

THE WETSET

Clinic Gets Great Reviews

Twenty-one attendees at February's Club Development Clinic enjoyed a broad spectrum of advice from local and national experts. From innovative ways to build club membership to the complexities of workout design that covers beginners as well as elites, the half-day clinic received solid endorsement by those who participated.

Mel Goldstein, USMS Coach & Club Services, emphasized the need for coaches to look and act the part of a sports professional. Successful programs are typified by stable coaching, consistent hours, and a solid relationship between the workout group and the facility management. On an individual level, he stressed that coaches need to dress and act professionally, in order to be taken seriously by program participants, other agencies, and members of the public.

A highlight of Mel's talk was the announcement of the first world clinic focused on level one certification for Masters coaches. Historically, the American Swim Coaches Association (ASCA) has been focused on age group coaching, but is now expanding

Pacific Northwest Association of Masters Swimmers



Monroe YMCA Masters fielded two of the five teams in the fabled Pink Flamingo relay at last month's ORCA meet. Pictured above (l-r): Dan Larson, Evan Bacon, Allison Bokone, coach Jen Fordham, Peter Collings, Wendy Wigney, Larry Hvattum, and Jacqui Lotz. Story on page 5.

to include those who lead USMS workout groups.

In addition to the world clinic, USMS is sponsoring SwimFest, an opportunity for coaches to learn from some of the most highly-qualified coaches in the nation. SwimFest will be held June 4-6, in San Diego, and PNA will be assisting five coaches

with travel and registration costs!

Karlyn Pipes-Neilsen was the next presenter, delivering a wide range of ideas for developing the potential of individual athletes. Ironically, the multiple world record holder explained that 'not everyone should swim like me'. Swimmers, she said, need to

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LEADING OFF



BY PNA
PRESIDENT
STEVE PETERSON

PNA just concluded its first weekend board meeting and micro-retreat

March 20. This four-hour session was hosted by Sally Dillon at her condo facility in Issaquah (thanks again, Sally!). The extended time allowed more in depth discussion of more topics than we can usually get through at our traditional two-hour Tuesday evening monthly meetings. One might think that running a Masters LMSC would not require all that much – hey, collect dues and schedule meets! But I'm continually amazed at the topics that need attention. I sincerely thank again our volunteers who assist me as your leaders and representatives to keep PNA moving forward. There's always room for you, too!

Among the items presented and deliberated were club and coach development, the Champs meet, upcoming open water

event approvals, PNA's Short Course Nationals coach, Swim Across America, a long course meet at South Kitsap pool (July 10), redesign of PNA's website, Convention delegates, PNA (the LMSC) vs. PNA (the Club), progress on agreements and goals set at our November retreat and a bit of brainstorming, too. Whoo – we still went a bit overtime before adjourning for lunch.

On club and coach development, Lisa Dahl organized two successful sessions. The first was attended by a dozen PNA coaches and team reps on March 7 at Greenlake (see this month's cover article). The second, held the next day at the Bellevue YMCA, was attended by several Y aquatics people from the Bellevue, Mill Creek and Gig Harbor YMCAs. It again featured USMS Club and Coach Services mentor Mel Goldstein of Indy SwimFit discussing how to build Masters-oriented adult aquatic fitness programs within the YMCA structure. The Ys are refocusing on being the place where one learns to swim

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United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always have 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.

The WetSet

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Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Hugh Moore

Leading Off (*continued*)

and USMS wants to partner and assist where we can.

Swim Across America (SAA) held their inaugural Seattle event last fall (138 swimmers raising \$127K for Seattle Cancer Care Alliance). This cancer research fundraising organization started back east in 1987. Local reps David Day, Scott Stone and Scott Whelan gave us details about their event September 11. USMS has expressed interest in partnering with SAA (and vice versa); we in PNA have a great opportunity to pave the way among all 52 LMSCs.

