



Inaugural *Puget Sound Crossing* *For Kids* a Success

*First-Hand Account of Swim By PNA Vice
President Steve Peterson*

Oh yeah. That'll happen, the glances seemed to say as I surveyed the faces of my fellow board members while an energetic Kevin Rabourn pitched his fundraiser idea at last October's board meeting, seeking PNA's sanction of the event. "Two hundred fifty swimmers swim three-and-a-half miles across Puget Sound, each pledging to bring in \$2,500 for Junior Achievement. Wow, what a dreamer. But then, isn't that what it takes to make anything worthwhile happen?"

Still, I was skeptical and guiltily excused myself mentally from considering ever doing this physical and financial challenge. I figured there would be "deep pocket" types on the east side of the Sound who would sign up, and the board agreed to provide Kevin and Ryan Moore, Junior Achievement's (JA) executive, our assistance and support.

Interest Quickens

Fast-forward several months. Kevin passes out flyers at the Bellevue Club meet in February. The challenge stirs in the back of my brain. But I've never swum more than a mile, indoors or out, except for a one-hour swim a

dozen years ago. And how would I raise \$2,500? No way, *fagedaboudid*. A couple months later I heard that not only had coach Lynn Wells been talking up the event, but a baker's dozen of her Bainbridge Aquatic Masters (BAM) team had signed up.

The clincher came on July

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ON THE INSIDE

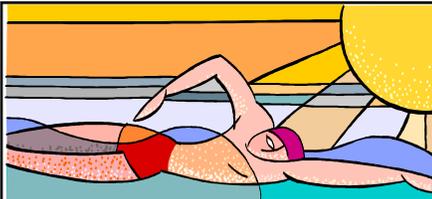


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Photo by Joseph Misenti

Members of Pod 9 after arriving at Alki Beach (from left) Bill Miller, Steve Miller, Ken Goodman, Rita Belserene, Linda Meyer, Meg Misenti, Joanna Alexander and Bill Tiffany



WETSUIT

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Welcome back!

September feels to me like the beginning of a new year. The days turn crisp and cool, and even wet again. One day I walk outside and it smells and feels different. Fall signals the start of short course season and the end of open water swimming...well, the end of just running into the lake without a thought as to the temperature. From now on it's donning a wetsuit or easing in bit by bit.

We had some great pool and open water swims this summer. Elsewhere in this issue you'll find articles by some of the participants.

Pool Meets

The last Saturday in August, several PNA swimmers completed the 5K & 10K National Postal Championships at Seattle's Colman Pool. Eight swam 5K and one hearty swimmer, Hugh Kimball, swam the 10K. 10,000 meters is a long way!

PNA was represented by 19 swimmers and great swimming at USMS Long Course National Championships in Mission Viejo.

Open Water

Congratulations to all who swam in the first-ever *Puget Sound Crossing for Kids* from Bainbridge Island to Alki Beach. Kevin Rabourn and a large contingent of volunteers put on a fine inaugural event.

Bellingham Masters hosted 85 swimmers in their fifth annual Lake Padden open water swim the last week of July for 2.5K & 5K distances. The water was pleasant and calm and there wasn't a cloud

LEADING OFF



By Jeanne Ensign,
PNA
President

in the sky. As usual, Bellingham Masters put on a fine event.

Other summer events included the Northwest Zone Open Water Championships at Dorena Lake in Oregon; the Emerald City Open Water Swim at Seward Park; the first official Park-to-Park from Magnuson Park to O.O. Denny Park across Lake Washington; and the new Jewel on the Lake at Juanita Beach Park. And as if swimming weren't enough, there were triathlons, trail runs, moonlight swims and just plain summer fun.

On the Horizon

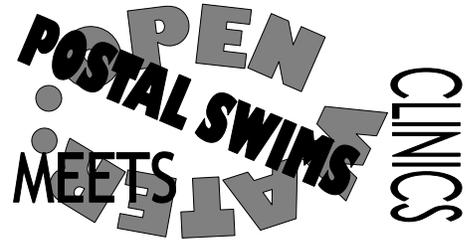
Coming up: the annual Oak Harbor Pentathlon the last weekend in September and BAM's annual fall meet in October. Plus, Bob Bruce and Barb Harris will be back for two more stroke clinics this fall.

Personally I am looking forward to my "home pool," Evans Pool at Green Lake, reopening after a brief maintenance closure. I complained mightily (mostly to myself) about my regular early morning routine being disrupted but thoroughly enjoyed swimming with others of you whose workouts I joined. And, of course, swimming in the lake.

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 2005/2006 CALENDAR



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

January 1 to December 31, 2005

Fitness Check-Off Challenge

Mission: I.M. Possible

Hugh Moore

swimmoore@comcast.net

For forms see <http://>

www.usms.org/fitness/

fitnesssevents.shtml

May 15 to September 30, 2005

2005 USMS 5 & 10K Postal

Championships

Christine Swanson

(813) 254-4514 (phone or fax)

ctswanson@yahoo.com

Livia Zien

(727) 821-8113

livia.zien@att.net

September 24, 2005

**8th Annual Short Course Meters
Pentathlon Meet**

Oak Harbor, Wash.

Sally Dillon (360) 679-5038

salswmr@earthlink.net

September 27, 2005

PNA Board Meeting

7: 00 p.m.

Bellevue Club

October 1 and 2, 2005

PNA-sponsored swim clinics

Samena Club

Bellevue, Wash.

**See page 13 for additional
information and registration
form.**

October 15, 2005

4th Annual BAMFEST

Bainbridge Island, Wash.

See page 14 for entry form.

October 22, 2005

**2005 USMS 10K National Open
Water Championships, Gulf of**

Mexico, Ft. Meyers, Fla

Bill Nunez, (239) 427-1472

billn@deangelisdiamond.com

Gregg Cross, (239) 462-3322

sushifiend@aol.com;

www.usms.org/longdist/

ldnats05/10kentry.pdf

October 25, 2005

PNA Board Meeting

7: 00 p.m.

Seattle Parks & Recreation

November 19 and 20, 2005

**Northwest Zone Short Course
Meters Championship**

Portland, Ore.

