

THE WETSUIT

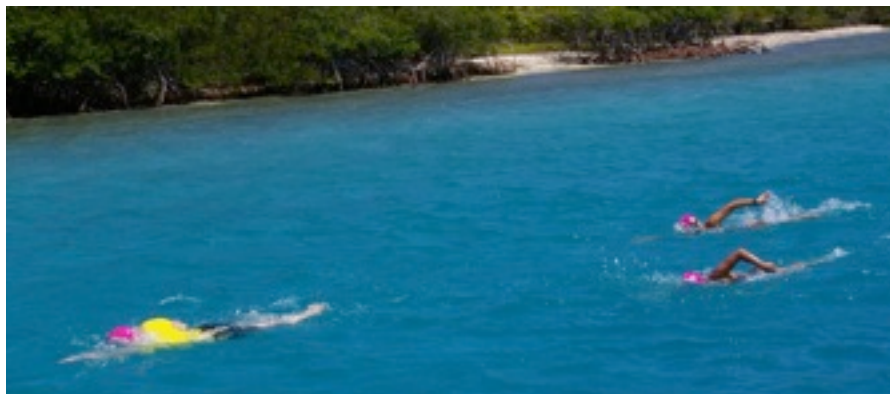
Summer In The Northwest Means Open Water Time

Do you need a break from the black line? Are you eager to get out in the fresh air and sunshine? Nervous about the mass swim start at that upcoming triathlon? Good news - as the days get warmer, there are increasing opportunities for open water swimming.

Organized events are available in Vancouver, Bellingham, Seattle and Tacoma, as well as smaller venues throughout the Northwest. You don't need to wait for an event, however, as many groups hold regular get-togethers at lakes and in the Sound.

The biggest concern for open water newbies is the water temperature, so let's discuss the wetsuit issue first. Even towards the end of summer, our lakes rarely get above the (very) low 70's, which may be a shock for those accustomed to mid-80-degree pool water. While you can certainly swim open water without one, a wetsuit will add more than warmth. It will increase flotation - most noticeable in your lower body, for those whose legs tend to sink - and that will make you faster. Increased flotation will also give a feeling of security to those who worry about swimming farther away from shore - if you find yourself fatigued, just roll on your back and float while you recover!

Pacific Northwest Association of Masters Swimmers



Open water swimming in the BVTs. Photo provided by Liz Rosen.

You're ready to give it a try, you say. Wetsuit at the ready, but where do you go? Several workout groups offer regular open water sessions, and we've provided a list on page 10.

What about those organized events? How far do you have to swim? Most events offer a choice of distances, ranging from 500 meters to 5K, although there are major events that go well beyond that. *(See article on page 4 for the USMS Swimwear Rules, effective June 1, 2010).*

But, you ask, are we talking about the churning whitewater experience I see at triathlons? While you should expect a bit more physical contact in an open water swim than in your lane during pool workouts, the mayhem is generally restricted to

the front of the pack and can be easily avoided. Unless you like that sort of thing, of course...

The dry details of where, when and how tell only part of the story, however. PNA has a number of accomplished open water swimmers - let's hear about it from them.

Tom Grandine, Mercer Island Redwoods:

"...I've only really been a competitive open water swimmer for the past four or five years. Early on, I swam these events without wetsuits. Then I participated in the Puget Sound Crossing and discovered the joys of cheating with a wetsuit, and I've done most of my open water swimming that way ever since... The Crossing itself was a truly memorable event... the

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LEADING OFF



BY PNA
PRESIDENT
STEVE PETERSON

Congratulations to our 43 competitors, including nine national champions, who swam Short Course Nationals in Atlanta! Though I elected not to go, my swim mate of 20+ years brought me the tee shirt. On it are listed all the venues for U. S. Masters' 40 years of short course nationals – from that humble start with 46 swimmers in Amarillo in 1970, through the largest one (2,328) at Stanford in 1987 (my first nationals!) to this one with 1,976 swimmers at Georgia Tech. What a milestone for our swimmers and for U. S. Masters Swimming!

I and fellow PNA members Brian Carlton, Gail Gladwell, Dawn and Mark Jaeger, Janet Johnson, Mary Lippold, Mike McColly and Mike Nordby opted for the Canadian Masters Championships in Nanaimo instead. Canada Masters has one national meet each year and while they attempt to alternate between

the two courses (25 and 50 meters), short course proves more popular. Nanaimo's Ebttides Masters, though, agreed to host long course this year, fitting nicely with those of us who wanted to stay closer to home and get some initial practice for Sweden as well.

Our collective point count placed us 17th among the nearly 100 clubs and 603 competitors. Janet and I each won one of our events, while Mike McColly swept his six races and set new PNA records in the process!

Canadian Masters are no less fun-loving than us. I laughed with one racer in his "OOPS" swim cap, telling him I had also been an OOPS member (his being the Orillia Old Poops Swimmers, mine being the Old Olympic Peninsula Swimmers). Toronto's Aurora Master Ducks were there 57-strong in their pink, angry duck face logo team tees. The "check-off challenge" on the back stated "Aurora Master Ducks Love Nanaimo Bars" – followed by a detailed list of local bars. (I traded their coach a PNA cap for this souvenir.) At their awards banquet I met Dorian Baxter, who not only competes as a Master Duck but is an Anglican archbishop who also entertains as "Elvis Priestley"!

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The WetSet

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PNA To Host Long Course Meters (LCM) Championship Meet

Saturday, July 10 and Sunday, July 11, 2010
South Kitsap Community Pool
425 Mitchell Avenue, Port Orchard, WA 98366-4114

This summer, PNA will host a long course meet in Port Orchard (a mere hour from the Fauntleroy Ferry Dock in West Seattle and accessible from all parts of the greater Puget Sound).