If you haven't already, make sure to read the Volunteer Profile of our own Kathy Casey in the January-February issue of *Swimmer* (page 48). As to websites, USMS continues to improve the appearance and content of usms.org with added offerings on YouTube. Take a look at our national office and meet Executive Director Rob Butcher and staff at www.youtube.com/watch?v=XkJxBmjsLc – is that Mark Gill (Business Ops Director) with a *soul patch*?

See you at Champs!

Records Set at Lake Washington SCY Meet

Megan Jendrick (W25-29)	50 Free	23.19	Zone Record
	100 Free	49.70	National Record
	50 Back	26.37	Zone Record
	50 Breast	27.14	National Record
	50 Fly	24.86	Zone Record
Chris Chapman (M18-24)	50 Back	24.79	PNA Record
Mike McGoorty (M50-54)	50 Free	23.03	PNA Record

Attention: PNA swimmers age 50 +!

It's time again to get ready for the Washington State Senior Games, (WSSG). The 2010 swimming venue will once again be at the Briggs Community YMCA and will be held on Sunday, July 25.

As swim commissioner for the WSSG, it was exciting for me to see many senior PNA swimmers at the 2009 National Senior games in Palo Alto not only on the awards podium, but breaking National Senior Games records. Congratulations to you all.

This year's state meet is a qualifying meet for the 2011 games which will be held in Houston, TX, tentative dates being the last 2 weeks of June.

You can go to www.pugetsoundgames.com to get more information about the games. Registration forms will be available on line.

Gloria Tolaro
Swim Commissioner WSSG
360 273 6553
19gloria@sprintmail.com

A Matter of Balance

by Jane Moore, MD, PNA Board Member

Balance is about more than your ability to juggle the activities, responsibilities, and people in your life with grace and skill. Good balance allows you to control and maintain your body's position when you are moving or still. Good balance is important to staying independent, carrying out daily activities and avoiding falls.

It takes only a wet floor or uneven pavement to toss you off balance. Falls can occur anytime, anywhere and to anyone. Fall related injuries such as hip fractures limit activities and can make it impossible to live independently.

As we age, our sight, hearing, muscle strength, coordination and reflexes change, weakening our balance. Some health conditions, such as diabetes, heart disease, and circulation problems, affect balance. Even some medications can make people dizzy.

Unfortunately, as we age, all of these factors make falls more likely. One of every three persons aged 65 years and older falls each year. You do not have to be one of them! You can take simple steps to improve your balance and reduce your risk of falling.

Balance relies on information collected from the environment on where your body is in space and how its position is changing. Age-related changes occur in the sensory, motor, cognitive, and musculoskeletal systems, all affecting your ability to perceive and process the necessary environmental cues, and to respond quickly and efficiently to the information. Visual acuity, depth perception, contrast sensitivity, and peripheral vision decline with age and these changes reduce or alter the environmental data your brain uses to maintain balance. Meanwhile, your sensitivity to tactile messages, such as vibration and sensory input from the soles of your feet, is also declining, causing you to rely more on your decreased visual abilities. At the same time, the tiny hair cells within the vestibular system of the inner ear are becoming less sensitive to head motion, diminishing the response of the ocular reflex that stabilizes your eyes. These balance deficits are probably the main reason you

will almost never see individuals beyond 60 or so, riding a roller coaster for fun.

Athletic individuals probably suffer these declines more slowly than their sedentary contemporaries do. Even better, there is still more you can do to slow declines in balance ability. To test your balance, try standing on one leg with your arms folded over the raised leg, knee tucked toward your chest, for 30 seconds. You should be able to do this without dropping the raised leg or hopping around. Next, if you felt reasonably stable on one leg, try 30 seconds with your eyes closed. Now try standing on both feet, with one foot directly in front of the other, heel touching toes. Repeat with your eyes closed. If nothing else, you will learn just how important visual cues are in maintaining balance. Exercises that challenge the multiple systems your body uses for balance, such as the two tests above, can slow age-related declines and even improve balance significantly, whatever your starting point.