Dennis Baker, (503) 679-4601

bakeswim@yahoo.com

December 6, 2005

PNA Board Meeting

7: 00 p.m.

Arni Litt's house

January 1 to January 31, 2006

**2006 USMS One Hour Postal
Championships**

Tom Spence, (440) 247-7145

talltom13@msn.com

Laura Kessler, (440) 526-9590

swimlaura@ameritech.net

May 11 to May 14, 2006

USMS Short Course Nationals

Coral Springs, Fla.

Michael Lohberg, (954) 345-2121

mlohberg@aol.com

.....
■ Put the PNA
■ October 1 and 2
■ Swim Clinics
■ on your
■ calendar.
■ Sign up now.
■ See page 13 for
■ details and
■ registration
■ 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
www.usms.org
www.northwestzone.org
www.swimoregon.org
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

Otters Escape from Alcatraz

By Julia Bent

The dawn fog over San Francisco Bay on the morning of July 16 thinned rapidly as the sun gained height, and by 7:00 a.m. it was clear that the 13th Alcatraz "Sharkfest" swim would be a go. Our nine intrepid swimmers from North End Otters (NEO) met at 6:30 a.m. to register and then get nervous for the next hour and half until the walk to the waiting ferries that would transport us to Alcatraz for the swim back.

Looks are Deceiving

Naively we thought the morning looked much like the calm one in September 2003, when three of the nine had done the swim before and a course record had been set. We thought it would be a repeat of that relatively easy swim. But there was a slight breeze blowing in from the ocean, lightly shredding but never quite fully dispelling the fog still enshrouding the Golden Gate Bridge.

Cold, Cold Water

Since six of us did the swim without wetsuits, we decided to jump from the ferry as late as possible to minimize chilling in the low 60s' water while waiting for the start. Unfortunately, the ferries had stopped a good 200 yards from the starting line, defined by some of the kayakers, and we were less than half way there when wails from the ferries' horns signaled the start of the race.

Cathy Cooley, our most experienced open water swimmer, struck out immediately for the Trans America Tower behind the finish at the Aquatic Park, and she screamed over the course, finish-



Photo by Frank Leonard

(From left); Bottom row: Frank Leonard, Donnie North Middle Row: John Quam, Julia Bent, June Van Leynseele, Cathy Cooley, Mike McColly Top Row: Joan Mitchell, Don Mitchell, Gene Hunn, Nancy Hunn

ing fourth overall in the women's skin (non-wetsuit) category. While swimming through the opening in the sea wall enclosing the park, she was swept into one of the concrete pilings and abraded her hand, arm and leg. She was the first of our group to come to grips with the strong current flowing out from the Bay toward the Golden Gate and the open ocean. Rumors that her wounds were from a shark attack are totally unfounded.

Cathy was closely followed by Mike McColly, who placed second in his class (and would have been first but for the extra 200 yards he had to swim before the start). Don Mitchell and Donnie North, both encased in comfortable, warm neoprene, also sprinted ahead and finished in excellent time, although like Mike they were swept west of the park entrance by the growing current and had to do a bit of uphill swimming to gain the opening to the park.

Strong Current

A good half hour behind them, I floundered in the increasingly rough water, trying to keep up

with John Quam in his wetsuit, who was guiding me across the Bay. (Remember that "breeze"? It had kicked up substantially, causing chaotic surface conditions since it was blowing opposite to the growing current.) Finally John and I neared the sea wall, only to realize that even sprinting, we were making absolutely no progress against the current. Fortunately the current was less right next to the wall, and we were able to gain the entrance to Aquatic Park by swimming in this relatively slower moving water. Despite being the next-to-last woman to finish in the skin category, I still won my age class.

The final three NEO participants, Gene Hunn, June Van Leynseele and Frank Leonard, were making excellent progress when about a half hour into the race the latter two were ordered into a boat by the San Francisco police. The same fate befell Gene, who was picked up by race officials in another boat. Frank pleaded to be allowed to complete the swim since he had been swimming at

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well below his maximum to accompany June, but the San Francisco police didn't brook any arguments.

All three were then dropped off just outside the entrance to Aquatic Park so they could complete the swim to the finish on the beach. Even in the face of these difficulties, June also finished first in her age class. (Did I mention that June and I were the only women in our respective age classes competing in our "skins," thereby assuring ourselves a first place just by swimming?)

"Even sprinting, we realized that we were making absolutely no progress against the current."

Gene and June have vowed to return next year, and I suspect Frank will be with them. My general feeling is "Been there, Done that," although I'd happily return as "team support" because we had so much fun wining and dining both before and after the race. John Quam and Frank Leonard deserve special mention and accolades for their sportsmanship in helping to usher a couple of us less experienced swimmers. They certainly could have posted much faster finishing times had they swum on their own.

Despite the difficult conditions, the race organizers conducted a safe event. The kayak support was excellent, and clearly the San Francisco police were on top of their game.

Interested in participating? Check out Envirosports.com. Next year's Alcatraz Sharkfest is scheduled for September 16, when the water just might be inching up toward 65 degrees out there in the Bay. If you go, though, you'd better hope the wind don't blow nor the current flow.

Still Time to be a "Brute"



Remember to swim in this year's Pentathlon on September 24. The event includes a new "brute" category: 1500 free, 200 fly and 400 IM.

You can find a registration form on www.swimpna.org. And there's day-of-event registration.

Welcome New PNA Swimmers



- Kimberly Anderson
- Julia Bacharach
- Basia Belza
- Scott Bendig
- Katie Billings
- Claire Booth
- Bruce Boytler
- Amber Buntin
- Nancy Cherry
- Thomas DeVera
- Deena Dubouch
- Kenneth Gambill
- Robert Hartwig
- Tamara Jett
- Brian Kudlow
- Miles Logsdon
- Lisa Morgenthaler
- Arthur Mortell
- Tammi Shook
- Ken Smith
- Chris Van Liew
- Connie Williams
- Melissa Zangrillo

Summary of PNA Board Actions

The PNA board has been active over the past few months with monthly meetings in Edmonds in May and Seattle in June and July. Most of the board's efforts have been focused on event schedules, including open water events, clinics and swim meets for the next year as well as preparing a bid for the 2007 USMS Short Course National Championships in Federal Way.

