com</a> Kelli Denney (360) 956-1948 <a href="mailto:denneys@olywa.net">denneys@olywa.net</a>	North Thurston/River Ridge HS Pools Lacy	5:30-7:30 am

West Seattle YMCA Dolphins <b>WSYD</b>	Chaya Amiad (206) 706-9712 <a href="mailto:cpruneau@jps.net">cpruneau@jps.net</a>	West Seattle YMCA 4515 36th Ave SW Seattle, WA 98126	6:00-7:00 am M,W,F 10am-11:30am, Sun Stroke Clinic
Whatcom County YMCA <b>WCY</b>	Pat Barr (360) 933-1102 <a href="mailto:Pasqualeb.1@netzero.com">Pasqualeb.1@netzero.com</a> Jerry Harrison (360) 398-0275 <a href="mailto:jerry@downtempo.com">jerry@downtempo.com</a>	Lynden/Whatcom County YMCA	
Whidbey Island Swells <b>WIS</b>	Kate Sutherland (360) 331-3116 <a href="mailto:maddy@whidbeynet.com">maddy@whidbeynet.com</a> Kristi Eager (360) 321-4469 <a href="mailto:krittly@pioneer.net">krittly@pioneer.net</a>	Island Athletic Club 5522 Freeland Ave, Freeland, WA 98249	7:30-8:30 pm M,W
Ynauts <b>YNOT</b>	Jennifer Rosenberg (360) 753-6576 <a href="mailto:jrosenberg@hotmail.com">jrosenberg@hotmail.com</a> Laural Smith (360) 753-657	1. Briggs Community YMCA 530 Yelm Highway SE Olympia, 98501-4684 2. Olympia DownTown YMCA 510 Franklin St SE Olympia 98501	1. 6:30 – 7:30 am M, W, F  2. 5:45 – 7:00 am T, Th 7:00 – 8:00 am Sat

The team information may change with personnel changes, seasons and pool maintenance. Please contact the Team Representatives and Coaches for up-to-date information.

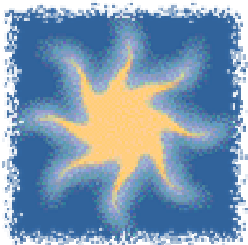
If you do not see your team on this list, it is because you did not register this year and we do not have current information. Please see page 17 or <http://www.swimpna.org/pdf/TeamReg.pdf> for the 2004 team registration form.

(Continued from page 9)

### Sun Savvy

European heritage or those with a family history of skin cancer.

Open water season will be here soon and we all enjoy being outside in the sun during the summer. Protect yourself by following the Seven Sun Savvy steps!!



## Looking for a 50-Meter Pool for the USMS National Championship 5K and 10K Postal Swims?



Once again, PNA is securing 50-meter pool time to enable PNA members to participate in the USMS 5K and 10K Postal Swims. The pool will be the South Kitsap High School Pool in Port Orchard on August 14 from 11:00 a.m. to 3:00 p.m.

**Look for further details and a sign-up form in the next *WetSet***

Interested swimmers can also contact Sally Dillon at (360) 679-5038 or [salswmmr@earthlink.net](mailto:salswmmr@earthlink.net)

**2004 NORTHWEST ZONE LONG COURSE METERS CHAMPIONSHIP MEET**

Hosted by the Puget Sound Swim Club of Port Orchard

Sanctioned by the Pacific Northwest Association of Masters Swimmers  
for USMS, Inc. Sanction # 043605

DATE: **Saturday, July 24, and Sunday, July 25, 2004**

TIMES: **Saturday, July 24:** Warm-up: **11:00 – 11:50 AM**, Meet starts: **12:00 PM**  
**Sunday, July 25:** Warm-up: **8:00 – 8:50 AM**, Meet starts: **9:00 AM**

PLACE: South Kitsap High School pool,  
425 Mitchell Avenue, Port Orchard WA 98366. 360-874-5741

MEET DIRECTOR: Steve Peterson: 360-692-1669, 360-509-3420 (cell), [speterson@bandwagon.net](mailto:speterson@bandwagon.net)

FACILITY: This indoor venue has seating for 200+ people. The six-lane 50-meter pool's adjustable floor will be set to provide competition water depth of seven to thirteen feet. One lane will be available continuously for warm-up and warm-down.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2004 USMS and foreign registered swimmers age 19 and above as of December 31, 2004. (Note: for meters meets, your age is as of December 31, 2004!)