Nearly any activity that keeps you on your feet and moving, such as walking, can help you maintain good balance. You can also include balance exercises in your daily routine. Try balancing on one foot while waiting in line, stand up and sit down without using your hands, or walk heel-to-toe. Position your heel just in front of the toes of the opposite foot each time you take a step. Your heel and toes should touch or almost touch.

One of the very best things you can do to improve and maintain balance is to use free weights for strength training. Lifting free weights requires attention to posture and form, while core-stabilizing muscles continuously adjust to the motion of the weights. You can challenge your balance even more by using a balance ball instead of a bench while lifting free weights, or standing on an unstable surface such as a balance board.

Find more information and illustrations of balance exercises at these sites.

<http://www.mayoclinic.com/health/balance-exercises/SM00049>

<http://www.nia.nih.gov/healthinformation/publications/exerciseguide/chapter04b.htm>

http://www.aarp.org/health/staying_healthy/prevention/better_balance_prevents_falls.html

What do Pink Flamingos and Orcas have in common?

From a biological perspective, probably not much. But when it comes to Masters swim events, the two are more closely linked than you might think! A highlight of the annual SCY meet hosted by the ORCA Swim Team is the Pink Flamingo relay. Each year, the relay has a unique theme, and spectators at this year's event were treated to the spectacle of "A Shotgun Wedding."

The rules were relatively simple, the execution somewhat more... complicated. Five teams participated, and each team represented one component of the wedding, wearing/carrying it throughout the relay, handing it off to their relay teammates in turn. The components included the bride, the groom, the priest, the ring bearer, and the bride's mother. As seen in the photo below, this resulted in swimmers wearing veils and wigs, and holding a pillow (with a ring, presumably).

Clearly, the swimming costume handicaps were not equal. Just as clearly, no one really seemed to care. One swimmer summed it up with the sentiment, "I love coming to this meet because the ORCAs don't take anything too seriously". Kudos to the North End Otters, Western Washington University Masters, and the Orca Swim Team for putting together relay teams, and special kudos to the Monroe YMCA Masters for putting together TWO relay teams!



The fun wasn't limited to the relay, however. The ORCAs went above and beyond by providing free food in the lobby (always popular with a hungry bunch of swimmers hanging about) and free massages on deck. No word yet on the theme for next year's Pink Flamingo relay, but this is one meet definitely worth putting on the calendar!

PNA Club Development Clinic

(continued from page 1)

develop their own stroke, specific to their individual style, physique and flotation. Coaches and athletes should utilize techniques such as 'compare and contrast' that highlight differences for participants. Using the entire forearm during the propulsive phase for one length, then dropping the elbow to feel the difference, would be one example of this approach. She also recommended the use of visual aids such as video capture and review, to assist swimmers in picturing the desired form.

In addition to these nationally-known presenters, the clinic drew on the expertise of local coaches, sharing their insights with their peers. Lynn Wells of Aquatic Fanatics talked about 'getting out of the box,' identifying crucial open water safety issues. Wendy Neely of Federal Way Masters discussed the potential of free clinics as a way to attract new members. Many attendees were surprised to learn the Federal Way workout group does not use the King County Aquatic Center (due to facility unavailability) yet has grown dramatically over the past year. Wendy credits much of the growth to these six-week clinics that allow prospective members to get a taste of coached and structured workouts without a financial commitment.

Shannon Singer of Skagit Valley YMCA Masters presented the challenges she faces in constructing a workout for a diverse group of swimmers, without knowing who will be participating or even how many lanes she will have access to that day! Adjusting distances so everyone leaves on the same interval, or structuring a variety of drills to even out the various speeds (think one lane swimming freestyle, one lane kicking, one lane doing one-arm...) is another effective technique. These workout adjustments are indicative of her philosophy that the fiftieth person on a fifty-

person team is just as important as the first person - in part because number fifty makes number forty-nine swim a bit harder, which makes number forty-eight swim a bit harder...!).