Additionally, the board has been preparing for the upcoming USMS annual convention. This year's convention will be in Greensboro, N.C., September 14-18. PNA members attending will include PNA delegates Walt Reid, Sarah Welch and Kelly Crandell; USMS Secretary Sally Dillon; USMS Recognition and Awards Committee Chair Kathy Casey; USMS Communications Committee Chair Hugh Moore; USMS Internal Auditor Jeanne Ensign; at-large delegate Jane Moore; USMS Rules Committee Member Jan Kavadas; and USMS Legislation Committee Members Arni Litt and Steve Peterson. Complete meeting minutes can be found on the PNA website at www.swimpna.org.

PNA Swim Clinics Coming October 1 & 2



**Details
on page 13.**

5 at one of those rare times I'm home to see the evening news. There were Megan Quann Jendrick and her husband Nathan in their Ironman wetsuits being interviewed as they emerged from the Sound at Alki Beach.

"Hey, look!" I said to my wife, Cindy. "I thought the event was in August."

"Oh, she has a conflict so she swam it today," Cindy explained.

"Swimming across the Sound — that'd be cool to tell future grandkids that I did it. Or at least my accountant."

"Oh, yeah, that'll happen."

Making a Commitment

I called Ryan Moore and Lynn Wells. I had just enough time to be sent the Ironman wetsuit that came with the entry fee; swim a few open water practices with BAM; and begin extracting pledges from family, friends and coworkers. Oh, man. The challenges were on.

Training Swims

I was amazed at the serenity of swimming in Bainbridge's Blakely Harbor and the relative ease pulling through the water. The wetsuit and salt water provided increased buoyancy, making the crawl easier but rendering my breaststroke ineffective. I adapted to the cold water quickly (it was really refreshing once under way); harder to overcome was the panic of swimming among green tissue-paper-like seaweed; the brown, slimy kelp; sticks and larger floating objects; and any number of imagined monsters just beyond visibility range (which, in gray-green Puget Sound, isn't very far).

But those Wednesday evenings going out at the end of a perfect weather day and coming back after sunset were spectacular. One Sunday we swam out to and around Blakely Rocks with small seals for escorts. My finless feet stayed numb long enough each

time to hike readily back up the gravel to my car. Curiously, the tip of my tongue would get sore from contact with the salt water. And my neck always chafed a bit from the thermal cap strap even after applying the recommended Bodyglide.

The Big Day

Soon August 13 arrived. I opted to stay at my brother's in Seattle rather than risk missing the ferry to meet up with the BAM group. Enthusiastic JA volunteers were in abundance at West Seattle High's parking lot, where buses waited to carry us to the Harbor Island marina to board the "Spirit of '76" for the trip across the Sound.

The morning was perfect. A small fog bank on the Sound cleared as we stopped off Restoration Point at Bainbridge's south end. BAM swimmers filled



Steve Peterson, after finishing the swim

two of the ten "pods" to which the 72 swimmers had been assigned. I was in Pod 5 with Mark Bickford, Orlando Boleda, Brian Russell, Rick Stafford and Paul Webber. Pod 9 contained Joanna Alexander, Rita Belserene, Ken

Goodman, Linda Meyer, Bill Miller, Steve Miller, Meg Misenti and Bill Tiffany.

Into the Sound

Nathan Jendrick gave last minute encouragement, saying Megan sends her thanks and had just won gold in her first race at the World University Games in Turkey. Then we all jumped from the stern in pod-number order to start.

Volunteer boats were GPS-positioned every half mile along the route for sighting and each pod had its own power escort. Plus, there were seven safety boats and a Coast Guard cutter. Wave action varied from slight chop to two-foot rollers. The slight north wind led to our decision to aim for the Bank of America Tower. We paused several times to reconnoiter and regroup.

Though this event was not intended to be a race, I'm sure a couple of my podmates could have left me far behind. Later, another podmate said he'd considered stopping because of unanticipated discomfort. But we worked well as a team. And when we *finally* reached Alki Beach we found we were the *second* pod to arrive—one hour and 49 minutes to make the 3.5+ mile crossing!

Arriving at Alki

JA volunteers cheered swimmers as each arrived (the last one in just under three hours), hung a medal from each swimmer's neck, sprayed us off with cool fresh water and handed out T-shirts. A professional photographer took group and individual photos. Taco del Mar fed us a hot meal.

The JA announcer thanked swimmers and volunteers, opted to defer awards until all pledges had been turned in later.

Media Folks

The ever-important media had been recruited, and FOX 13's

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(Continued from page 6)

news anchor Bill Wixey and KING

5's "Evening Magazine" host John Curley both swam the event. When I asked John what he'd done to prepare, particularly in a new wetsuit in cold salt water, he shrugged and said, "I'm a natural athlete." Despite minimizing the importance of training, John rode the Seattle-to-Portland bicycle ride this year, and Wixey's bio describes him as a marathon runner. Bill Wixey described his adventure on Monday's 8 AM news; John Curley's well-scripted shots on board and in the water wove together his Tuesday evening show.

The final fundraising tally won't be known until early September and though the numbers may not be as ambitious as originally targeted, Kevin Rabourn's brainchild was clearly a success for all involved. Junior Achievement gets a windfall, a new long-distance swim is inaugurated, and I'll just have to wait for grandkids to come along. "Oh, yeah. I'm glad it happened!"

Time to Start Thinking About 2006 FINA World Championships

By Jane Moore

In August 2006, the FINA Masters World Championships will be held at Stanford University. Events will include swimming, open water swimming, diving, synchronized swimming and water polo.

The organizing committee, headed by Michael Moore of San Francisco, is hard at work. This will be a large, well-attended and well-run meet and should be lots of fun for everyone. Since it is close by, PNA should be able to have a large group of swimmers in attendance. This is a great opportunity for each of us to set some goals, work hard and have a great meet.

You must meet qualifying times

for each event you enter. However, the FINA qualifying times are more liberal than those for USMS Nationals.

PNA's Kathy Casey and Walt Reid have volunteered to organize relays for PNA. Watch for more information in the next few months about PNA events to prepare for World Championships. We hope to have some special practices and a long course meet early next summer.