DIRECTIONS: From I-5: Take Highway 16 toward Bremerton. Take the Sedgwick exit (19 miles from the bridge). Turn right onto Sedgwick, head east...  
From Bremerton: Take Highway 16 toward Tacoma. Take the Tremont exit, head east. Continue as Tremont becomes Lund Ave...

Turn left at Bethel Rd (stop light). Bear right at 'Y' onto Mitchell Road, which becomes Mitchell Avenue. High School is on right after approximately 1 mile.

ORDER OF EVENTS (NW Order #BB) (Seeding slow to fast. Deck enter relays at the meet.)

Saturday, July 24, 12 Noon		Sunday, July 25, 9 AM	
1	400 IM (check in by 11:30)	15	400 Freestyle (check in by 8:30)
2	Women's 200 Freestyle Relay	16	Women's 200 Medley Relay
3	Men's 200 Freestyle Relay	17	Men's 200 Medley Relay
4	Women's 400 Freestyle Relay	18	Women's 400 Medley Relay
5	Men's 400 Freestyle Relay	19	Men's 400 Medley Relay
6	50 Breast	20	100 Backstroke
7	100 Butterfly	21	50 Freestyle
8	200 Freestyle	22	200 Breaststroke
10 minute break		10 minute break	
9	200 Mixed Medley Relay	23	200 Mixed Free Relay
10	400 Mixed Medley Relay	24	400 Mixed Free Relay
11	100 Breaststroke	25	50 Backstroke
12	200 Backstroke	26	200 Butterfly
13	50 Butterfly	27	100 Freestyle
10 minute break		10 minute break	
14	800 Freestyle (check in by 1:30) NW Zone Board Meeting (tba)	28	200 Individual Medley
		29	1500 Freestyle (check in by 11:30)

Visit the PNA website at [www.SwimPNA.org](http://www.SwimPNA.org) for the latest meet information.

SAFETY FIRST:

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

**Entry Confirmation:** Include legible email or a self-addressed, stamped envelope or postcard with your entry if you desire entry confirmation. You should bring a copy of your completed entry form.

**Check-in is required:** for the **400 IM** (deadline 11:30 am Saturday), **800 Free** (deadline 1:30 pm Saturday), **400 Free** (deadline 8:30 am Sunday), and **1500 Free** (deadline is 11:30 am Sunday). Swimmers who do not check in by the deadline may be scratched from the event.

**2004 NORTHWEST ZONE LONG COURSE METERS CHAMPIONSHIP MEET**

Saturday, July 24, and Sunday, July 25, 2004

NAME: \_\_\_\_\_ M F AGE\*: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ Email: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ USMS #: \_\_\_\_\_ - \_\_\_\_\_

CLUB \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ LMSC: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

\*AGE GROUP (Determined by your age as of DECEMBER 31, 2004):

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: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME (Long Course Meters)

ENTRY FEE: \$ 13.00 Surcharge (Includes \$1 Northwest Zone meet surcharge)

Individual Events: + \_\_\_\_\_ \$1 per event. No charge for relays.  
Optional for age 65 and over and needs-based swimmers.

Total: \$ \_\_\_\_\_ Please make checks payable to **PNA**

Mail this entry form and fees to: Steve Peterson  
Postmarked by **July 10** 11165 Central Valley Road NW  
or received by July 13, 2004 Poulsbo WA 98370

**Include a copy of your Masters registration card if you are not a PNA member.** All swimmers must have a valid 2004 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

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: \_\_\_\_\_

**Lake Padden 2.5K & 5K Open Water Swim**  
**Saturday, July 31, 2004**  
**Hosted by Bellingham Masters Swim Club**  
**“Sanctioned by the PNA for USMS #3604-OW2”**

Name: \_\_\_\_\_ USMS # \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age:(on race day) \_\_\_\_\_ Sex: M \_\_\_\_\_ F \_\_\_\_\_

Phone (home): \_\_\_\_\_ Phone (work): \_\_\_\_\_

E-mail address: \_\_\_\_\_

Emergency contact & Phone: \_\_\_\_\_

Indicate Event (circle one)                      2.5k                      5k

Entry Fee: \$25.00 per swimmer  
Race Day Entry Fee \$28.00  
USMS One-Event Registration \$10  
T-shirt size \_\_\_\_\_M\_\_\_\_\_L\_\_\_\_\_XL

**Checks Payable and Mail To:**  
Bellingham Masters Swim Club  
3880 Gala Loop  
Bellingham, WA 98226  
Attn: Barb Gundred  
(360) 734 8364  
Konabarb@hotmail.com

**Liability Release:**

“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 of 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.”