Following the presentations, most of the attendees moved to a local restaurant for food and a chance to get to know each other better. With attendees coming from Tacoma in the south to Whidbey Island in the north, everyone seemed to appreciate a chance to meet and talk in person.

This clinic originated from the conference call held monthly by a core group of PNA coaches. Based on the feedback received after the event, the organizers should be congratulated on delivering so much value to our coaching ranks.

Additional clinics are planned for later in 2010, including another coaches clinic, an open water clinic, a stroke clinic, and a new swimmer 'practice meet' clinic. Watch for details in future issues of *The WetSet*.

One Hour Postal Results - Available online at www.swimpna.org!!

Congratulations to the 81 PNA swimmers who met the challenge and swam the One Hour Postal Swim "Happy Hour" back in January.

Based on the preliminary results available as *The WetSet* went to print, 12 PNA swimmers placed in the top ten of their age groups, and nine relays in the top six.

Well done!!

Welcome New PNA Swimmers *(listed by team)*

Bainbridge Area Masters

Jill Beermann

Bellevue Club

Brett Bogachus

Bellingham Masters Swim Club

Kimberly Sutherland

Bellevue Tennis and Athletic Club

Debbie Everett

Columbia Athletic Masters

Beth Dann

Downtown/Bellevue Swim Club

Mark Nagle

Sara Rutkowski

Jack Timmons

Federal Way Masters

Terry Edelbach

Stephanie Hare

Philip Kriss

Nancy Look Doll

Lisa McKeown

Stephany Neabling

Christy Richards

Jon Van Steenvort

Schandra Wiltse

Husky Masters

Alec Petrie

Team Luna

Paul Murphy

Lake Washington Masters

John Aki

Chris Chapman

Amy Moorhead

Monroe YMCA Masters

Allison Bokone

Larry Hvattum

Olympic Aquatic Club

Sid Fischer

Michael Waring

Orca Swim Club

Rob Cordell

Poulsbo Piranhas Swim Team

Elisabeth Ulrich

Port Townsend Masters

Mikaila Van Otten

Skagit Valley Masters Swimming

Angeline LeLeux-Bajczek

Rick Sleeper

Skagit Valley YMCA Masters

Melissa Clarke

Unattached *(see note below)*

Matthew Buckmaster

Patrick Carlisle

Benson Dastrup

Kyle Geiger

Damon Hewin

Walter Jamison

Karen Johnson

Allison Kolp

Kyle Paine

Hillary Robertson

Jon Schneider

Ned Stack

Hartmut Stecher

Jennifer Strelow

Heather Thorslund

Dee Young

University Place Athletic Club

Lia Estigoy

Western WA University Masters

Amy Burgess

Eric Chomka

Madeleine Mixer

Anna Mueller

Karin Weber

Julia Williams

Note: Errors or corrections (and Unattached swimmers who wish to change their affiliation to a specific workout group) should be sent to pnaRegistrar@usms.org

MASTERS CALENDAR

LOCAL EVENTS

June 19, 2010

Northwest Senior Games

Juanita Aquatics Center
Kirkland, WA

Info:

www.northwestseniorgames.org

July 10, 2010

**PNA LCM Meet
(tentative)**

South Kitsap HS Pool
Port Orchard, WA

July 17, 2010

**Fat Salmon Open Water
Swim**

1.2-mile and 3.2-mile swims
Lake Washington, Seattle, WA

Info: www.fatsalmonswim.org

Note: event has filled to capacity
each of the last three years, so
register EARLY.

July 25, 2010

**Lake Padden Open Water
Swim**

2.5K and 5.0K swims
Lake Padden, Bellingham, WA

Contact: Lisa Kaufman

lbkauf@clearwire.net

Entry form in this issue of *The
WetSet*.