For more information about World Championships including qualifying times, hotel information, and entry forms see <http://www.2006finamasters.org/>.

PNA Bids for 2007 Short Course National Championships

By Jane Moore

PNA has submitted a bid to host the USMS 2007 Short Course National Championships. The meet would be held at Weyerhaeuser King County Aquatic Center on May 17-20, 2007.

The bid will be presented at the 2005 USMS House of Delegates Annual Meeting in Greens-

boro, N.C., in September. At this time, we believe it is the only bid that has been received by the USMS Championship Committee.

This will be a great opportunity to swim in a national championship meet. Plan on swimming in the meet and volunteering to help put on the meet.

Watch for more information in an upcoming *WetSet*.

PNA Swim Clinics

Oct.
1 & 2



Details on
page 13.

Wanted: Your Stories and Your Story Ideas

The WetSet is always looking for stories and story ideas. So if you've done something interesting involving swimming or you know someone else who has, please write a story about it or pass the information along to *The WetSet* editor, whose gratitude will be boundless.

2005 Long Course Meters National Championships

August 11-15

Mission Viejo, Calif.



By Jane Moore

The Mission Viejo Nadores Swim Team hosted the 2005 USMS Long Course National Championships.

The weather was unseasonably cool for southern California but very comfortable for Puget Sound area swimmers. The meet was well run and went by quickly and smoothly.

Nineteen swimmers from Pacific Northwest Association attended. The eight women and nine men swimming for Pacific Northwest Aquatics placed fifteenth in the combined team scoring. The women were eleventh and the men twenty-fifth.

Lisa Dahl (40-44) won two events: the 50 free in 28.79 and the 50 fly in 31.40. She was fourth in the 50 back. Walt Reid, swimming in the 65-69 age group for the first time, won the 50 backstroke in a time of 40.10. Walt also finished second in the 100 back, third in the 50 breast, and fourth in the 100 breast.

Other top ten finishes were recorded by Karen Bryce, Kathy Casey, Marion Chadwick, Debbie Glassman, Don Graham, Jim Lasersohn, Chris Lautman, James Littlefield, Jim McCleery, Hugh Moore, Jane Moore, Kirk Nelson, Don Robinson, Kate Sutherland, and Margaret Winnie.

Unattached PNA swimmer Joseph Lang was second in the 40-44 1500 free with a time of 18:35.95. Also swimming unattached from PNA was Buster Yonych.

Four relays placed in the top ten as well.

P = P.N.A. RECORD

WOMEN 40-44

50 M. FREE			
LISA DAHL	44 # 1	28.79	
50 M. BACK			
LISA DAHL	44 # 4	34.66	
50 M. FLY			
LISA DAHL	44 # 1	31.24	

WOMEN 50-54

50 M. FREE			
DEBBIE GLASSMAN	52 # 4	31.02	
100 M. FREE			
DEBBIE GLASSMAN	52 # 3	1:09.74	
200 M. FREE			
DEBBIE GLASSMAN	52 # 3	2:41.21	
50 M. FLY			
DEBBIE GLASSMAN	52 # 4	34.08	
100 M. FLY			
DEBBIE GLASSMAN	52 # 3	1:19.16	
200 M. FLY			
DEBBIE GLASSMAN	52 # 2	3:01.21	

WOMEN 55-59

200 M. FREE			
JANE MOORE	55	3:38.54	
400 M. FREE			
JANE MOORE	55	7:36.04	
1500 M. FREE			
KATHRINE CASEY	57 # 3	23:27.74	
JANE MOORE	55 # 9	29:45.47	
KATE SUTHERLAND	57 #10	32:35.77	
100 M. BACK			
KATHRINE CASEY	57 # 3	1:30.73 P	
200 M. BACK			
KATHRINE CASEY	57 # 3	3:20.31 P	
200 M. BRST			
KATHRINE CASEY	57 # 3	3:55.67	
KATE SUTHERLAND	57 # 7	4:34.37	
200 M. FLY			
KATHRINE CASEY	57 # 5	3:45.74	
400 M. I.M.			
KATHRINE CASEY	57 # 2	7:16.90	
KATE SUTHERLAND	57 # 5	10:04.60	

WOMEN 70-74

50 M. FREE			
KAREN BRYCE	72 # 3	54.96	
MARGARET WINNIE	72 # 4	1:07.58	
100 M. FREE			
KAREN BRYCE	72 # 5	2:14.45	
50 M. BRST			
KAREN BRYCE	72 # 3	1:04.78	
MARGARET WINNIE	72 # 5	1:09.37	
100 M. BRST			
KAREN BRYCE	72 # 5	2:35.94	

WOMEN 80-84

100 M. FREE			
MARION CHADWICK	84 # 6	2:49.23	
400 M. FREE			
MARION CHADWICK	84 # 3	13:20.45	
800 M. FREE			
MARION CHADWICK	84 # 3	28:15.59	
200 M. BACK			

MARION CHADWICK 84 # 3 7:22.52

MEN 35-39

200 M. FREE			
KIRK NELSON	35 # 6	2:08.33 P	
100 M. BACK			
KIRK NELSON	35 #10	1:14.91	

MEN 40-44

100 M. FREE			
JOSEPH LANG	42	1:03.49	
200 M. FREE			
JOSEPH LANG	42 # 9	2:16.97	
JIM LASERSOHN	40	2:25.30	
400 M. FREE			
JOSEPH LANG	42 #10	4:44.20	
800 M. FREE			
JOSEPH LANG	42 # 8	9:57.20	
1500 M. FREE			
JOSEPH LANG	42 # 2	18:35.95 P	
JIM LASERSOHN	40 # 9	21:18.07	
200 M. BRST			
JIM LASERSOHN	40	3:14.01	
50 M. FLY			
JIM LASERSOHN	40 #10	31.47	