**Must be signed and dated for acceptance.**

Signed \_\_\_\_\_ Date \_\_\_\_\_

**Events:** 2.5K and 5K Open Water swims will be held at Lake Padden beginning at 9:00 a.m. A triangular course will be marked with large orange buoys. The start will be in the water with the finish on the beach.

**Location:** Lake Padden Park, Bellingham, Washington - a beautiful lake, with hiking, biking and running trails. It also has a large barbecue and play area for the entire family. The swim area is equipped with restrooms, showers and changing areas.

**Eligibility:** USMS or Canadian Masters registered swimmers 19 years of age and older as of July 31, 2004, are eligible to compete. For all competitors without a USMS or Canadian Masters registration, a \$10 One-Event USMS registration will be required at check-in. Non-PNA swimmers must submit a copy of their current registration card with their entry.

**Entry Fees:** \$25 per event. Entry fee includes a long sleeved T-shirt and a swim cap.

**Entry deadline:** Entries must be received by Saturday, 7/24/04. You may register race day, but a T-shirt will NOT be included with your entry fee. Fee for entries not received by 7/24 and on race day is \$28.00.

**Rules:** Current (2004) USMS rules will govern this event. The use of neoprene wetsuits is allowed in all distances.

**Safety:** Lifeguards and safety boats will monitor the entire course. Swimmers must wear the swim cap provided and their race number on their arm, leg or hand.

**Schedule:**

8:00 a.m. – 8:45 a.m. -- Check in.

8:45 a.m. -- Pre-race meeting

9:00 a.m. –5K Start

9:15 a.m. –2.5K Start

**Awards:** None. Entries meeting the July 24<sup>th</sup> deadline will receive an event Long Sleeve T-Shirt.

**Results:** Final results will be posted upon completion of each event.

**Age Groups:** Age groups are 19-24, 25-29, 30-34 and so on in five-year increments as high as necessary for both men and women.

**Directions:** Southbound: I-5 to Exit 254 the Samish Way exit. Follow the exit to the light and stay in the left lane. Turn left at the light onto Samish Way. Go across freeway overpass and turn right at the light. Follow road to the entrance to Lake Padden on the right side, about 2 miles. Park in the lots available and registration will be by the building, which has the changing rooms.

Northbound: I-5 to exit 246. Follow exit right to the stop sign. Turn left, drive to the 2<sup>nd</sup> Lake Padden entrance. Park in the lots as above.



## 7<sup>th</sup> ANNUAL SHORT COURSE METERS PENTATHLON MEET

Hosted by North Whidbey Masters (Sanction #043606)

ORDER OF EVENTS (#1)	
#	Event
1	200 fly
2	100 fly
3	50 fly
4	200 back
5	100 back
6	50 back
7	200 breast
8	100 breast
9	50 breast
10	200 free
11	100 free
12	50 free
13	400 IM
14	200 IM
15	100 IM

**DATE:** Saturday, September 25, 2004

**TIME:** Warm-up **12:00 noon** Meet starts **1:00 PM**  
**CHECK IN BY 12:45 PM**

**PLACE:** John Vanderzicht Memorial Pool  
85 SE Jerome St  
Oak Harbor, WA 98277  
Phone: 360-675-POOL

**MEET DIRECTOR:** Sally Dillon  
Phone: (360) 679-5038  
E-mail: salswmr@earthlink.net

**FACILITY:** Six lane, 25 m course. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1-5 will be used for competition.

**RULES:** Current USMS Rules will govern the meet.

**ELIGIBILITY:** Open to all year 2004 USMS or MSC registered swimmers 19 and above as of 9/25/2004. Age groups based upon the swimmer's age as of 12/31/04. Entries must be received by the meet director by Saturday, September 18, 2004 with the following exception: **Race day entries will be accepted until 12:30 PM for an additional \$5.00 (US) late fee.**

**SEEDING:** Slow to fast. ALL EVENTS WILL BE DECK SEEDED. **CHECK-IN IS REQUIRED.**

**TIMING:** Electronic timing will be used.

**THE PENTATHLON:** In order to receive awards, swimmers must enter the five events that "complete" a pentathlon division. The Pentathlon divisions are:

"Sprinters Choice" Division	50 each of fly, back, breast, and free plus a 100 IM
"Middle Masters" Division	100 each of fly, back, breast, and free plus a 200 IM
"Animal" Division	200 each of fly, back, breast, and free plus a 400 IM

There will be a 10 minute break after each stroke. Pentathlon results will be calculated by adding the total time swum in the five events. Swimmers competing in the pentathlon will have a "time penalty" if they are disqualified in an event. It will be assessed as follows: ADD 5 seconds for each 50 of the event. Swimmers who try to abuse the disqualification system will be eliminated from the Pentathlon competition.