July 25, 2010

**Washington State Senior
Games**

Briggs Community YMCA
Olympia, WA

Info:

Swim commissioner Gloria
Tolaro

360.273.6553

19gloria@sprintmail.com

NATIONAL EVENTS

January 1-December 31, 2010

2010 Check-Off Challenge

Contact: Jean Blackburn,
blackburn88@msn.com

May 20-23, 2010

USMS SCY Championships

Georgia Tech, Atlanta, GA

(Information at www.usms.org)

Contact: Ed Saltzman,

es7204@att.com

August 9-12, 2010

USMS LCM Championships

San Juan, Puerto Rico

(Information at www.usms.org)

Contact: Mark Gill,

mark.gill@usms.org

OTHER EVENTS

May 16, 2010

Hood River SCM Meet

Hood River Aquatic Center
Hood River, OR

Contact: Sandi Rousseau

541.354.2580 or

swim@gorge.net

June 5, 2010

**Tualatin Hills "Sizzling
Summer" LCM Meet**

Tualatin Hills Aquatic Center
Beaverton, OR

Contact: Marisa Frieder

503.452.7053 or

mmfrieder@yahoo.com

INTERNATIONAL EVENTS

May 21-24, 2010

**2010 Canadian Masters
National Swimming
Championships (LCM)**

Nanaimo, British Columbia,
Canada

(Information at [http://
cmsc2010.ca/Publicity/
invitation_e.pdf](http://cmsc2010.ca/Publicity/invitation_e.pdf))

July 27-August 7, 2010

**XIII FINA World Masters
Championships**

Goteborg, Boras & Moindal,
Sweden

(Information at [news.
2010finamasters.org](http://news.2010finamasters.org))

Contact:

info@2010finamasters.org

August 1-6, 2010

2010 Gay Games

Cologne, Germany

(Information at www.usms.org)

Contact: Jessica Seaton,

igla@usms.org

2010 Fat Salmon Open Water Swim – 1.2 & 3.2 Mile Events

Saturday, July 17, 2010 Lake Washington, Seattle, WA

Sponsored by Green Lake Aqua Ducks (GLAD)

Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS – Sanction No. 360OW-01

EVENT: The fattest swim of the summer...

This is the 11th Fat Salmon Open Water Swim!

The 1.2-mile and 3.2-mile open water swims return once again to beautiful Lake Washington. The event has filled to capacity early three years in a row, so be sure to register EARLY!



Fat Salmon

RACE-DAY SCHEDULE (July 17, 2010):

MADISON PARK

6:15 - 7:15 am Pre-Race Check-in for *both* races

7:30 am **Mandatory** Competitors' Meeting for *ALL* swimmers

7:45 am 3.2 mile swimmers carpool to **Day Street Boat Ramp**.
1.2 mile swimmers can relax for a while, and then walk or carpool to **Denny Blaine Park**.

DAY STREET BOAT RAMP

8:30 AM **Estimated** start of 3.2-mile race

DENNY BLAINE PARK

9:15 am **Estimated** start of 1.2-mile race

LOCATION: The event runs between the I-90 and 520 floating bridges along Seattle's Lake Washington waterfront. The 3.2 Mile Race starts at Day Street Boat Ramp at the west end of the I-90 Bridge span, and ends at Madison Park in Seattle (E. Madison St. & E. Howe St). The 1.2 Mile Race starts at Denny Blaine Park, 200 Lake Washington Blvd. E, and also ends at Madison Park. **Check-In at Madison Park** where both races end. **Swimmers are responsible for transportation from the registration area to the race starts.** Parking at both start areas is extremely limited; carpooling is encouraged.

See race map at <http://www.fatsalmonswim.org>

RULES: Current USMS rules will govern this event. The use of neoprene wet suits or other nonporous attire *is* allowed. The use of fins or pull buoys *is not* allowed.

SAFETY: The course will be marked with large buoys. Motor boats, kayaks and lifeguards will be located along the course. Swimmers must wear the swim caps furnished at check-in. A mandatory safety meeting will be held before the event start.