MEN 45-49

50 M. FREE			
JAMES LITTLEFIELD	45	28.22	
100 M. FREE			
JAMES LITTLEFIELD	45	1:02.81	
400 M. FREE			
DAN ROBINSON	48	4:58.83	
50 M. BACK			
JAMES LITTLEFIELD	45 # 8	33.44	
100 M. BACK			
JAMES LITTLEFIELD	45 # 7	1:13.13	
200 M. BACK			
JAMES LITTLEFIELD	45 # 9	2:39.48	
200 M. FLY			
DAN ROBINSON	48 # 7	2:34.73	

MEN 50-54

100 M. FREE			
BUSTER YONYCH	54	1:04.40	
50 M. BACK			
DONALD GRAHAM	51 # 3	31.56	
100 M. BACK			
DONALD GRAHAM	51 # 4	1:11.37	
50 M. BRST			
CHRIS LAUTMAN	51 # 2	34.02	
50 M. FLY			
DONALD GRAHAM	51 # 4	28.98	
HUGH MOORE	51	32.03	
100 M. FLY			
HUGH MOORE	51 # 9	1:12.83	
BUSTER YONYCH	54	1:13.84	
200 M. FLY			
HUGH MOORE	51 # 4	2:52.87	
200 M. I.M.			
HUGH MOORE	51	2:58.14	
400 M. I.M.			
HUGH MOORE	51 # 6	6:15.38	



MEN 55-59

1500 M. FREE
 JAMES MCCLEERY 59 # 2 19:48.17

MEN 65-69

50 M. BACK
 WALT REID 65 # 1 40.10 P
 100 M. BACK
 WALT REID 65 # 2 1:28.88 P
 50 M. BRST
 WALT REID 65 # 3 40.84 P
 100 M. BRST
 WALT REID 65 # 4 1:35.96 P

RELAYS-WOMEN 200 M. FREE

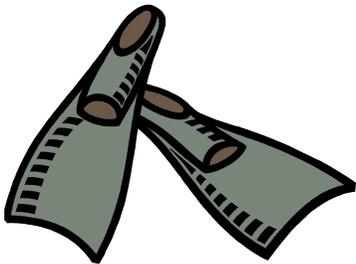
200-239
 LISA DAHL 44 # 5 2:18.21
 JANE MOORE 55
 KATHRINE CASEY 57
 DEBBIE GLASSMAN 52

RELAYS-MEN 200 M. FREE

160-199
 DONALD GRAHAM 51 # 6 1:50.32
 JIM LASERSOHN 40
 JAMES LITTLEFIELD 45
 KIRK NELSON 35

RELAYS-MIXED 200 M. FREE

160-199
 LISA DAHL 44 # 3 1:53.73
 DEBBIE GLASSMAN 52
 JAMES LITTLEFIELD 45
 DONALD GRAHAM 51
 200-239
 KATHRINE CASEY 57 #10 2:26.91
 JANE MOORE 55
 WALT REID 65
 HUGH MOORE 51



**OOPS!
 Correction
 Necessary**

The results of the USMS Short Course Nationals in the July-August issue of *The WetSet* failed to indicate those swimmers who had top ten finishes. You can find the amended results at www.swimpna.org,

**Lake Padden Open Water Swim
 July 30, 2005**

*Story by Lake Padden
 participant on next page*



Waiting for the start of the swim



Margey Thoresen, Liz Rosen, Sarah Welch and Jeanne Ensign

Mastering Lake Padden

By Kaetche Miller

When an open water swim comes up, my long-term swim buddy, Margey Thoresen, and I always sign up together. We've been swimming together nearly two decades, keeping each other in check. If I miss a workout, there is always an email the next day with the subject "Missing in Action," and I do the same for her.

We met at Seattle's Colman Pool in the summer of 1986 and became regular swim buddies that fall when I joined the Masters group at SW Community Center in West Seattle. Though Margey doesn't attend meets, over the years we have done the Emerald City Open Water countless times, Fat Salmon and even the Alcatraz Sharkfest one year. We'd decided to do Lake Padden this year, just as we did last year.

As the event drew closer, we discussed our usual game plan: "I'm going to beat your a__!" This has been our pre-swim mantra for years and we probably have equal numbers of wins but it's always fun to say this to each other.

We used to be competitive with each other but that was before I snuck up on her a few years ago and began to consistently swim faster. Not by much, mind you, just enough for her to be reminded that she is five years older.

Tour-de-France Plan

For last year's Lake Padden swim, Margey offered a Tour-de-France plan. Just as Lance Armstrong's team supports him by biking in front, conserving energy for him, Margey suggested we swim in tandem — trading off leads and letting the other draft so as to rest a little. She offered to do all the leading if need be. And we'd cross the finish line at exactly the same time.

We switched off as planned and did cross the line together.

This year, a different story. Cross the finish line at the same time? Heck no, I wanted to see if that two-week liver detox diet was really going to pay off. Never mind that we both did the exact same diet. Maybe I felt that my liver was more in need and wanted to check it against another perhaps less damaged one. Surely two weeks of no dairy, no wheat, no citrus, no sugar or caffeine or alcohol or even soy would make a difference!

So we finished off the diet at Friday lunch, drove to Bellingham, checked into a motel and had dinner at the Olive Garden. With a meal of lemon chicken pasta, a glass of wine for me, a margarita for Margey, we ingested all the purported liver toxins except for caffeine and soy.



(From left): Kaetche Miller, Sarah Welch, Jeanne Ensign and Margey Thoresen

The next morning was a perfect, beautiful day with warm temperatures and a cloudless sky. The Bellingham Masters Swim Club had a wonderful array of items in case you missed breakfast: lots of fruit, giant cupcakes from Costco, coffee, hot drinks and bottled water.

Margey and I registered quickly thanks to the well-organized volunteers, stowed our t-shirts and milled around restlessly until just after the 5K swimmers took off. We then exchanged our mutual mantra, grouped up, wished all a good swim, heard the signal (5-4-3-2-1-GO) and headed directly into the sun, searching for the first giant orange inflatable buoy. This was

the most challenging part for me and I thought that buoy would never come into clear view as I sputtered and flailed through the water, trying to sight way too many times.

Looking for Buoys

I kept my eye on Margey, who looked very strong, and I wished I had gone for the Tour-de-France plan again. Rounding the first buoy, I eased into a more reasonable pace, began bilateral breathing and found some balance.