**AWARDS:** All participants will receive a certificate. Special awards will be presented to the fastest 3 swimmers in each age group for each division of the pentathlon. No separate awards will be given for individual events.

**WEB SITE:** Visit the PNA website at [www.swimpna.org](http://www.swimpna.org) for updated information.

**DIRECTIONS:** Take highway 20 to Oak Harbor. Turn east onto Whidbey Avenue. Proceed 1/2 mile to SE Jerome St. Turn right onto Jerome—the pool will be on the right.

### SAFETY FIRST!

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

## 7<sup>th</sup> ANNUAL SHORT COURSE METERS PENTATHLON MEET

Hosted by North Whidbey Masters (Sanction #043606)

NAME: \_\_\_\_\_ M F AGE as of 12/31/2004: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ USMS or MSC #: \_\_\_\_ - \_\_\_\_\_

Local Team \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ LMSC \_\_\_\_\_

USMS Club Abbrev: \_\_\_\_\_ USMS Club Name: \_\_\_\_\_ or UNATTACHED \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

**AGE GROUP (Circle one - determined by your age as of December 31, 2004)**

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

Circle if your first Masters meet: **Yes**

EVENT NUMBER	EVENT	SEED TIME (for SC METERS)

ENTRY FEES: \$12.00 (\$18 Canadian)

\$8.00 (\$12.00 Canadian) for seniors (65 & over)

Race day entries will be accepted until 12:30 AM for an additional US\$5.00 late fee

Please make checks payable to: **NWAC**

Direct questions to Sally at:

Mail this entry form and fees to: **Sally Dillon**

salswmr@earthlink.net

**PO Box 845**

360-679-5038

**Oak Harbor, WA 98277**

Pre-entries must be **received** no later than Saturday, September 18, 2004. Add \$5 late fee for all others.

**Please 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 MASTER 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 OF 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: \_\_\_\_\_

## Pacific Northwest Association of Masters Swimmers 2004 Local Team Registration

To register your team for 2004, please fill out and return the form below. Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held each April. All team members competing in the meet must be currently registered with USMS.

PNA will provide each team with a USMS Rule Book, which contains rules for Swimming, Competition, Long distance Swimming, Athletes' Rights, and Organization and Bylaws. Please indicate who should receive the USMS Rule Book

<b>Team Name:</b>	<b>Abbreviation (4 letters max):</b>	
<b>Team Rep</b>	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
<b>Team Coach</b>	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
<b>Workout Pools</b>	Pool name:	
	Address:	
<b>Workout Times</b>		

Below are the abbreviations currently in use. Team abbreviations in **bold** have registered for 2004 as of February 28.

Mail this form and check to:

Arni Litt, Registrar  
1920 10<sup>th</sup> Ave East  
Seattle, WA 98102-4253  
Arni@qwest.net

Application fee: \$10

Make check payable to: **PNA Masters Swimmers**

<p><b>AS:</b> West Seattle All Stars <b>BAM:</b> Bainbridge Area Masters <b>BC:</b> Bellevue Club <b>BEST</b> Bellevue Eastside Masters <b>BLAM:</b> Bellevue Lunchtime Aquatic Masters <b>BMSC:</b> Bellingham Masters Swim Club <b>DSYM:</b> Downtown Seattle YMCA Masters <b>EM:</b> Evergreen Masters <b>FSJ:</b> Fins of the San Juans <b>FTSW:</b> Ft. Steilacoom - WAKO <b>FWM:</b> Federal Way Master <b>GACM:</b> Gateway Athletic Club <b>GCMS:</b> Gold Creek Masters (GCM) <b>GLAD:</b> Greenlake Aquaducks <b>HMST:</b> Husky Masters <b>ISST:</b> Issaquah Swim Team Masters <b>JAM:</b> Juanita Aquatic Masters <b>LUNA:</b> Team Luna <b>LWS:</b> Lynnwood Sharks <b>MILL:</b> Mill Creek Masters</p>	<p><b>MIR:</b> Mercer Island Redwoods <b>NEO:</b> North End Otters <b>NHM:</b> Newport Hills Masters <b>NSYG:</b> Northshore Y's Guys <b>NWM:</b> North Whidbey Masters <b>OOPS:</b> Old Olympic Peninsula Swimmers <b>ORCA:</b> Orca Swim Club <b>PRO:</b> Pro Sports Club <b>PTMS:</b> Port Townsend master Swimmers <b>QASC:</b> Queen Anne Swim Club <b>SAC:</b> Seattle Athletic Club <b>SAM:</b> Samena Club <b>SQM:</b> SQMasters Swim Team <b>SSEA:</b> Swim Seattle <b>SVM:</b> Skagit Valley YMCA Chinooks <b>TACM:</b> Thunderbird Aquatic Masters</p>	<p><b>TACY:</b> Tacoma Pierce County YMCA <b>TIG:</b> Tigers <b>TMS:</b> Thorbecke's Masters Swimming <b>TOSC:</b> Thurston Olympians Swim Club <b>TSC:</b> Tacoma Swim Club <b>TUMV:</b> Tumwater Valley Masters <b>UNAT:</b> Unattached to a Team <b>UPAC:</b> University Place Aquatic Club <b>VAM:</b> Vashon Aquatic Masters <b>VAST</b> Valley Aquatic Swim Team <b>VFC:</b> Valley Fitness Center <b>WCY:</b> Whatcom County YMCA <b>WIS:</b> S Whidbey Island Swells <b>WSAS:</b> West Seattle All-Stars <b>WSYD:</b> West Seattle YMCA Dolphins <b>WWUS:</b> Western Wa U Masters Swimming <b>YNOT:</b> Y Nauts</p>
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Don't see your team? Fill in the form and I will add it to the list.