AWARDS: A whole salmon will be awarded to the fastest male and female swimmers in both the wetsuit and non-wetsuit divisions of the 3.2-Mile Race. For the 1.2-Mile Race one-half of a salmon will be awarded to the fastest male and female swimmers in both divisions. Ribbons will be available for the top three finishers in all 5-yr age groups, in both divisions.

ELIGIBILITY: Swimmers must be 18 years of age as of July 17, 2010 **and:**

- Currently registered with USMS or Canadian Masters (CM), **or...**
- Pay an **additional** \$20 "One-Event USMS Registration" fee if **NOT-USMS or CM members**.
- Any USMS or CM swimmer not registered with PNA **must** submit a copy of their 2010 registration card to the race registrar.

ONLINE REGISTRATION ONLY – starting May 1st

TO REGISTER: Go to <http://www.active.com/swimming> and search for "Fat Salmon"

FEES:

\$40.00 – Early entry *before* July 1

\$50.00 – July 1 thru July 14

\$20.00 – One-Event USMS registration (as needed, see eligibility)

REGISTRATION CLOSSES at 11:59 pm Weds. July 14th *or sooner if race is FULL*

A note about that USMS One-Event Fee... Your \$20 lets you participate in *this* USMS-sanctioned event. For \$22 more, enjoy a *full-year* USMS membership including access to pool meets, clinics, coaches, open water swims and magazine subscription. Contact PNA registrar Arni Litt PNARegistrar@usms.org for more info or to join.

If you don't know your USMS number to put on your entry form – look it up here: https://www.clubassistant.com/club/forgot_usms_number.cfm

**THERE WILL BE NO DAY-OF-RACE REGISTRATION!!!
EVERYONE MUST PRE-REGISTER ONLINE – no paper entry**

QUESTIONS? LOTS MORE INFORMATION at <http://www.fatsalmonswim.org>

OR contact Liz Rosen, Race Director

via **email:** fatsalmonswim@gmail.com or phone 206.898.8992

DIRECTIONS:

From Northbound I-5: Take the Seneca Street exit (#165), merge onto Seneca; travel 0.1 miles; turn left onto 5th Avenue. Follow directions from 5th Avenue (see below).

From Southbound I-5: Take the Union Street exit (#165B), travel 0.1 miles; turn left onto 5th Avenue. From 5th Avenue: Travel 0.2 miles; turn left onto Spring Street, travel 0.1 miles; turn right onto 7th AVE, travel 0.2 miles; turn left onto Madison Street, travel 2.9 miles; Turn **SLIGHTLY RIGHT** on to East Howe Street, travel 0.1 miles; Turn **LEFT** onto 43RD Avenue East. Park.

**10th Annual Lake Padden 2.5K and 5K Open Water Swim
Sunday, July 25, 2010**

Hosted by Bellingham Masters Swim Club

Sanctioned by Pacific Northwest Association of Masters Swimmers for USMS, Inc. - Sanction No. 360OW-02

Name: _____	USMS # ¹ _____	- _____
Street: _____	DOB (mm/dd/yy) _____	
City: _____	State: _____	Zip: _____
Email: _____	Phone: _____	
Emergency contact: _____	Phone: _____	
Event choice (circle): 2.5K 5K	Gender: M F	
Fee calculation:	Make checks payable and mail to:	
Entry fee (prior to July 23): \$30	Bellingham Masters Swim Club	
Race Day Entry Surcharge \$5	Lisa Kaufman	
One-event USMS fee ¹ (\$20) _____	2200 D Street	
	Bellingham, WA 98225	
Total remitted (US or CAN): _____	lbkauf@clearwire.net	

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 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 DAMAGE, 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 the 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 & 5K open water swims will be conducted on a triangular course in freshwater Lake Padden. Both events start in the water and finish on the beach.

Schedule:

7:30 – 8:30 a.m.	Check-in for all events
8:45 a.m.	Pre-race briefing
9:00 a.m.	Joint Start (2.5K & 5K)

Location: Lake Padden Park, Bellingham, WA. Restrooms, showers, and changing facilities are located at the start/finish area. Hiking, biking, running trails, a large barbecue, and a play area for the family are available. The park includes a first-rate municipal golf course (<http://www.lakepadden.com>).