The long, second leg across the opposite side of the lake is the best part of the swim to me, and I am sure everyone enjoyed the clean, clear water with a view on both sides. These open water swims are such fun, swimming with others, knowing you're safe and getting into a smooth rhythm. Before you know it, the long swim to the second buoy is over and you're heading back to the final turn into shore.

I'd lost track of Margey and knew she could already be in, but didn't care because it was a beautiful swim on a beautiful day. Who am I kidding, I really wanted to get in before her. My husband waited at the finish line with a camera, not realizing that those MPG files are not nearly as easy to share and enjoy as regular still pictures. So I have, as my Lake Padden finish shot, a sort of Birth-of-Venus SLOW motion movie as I stand up in waist deep water, then do a slow, watery saunter toward the shore — about 10 seconds worth that could have been covered in three strokes.

I ran the last few steps across the finish line and got my time — 55:07. But where was Margey? Just a little more than a minute behind but she did tell me that if we figure in the age and height differences, she really did beat my a__. Okay by me, and we had some of the cleanest livers on the lake that day.



Osteoporosis

How Much Do You Know?

By Sara Quan

Editor's Note: This article appeared in the December 2004 issue of Splashmaster, the newsletter of Inland Northwest Masters Swimming.

Osteoporosis is a disease in which the bones become brittle. It is the most common bone disease and affects both men and women. It is a progressive disease that frequently goes undetected until a fracture occurs. It is characterized by low bone mass and thinning bone tissue, making the bones look more porous than normal, hence, quite brittle. The principal sites of osteoporotic fractures are the spine, hip and wrist. Do not ignore fractures that appear at other sites.

Men and women need to educate themselves about the risks of this disease and take preventive measures to avoid osteoporosis. Swimmers, although very active and exercising almost daily, are not receiving the maximum benefits of exercise for our bones. Yes, the muscles are tugging on our bones to stress them, but not as well as weight bearing exercise, for example: running, walking, hiking or dancing. Medical technology makes accurate testing for osteoporosis available for early detection and ultimately prevention. The following are some of the risk factors for osteoporosis from the National Osteoporosis Foundation.

Non-modifiable:

- Personal history of fracture as an adult
- History of fracture in first-degree relative
- Caucasian race
- Advanced age
- Female sex
- Dementia

Poor health/frailty

- Potentially modifiable:
- Current cigarette smoking
- Low body weight (less than 127 pounds)
- Estrogen deficiency
- Early menopause (age 45 or earlier) or bilateral ovariectomy
- Prolonged pre-menopausal amenorrhea (more than 1 year)
- Low calcium intake (lifelong)
- Alcoholism
- Impaired eyesight despite adequate correction
- Recurrent falls
- Inadequate physical activity
- Poor health/frailness

Below are six statistics we should all be aware of:

1. The average adult takes in 450-650 mg of calcium per day but it is recommended to take 1000-1500 mg/day.
2. We tend to lose bone mass density at 0.5% to 1% per year after

age 30.

3. A woman's risk of developing osteoporosis doubles every five years after menopause (age 50).
4. Approximately one in six women over age 50 will experience an osteoporotic hip fracture in her lifetime, with the risk dramatically increasing with age.
5. One in eight men over age 50 will experience an osteoporotic fracture during his lifetime.
6. On the average a man loses 20% to 30% of his total bone mass in his lifetime; a woman loses 30% to 40%.

Preserving Bone Health:

- Eliminate or reduce risks: tobacco, alcohol, caffeine and steroid use.
- Alcohol damages osteoblasts, making it difficult for these cells to build new bone.
- It is known that excess caffeine promotes calcium loss into the urine via the kidneys (conflicting evidence about how much is detrimental).
- The average person loses 100-250 milligrams of calcium into the urine each day.
- The greatest calcium loss in urine after drinking caffeinated coffee occurs within the first three hours after drinking coffee; this loss can be mini-

(Continued on page 12)

(Continued from page 11)

mized if calcium intake is at least 600 milligrams per day.

- Ingesting more than 1,000 milligrams per day of caffeine markedly increases calcium loss in the urine.
- How much is too much caffeine? More than 400 milligrams per day — approximately three-to-four cups of coffee — has been deemed the "critical point" by pharmacologists.
- Use extreme caution walking on slippery surfaces (pool decks and locker rooms); improper or poorly fitting footwear may increase your risk of falling.
- Foot problems can increase risk of falling.
- Due to age-related bone loss, most women and many men in their seventies are at risk for fractures from falls.

Vitamins' and minerals' role in your body:

- Calcium's role in the body is to provide strength and hardness to the structural framework.
- Vitamin D's role in the body: help calcium to be absorbed in the intestines and help keep calcium levels in body balanced.
- Ninety-five percent of body's calcium is in your bones.
- Calcium is also necessary for muscle contraction, regular heart beat, proper brain and nerve functions, kidney function, teeth to be hard and blood to clot.
- Bone acts as a reservoir for calcium.
- It is agreed by clinicians worldwide that the single most important thing you can do to prevent and treat osteoporosis is to obtain adequate calcium



and Vitamin D.

- Healthy bones require healthy eating habits.

Exercise information:

- Abdominal breathing increases capacity to take in oxygen and encourages relaxation.
- Exercise essentials: warm up, stretch and cool down.
- Weight bearing exercise + strength + training + balance + posture exercises = strong bones.
- Unfortunately aquatic exercise (vertical or horizontal) does not seem to give the same bone-building benefits as weight bearing or working against gravity on dry land. Why is this important? The increased stress load on the hip with weight-bearing exercises improves strength (walking, slow jogging, running, hiking, stair climbing, dancing).
- Note that there are special exercise consideration if you have

osteoporosis — see you doctor or health care practitioner.

Women and Estrogen:

- Risks of taking estrogen include breast cancer, menstrual bleeding and osteoporosis.
- Benefits include stronger bones, heart, lipids and relief of menopausal symptoms.
- Make an informed decision with your health care provider.

Internet sites for more information:

American Society for Bone & Mineral Research: www.asbmr.org.
 Foundation of Osteoporosis Research & Education: www.fore.org
 International Society for Clinical Densitometry: www.iscd.org
 The North American Menopause Society: www.menopause.org
 Osteoporosis National Resource

Center: www.osteoporosis.org
 Osteoporosis links: www.pslgroup.com/osteoporosis.htm.