UNITED STATES MASTERS SWIMMING, INC.  
**2004 MEMBERSHIP APPLICATION**  
**Pacific Northwest Association of Masters Swimmers**

New Swimmer

Returning USMS Swimmer (Old Number \_\_\_\_\_)  
 if available)

**Please print clearly and fill out the entire form. Register with the same name you will use for competition. If your name has changed, please include old and new names.**

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_  
Last First Initial Month Day Year  
 Address: \_\_\_\_\_ Age: \_\_\_\_\_ Male Female (circle one)  
Street or box number  
 \_\_\_\_\_ E-Mail: \_\_\_\_\_  
City State Zip+4

Telephone: (\_\_\_\_) \_\_\_\_\_

If you coach a Masters swim team check here   
 I am interested in serving on a PNA committee

**CLUB:**  Pacific NW Aquatics (PNA)  
 Sequim (SQM)  Unattached

**AND Team :**  \_\_\_\_\_  
 Unattached

**2004 Annual Fee:** Your fee includes a subscription to *The WetSet* and to *SWIM Magazine*

*Choose a membership level below*

Regular:	\$35	\$ _____
Need-based or Seniors (65 & over):	\$25	\$ _____
Partial year <b>after</b> Sept.1, 2004:	\$20	\$ _____
Canadian:	\$40 (US dollars)	\$ _____

*Optional Donations:*

USMS Endowment Fund	(\$1 or \$ _____)	\$ _____
International Swimming Hall of Fame	(\$1 or \$ _____)	\$ _____

TOTAL \$ \_\_\_\_\_

Mail to: Arni H. Litt, Registrar  
 1920 10th Ave East  
 Seattle, WA 98102-4253

Make check payable to: **PNA**  
 Questions: (206) 323-4712, arni@qwest.net

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, THE 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.

**➔ Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

When the option becomes available, I would like to receive the PNA newsletter, *The WetSet*, by electronic mail (e-mail) or be informed by email that it is available on the PNA website **YES NO (Circle one)**

Please re-enter your email address. \_\_\_\_\_



## WetSet Subscription/Change of Address Form

*The WetSet* is PNA's official newsletter. Produced ten times a year, it is delivered free of charge to PNA members. Non-members may purchase an annual subscription to *The WetSet* for \$12, payable to "PNA Masters Swimmers." To subscribe, please send this completed form to Arni Litt, PNA Registrar, 1920 10th Ave E, Seattle, WA 98102-4253.

**\*Important** — *The WetSet* is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.\*

Attach old address label here (if available)

Name \_\_\_\_\_

Address \_\_\_\_\_

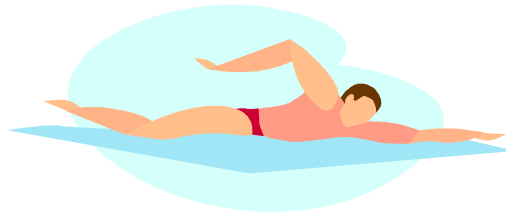
City / State / Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ USMS # \_\_\_\_\_

E-MAIL \_\_\_\_\_

Change of Address

New Subscription



Pacific Northwest Association of Masters Swimmers  
1920 10th Ave East  
Seattle, WA 98102-4253

CHANGE SERVICE REQUESTED

Non-Profit Org.  
US Postage  
Paid  
Seattle, WA  
Permit No. 2334