Eligibility:

- USMS or Canadian Masters (CM) registered swimmer or
- \$20 "One Event USMS Registration" fee for non-USMS or CM
- 18 years of age and older as of July 25, 2010
- Non-PNA swimmers (CM or out of area USMS) – photocopy of current registration card required with entry.

Entry Fee: \$30 (US or Canadian). Fee includes official race swim cap, which must be worn during the swim. **Race Day Registration: \$35**

Entry Deadline: Advance registration must be received by July 23, 2010. Day-of registration is permitted for an additional \$5.

Awards: Men and Women overall first through third place for 2.5K and 5K.

Rules: Current USMS rules will govern this event. Neoprene wetsuits are allowed.

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

Results: Results will be posted one hour after the final event and will be available on the BMSC (<http://www.b-m-s-c.org>) and PNA (<http://www.swimpna.org/>) web sites shortly after the event.

Directions: Southbound: I-5 exit 254, left at light onto Samish Way. Cross freeway, right at light (S. Samish Way), main entrance to park (not golf course) is 2.4 miles on right. Northbound: I-5 exit 246, left at stop sign (S. Samish Way), main entrance to the park is beyond the golf course entrance, 2.5 miles on left. Race start & finish is near the bathhouse adjacent to the main parking lot.

Notes: 1) USMS or Canadian Masters number required. Canadian or non-PNA USMS must enclose photocopy of current USMS to complete registration. Those without current registration must enclose \$15 for "One Event USMS Entry" to complete registration.



U.S. MASTERS SWIMMING

Pacific Northwest Association of Masters Swimmers

You may fill out the paper form below and mail it with a check or register online with a credit card at <https://www.clubassistant.com/club/USMS.cfm?L=36> or

through the link for online registration at www.swimpna.org and follow the instructions.

2010 Membership Application

New Swimmer **Returning USMS Swimmer**
(Permanent ID if available _____)

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

Home Phone (____) _____ Cell Phone (____) _____ Work Phone (____) _____

CLUB Affiliation **Pacific NW Aquatics (PNA)** or **Unattached to a Club**

TEAM Affiliation _____

Choose a membership level A or B below for 11/01/2009 thru 12/31/2010.

A. Regular:	\$42	
B. Need-based or Seniors (65 & over):	\$30	
<i>Optional Donations:</i>		
USMS Endowment Fund		\$
International Swimmers Hall of Fame		\$
TOTAL		\$

U.S. Masters Swimming Endowment Fund

Just \$1 from each of us has the potential to add \$50,000 annually to further adult swimming opportunities, sports, medicine research, education and outreach through grants.

www.usms.org/admin/lmschb/lmsc_hb_endowment.pdf

International Swimming Hall of Fame Fund

ISHOF promotes the benefits and importance of swimming as a key to fitness, good health, quality of life, and the water safety of children through operation of the International Swimming Hall of Fame, a dynamic shrine dedicated to the history, memory, and recognition of famous swimmers. <http://www.ishof.org>

Please consider making a tax-deductible donation to one or both of these funds.

Make check payable to: PNA

Questions: (206) 849-1387 or pnaRegistrar@usms.org

Mail check & form to: Arni Litt, Registrar
PO Box 12172
Seattle, WA 98102-0172

A link to the PNA newsletter, *The WetSet*, will be sent by email 10 times/year, unless you check here to have *The WetSet* sent by U.S. Postal Mail.

PNA is seeking volunteers to help with meets, clinics and committees. Check here to volunteer and someone will contact you about where you could make a difference."

2010 Annual Fee: Of your membership fee \$27 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication Swimmer Magazine. (There is no discount for those not wishing to receive the national publication.)

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** _____

Use of Image/Likeness: I grant permission to U.S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.

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

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