National Osteoporosis Foundation: www.nof.org
 Local Osteoporosis Education Link: www.IOEL.net.

Source: Cole. Raymond E: Osteoporosis: Unmasking A Silent Thief: 2000.

PNA Cocktail Party Stats

The next time you're at a cocktail party, you can impress people with some statistics about PNA, provided by Esther Lyman, USMS Registrar.

As of August 21, 2005, there were 1,038 members in our LMSC. Of this number, 995 swimmers belong to Club PNA and 43 are Unattached. We have 55 teams in the Club PNA, and 132 swimmers are not members of any team.

The LMSC PNA is still among the 10 largest LMSCs in the country, and Club PNA is the fourth largest club.

As of June 30, the LMSC PNA was 52% women and 48% men; in all of the USMS the percentages are 46% women and 54% men.

The State of Washington ranks eighth in total swimmers this year. Most are in PNA; the rest swim with Inland Masters and Oregon.

The largest group of PNA swimmers is in Seattle. However, the number of swimmers living in Seattle has decreased since 2003 from 437 in 2003 to 396 in 2004 and 353 in 2005 (as of August 21, 2005). The numbers have increased in Oak Harbor, Friday Harbor, Langley and the 980XX zip codes including Federal Way and Kent.

Want to Improve Your Freestyle Technique?

PNA is sponsoring a freestyle clinic October 1 and 2 at the Samena Club in Bellevue, WA. The Samena Swim and Recreation Club is an outdoor heated 6 lane pool. Also, for Bob Bruce clinic 'graduates' PNA is offering a 'refresher' for small groups on Saturday morning, Oct. 1st. (see below for info on the refresher).

Bob Bruce, 2003 USMS Coach of the Year and a coach in Bend, OR and Barb Harris will return to Seattle to teach a PNA sponsored clinic for the third year running. Bob and Barb will talk about correct stroke technique, videotape your stroke and provide immediate feedback, provide drills and tips for improvement, and mail you a follow up DVD or VHS tape with individualized comments on what you should work on to improve.

PNA will offer the freestyle clinic on each of two days—Saturday and Sunday. Swimmers are asked to provide a second choice of days in case one fills sooner than the other. The Saturday clinic will run from 12:00-5:00 pm and Sunday the clinic day will run from 11:00 a.m. to 4:00 p.m. Registrations will be limited to 25 swimmers per day. If the clinic is oversubscribed, the date your registration is received by PNA will be determine your enrollment. PNA will confirm registrations by phone or mail or email.

Clinic fee: \$50 per PNA registered swimmer* (Coaches who help on deck, no charge)

Bring suit, towel, sweats, etc., so you're comfortable in and out of the water. Swim fins are a big help during the drill session, so bring them if you have them. Snacks and drinks will be provided at the clinic.

*(Priority will go to PNA swimmers. Non-PNA Swimmers are welcome to attend IF there is room and upon purchase of a 'day of event' USMS registration which costs \$10 additional fee).

Schedule and Activities:

1 Hour Introduction, change clothes, and videotaping
1 Hour Hydrodynamics & Stroke presentation
1 ¼ Hour Video review (two groups one with each coach)
1 ½ Hour Pool session for skills & drills, change clothes
¼ Hour Ask-the-Coach Q&A and closing

Attention: Bob Bruce Clinic GRADUATES. If you have attended one of Bob's clinics previously you are invited to return for a small group refresher course with a stroke video to show your progress. The format will offer staggered start times beginning at 9 am for a one hour session with six swimmers at a time. The fee is \$30.

Location: Samena Club Driving directions: take I-90 East to 148th. Take the 148th S. E. exit toward Bellevue Community College turning north (left) on 148th at the end of the exit. Go North (about three miles) on 148th to Lake Hills Blvd. Turn right on Lake Hills Blvd. The Samena Swim and Recreation Club is 1/4 mile on the right.

Registration Form (Please detach and mail with your entry)

Freestyle Clinic October 1st and 2nd

First Choice (Circle One): Saturday Sunday

Second Choice (Circle One or None): Saturday Sunday Not Avail for Alt Date

Bob Bruce Graduates--Refresher Session Saturday only 9:00; 9:30; 10:00; 10:30 start times. We will assign you a start time depending upon expressed preferences and availability.

First Name

Last Name

Address-- Street

City/State

Zip

USMS Registration Number (required)

email address

\$

Phone Number(s)

(home)

(work)

(cell)

Amt Enclosed \$50 clinic/\$35 refresh

Checks payable to PNA. Mail to Sarah Welch, 3704 Cheasty Blvd. South, Seattle, WA 98144. For information call 206-723-1814 or contact sarahwelch@comcast.net

4th Annual BAMFEST SCY Swim Meet- Sanction #053608
 Hosted by the Bainbridge Aquatic Masters

ORDER OF EVENTS "High School" Format	
#	EVENT
1 & 2	200 MEDLEY RELAY W/M
3	200 FREE
4	200 IM
5	50 FREE
15 minute Break	
6	100 FLY
7	100 FREE
8	500 FREE
9 &	200 FREE
10	RELAY W/M
11	100 BACK
12	100 BREAST
13	200 Mixed Fantasy Relay

DATE & TIME:

Saturday, October 15, 2005

Warm-up: **9:00 AM** Meet starts 10:00 AM.

Check-in with Clerk of Course upon arrival and **positive** check-in **required** for the **500 Free** prior to the break.

LOCATION:

Bainbridge Island Aquatic Center: High School Road & Madison Ave., @ **the East campus entrance**, Bainbridge Island WA phone: 206-842-2302-pool

***25-yard course with six lanes used for competition and two lanes for continuous warm-up. The spa will be available during the meet for competitors only. Electronic timing will be used.

DIRECTIONS:

From Seattle: Take the ferry to Bainbridge Island. Proceed straight from the ferry terminal on SR305 exactly one mile to NE High School Road. Turn left (west) and proceed ¼ mile. Turn right (north) at traffic circle onto Madison Ave. Proceed ¼ mile – take first left for driveway entrance to pool.

From Westsound: Take SR305 to Madison Ave. N and turn right (south). Proceed 0.6 miles to the pool.

ELIGIBILITY:

Open to all 2004 USMS or MSC registered swimmers age 18 and above on 10/15/05. Age groups determined by the swimmer's age on 10/15/05.

RULES: Current USMS rules will govern the meet.

AGE GROUPS (individual events): 19-24, 25-29, and 5-year age groups as high as necessary.

RELAYS: Deck-enter relays at the meet. Age groups 19+, 25+, 35+, and 10-year increments as high as necessary. Age of the youngest relay swimmer determines the age group of the relay. *Fantasy Relay* instructions to be announced at the meet.

SEEDING: Slow to fast. Check-in with the clerk of course.

MEET DIRECTOR: Brian Russell, (425) 985-2677, brian.russell@earthtech.com

WEBSITE: For more information, visit the PNA website (www.swimpna.org)

SAFETY FIRST!

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

MEET ENTRY FORM: October 15, 2005 4th Annual BAMFEST
 Hosted by BAM (Bainbridge Aquatic Masters) - Sanction #053608

NAME: _____ M F AGE (on10/15/05) _____

ADDRESS: _____

E-MAIL ADDRESS: _____

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

Team Name, Club Name or Unattached: _____

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

ENTRY LIMIT: Five individual events , plus relays. Circle if your first Masters meet: Y

EVENT #	EVENT NAME	SEED TIME

ENTRY FEES: \$ 9.00USD/\$14.00CAD Surcharge

(Includes electronic timing and facility rental surcharges)

\$ _____ Individual events:

(\$1 per event for swimmers under 65.)

No charge for swimmers 65 or over. No charge for relays.

TOTAL \$ _____ Please make checks payable to: **BAM**

Mail this entry form and fees to: **BAM**

P.O. Box 10848

Bainbridge Island, WA 98110

*****Entries must be received by Wed. Oct. 5, 2005**

Waiver: 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.

SIGNATURE: _____ DATE: _____

EMERGENCY CONTACT: _____ Phone: _____



2005 End of Year 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
 City State Zip+4 E-Mail: _____
 please print carefully

Telephone: (____) _____

If you coach a Masters swim team check here

CLUB: Pacific NW Aquatics (PNA) **If you are an Official please check here**
 or Unattached to a club **AND** **I am interested helping the PNA committee**
TEAM : _____, or Unattached to a team.

Benefits of Membership: Of your end of year membership fee, \$15 is sent to USMS and \$5 remains with PNA to support our programs. \$8 of the annual USMS portion is designated for the national publication. (There is no discount for those not wishing to receive the national publication).

USMS Registered swimmers are covered with secondary accident insurance: 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered, 2) in USMS sanctioned meets where all competitors are USMS registered.

End of Year incl. Seniors: **09/01/05 thru 12/31/05*** \$20
 Foreign address, add US\$ 5
 Optional Donation:
 USMS Endowment Fund \$ _____
TOTAL \$ _____

Make check payable to: **PNA**
 Mail to: Arni H. Litt, Registrar
 1920 10th Ave E
 Seattle, WA 98102-4253
 Questions: (206) 323-4712, arni@qwest.net

*Please note that 2006 full registration begins November 1, 2005. New swimmers registering 11/01/2005 and after will receive a full 2006 registration, plus the rest of 2005 (estimated fee: \$35). However, an unregistered swimmer who wants to swim in a meet or event before Nov. 1, must register before the event.

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** _____

The United States Masters Swimming Policy on the privacy of member information is at: www.usms.org/admin/privacy.shtml

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 Maybe (Circle one)**

CURRENT TEAMS

- | | | |
|--|---|--|
| BAM: Bainbridge Area Masters | MIR: Mercer Island Redwoods | TACM: Thunderbird Aquatic Masters |
| BC: Bellevue Club | NEO: North End Otters | TACY: Tacoma Pierce County YMCA |
| BEST: Bellevue Eastside Masters | NHM: Newport Hills Masters | TIG: Tigers |
| BMSC: Bellingham Masters Swim Club | NSYG: Northshore Y's Guys | TMS: Thorbecke's Masters Swimming |
| CAC: Columbia Athletic Masters | NWM: North Whidbey Masters | TOSC: Thurston Olympians Swim Club |
| DSYM: Downtown Seattle YMCA Masters | OOPS: Old Olympic Peninsula Swimmers | UNAT: Unattached to a Team |
| EM: Evergreen Masters | ORCA: Orca Swim Club | UPAC: University Place Aquatic Club |
| FSJ: Fins of the San Juans | PAMS: Port Angeles Master Swimmers | VAM: Vashon Aquatic Masters |
| FTSW: Ft. Steilacoom - WAKO | PRO: Pro Sports Club | VAST: Valley Aquatic Swim Team |
| FWM: Federal Way Master | PSC: Phinney Ridge Swim Club | VFC: Valley Fitness Center |
| GACM: Gateway Athletic Club | PTMS: Port Townsend Master Swimmers | WAC: Washington Athletic Club |
| GCMS: Gold Creek Masters (GCM) | QASC: Queen Anne Swim Club | WCY: Whatcom County YMCA |
| GLAD: Greenlake Aquaducks | RAH: Redmond Aqua Hotshots | WEST: West coast Aquatics Masters |
| HMST: Husky Masters | RTB: Raise the Bar | WIS: S Whidbey Island Swells |
| ISST: Issaquah Swim Team Masters | SAC: Seattle Athletic Club | WSAS: West Seattle All-Stars |
| JAM: Juanita Aquatic Masters | SAM: Samena Club | WSYD: West Seattle YMCA Dolphins |
| LUNA: Team Luna | SSEA: Swim Seattle | WWUS: Western WA U Masters Swimming |
| LWS: Lynnwood Sharks | STRM: Storm Aquatics Masters | YNOT: Y Naut |
| MMST: Marysville Marlins Swim Team | SVM: Skagit Valley YMCA Chinooks | |



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 # _____

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Change of Address

New Subscription

September 2005 Issue



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Seattle, WA 98102-4253

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