Are you training for USMS LCM Championships in Puerto Rico or FINA World Championships in Sweden, or just looking for a long course meet? Want to challenge those FINA record possibilities for relays at the LCM 200 and 400 distances? Want to challenge our neighbors in the Zone, or just want to have fun this summer? If you answer yes to even one of these questions, you will want to attend one or both days of this two-day Long Course Meters meet. If you've been swimming in the Northwest for awhile, you know how rarely we get the chance to compete in this format, so be sure to mark July 10 - 11 on your calendar and look for entry forms and online registration soon.

(Revised) Order of Events:

Saturday, July 10: warm ups at 11:00 am; meet starts at 12 noon and is expected to finish by 5 pm. 400 IM; 400 Medley Relay; 50 Breast; 100 Fly; 200 Free; 200 Free Relay; 100 Breast; 200 Back; 50 Fly; 1500 Free

Sunday July 11: warm ups at 8:00 am; meet starts at 9 to finish by 12 noon. 400 Free; 400 Free Relay; 100 Back; 50 Free; 200 Breast; 200 Medley Relay; 50 Back; 200 Fly; 100 Free; 200 IM; 800 Free.

You may enter the meet by mail but online registration is preferred. Look for the entry form on the www.SwimPNA.org website by May 1 along with the online registration link. You can print the entry form but (again) online registration is preferred.

Entry Deadlines: Postmark deadline: June 25
On Line Entry Deadline: July 1

Entry Fee: \$22.00 plus \$2.00 per event

For more information contact Co-Meet Directors:

Lisa Dahl lisaisswimming@hotmail.com or Sarah Welch sarahwelch@comcast.net

NOTICE: THIS WILL BE THE LCM ZONE CHAMPIONSHIP MEET !

USMS Swimwear Rules Effective June 1, 2010

by Kathy Casey, USMS Rules Chair, and Heather Hagadorn, USMS Long Distance Chair

For the Pool

The following rules apply to all Sanctioned and Recognized Pool Events:

102.14 SWIMWEAR

102.14.1 Design —The swimsuits worn for competition shall be nontransparent and conform to the current concept of the appropriate. The referee shall have authority to bar offenders from competition until they comply with this rule.

102.14.2 Swimwear shall include only a swimsuit, cap and goggles (a nose clip and ear plugs are allowed). Arm bands or leg bands shall not be regarded as parts of the swimsuit and are not allowed.

102.14.3 In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. Except for open water competitions, for men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knees.

102.14.4 Only swimsuits complying with FINA swimsuit specifications may be worn in any USMS sanctioned or recognized competition.

102.14.5 Exemptions to the foregoing restrictions may be granted to a swimmer, on a case by case basis, by the Chair of the Rules Committee or designee. Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs or verified medical conditions.

A Procedures for applying for an exemption will be established by the Rules Committee and posted on the US Masters Swimming website.

B No exemption to these restrictions will be granted for a swimsuit that will give the swimmer a competitive advantage.

C The decision of the Rules Chair may be appealed only to the entire Rules Committee whose decision shall be final and binding on all parties.

102.14.26 Swimmers are not permitted to wear or use any device or substance to help their speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Any kind of tape on the body is not permitted unless approved by the Referee.

102.14.37 Advertising—Products involving tobacco, alcohol or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule.

Is My Suit Legal?

These changes were effective in January for short course meters and long course meters competition. The changes were effective June 1, 2010 for short course yards competition. Note that the new swimwear rules no longer allow modesty/privacy wear underneath the competition suit nor zippers or fasteners of any kind except for a waist tie on a brief or jammer.

Question: May I convert my old fabric, ankle-length racing suit to a legal suit? I don't add elastic to the legs after cutting them off; the fabric stays put just above my knee (I just hemmed it).

Answer: Yes, you can convert the ankle-length, fabric suit to a legal suit by cutting the legs off and hemming it.

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USMS SWIMWEAR RULES

(Continued from page 4)

Question: Can I replace the back zipper on my racing suit with elastic bands, sewn in, as the closure?

Answer: No, because the elastic could exceed the thickness limit and provide extra compression. Extra compression is one of the reasons that the high tech suits were banned.

Question: There are little rubberized bumps on the chest panel of my Speedo racing suit. Would they still be legal?

Answer: No, the bumps are illegal because they are not fabric. You can peel them off and then the suit will be legal if it does not extend below the knees and does not have a zipper.

For USMS Open Water Events

The following are common questions for Sanctioned Open Water Events:

Is My Suit Legal?

USMS open water swimsuit rules have not changed from 2009 and are not impacted by the 2010 FINA swimwear rules for pool or open water competition. Swimwear that was approved for pool use in 2009 is still legal for USMS sanctioned open water events in 2010. Please refer to the February 4, 2010 update at <http://www.usms.org/rules/>.

Question: Can my swimmers wear a rash guard, arm/leg warmers, or similar swimwear to protect them from the sun or cold?

Answer: The USMS Long Distance Committee has interpreted rule 303.6.3 to define “wetsuits” to include rash guards, arm/leg coverings, and similar swimwear. When both wetsuit and non-wetsuit divisions are offered, swimmers who wear these devices are eligible for the wetsuit division but not for the division with the swimwear allowed by 303.6.1 (refer to the February 4, 2010 update at <http://www.usms.org/rules/>).

Question: Can my swimmers wear SwiMP3s or other types of portable audio system?

Answer: While the rules do not specifically exclude “pacing devices” for open water, a SwiMP3 is considered a more of a distraction and potential safety hazard. We strongly recommend that the swimmer does not wear something that will make them blithely unaware of signals from safety personnel, lifeguards, boats, obstacles, etc.

Question: The water temperature is close to 78 degrees Fahrenheit. The event allows wetsuits and my swimmer wants to wear one – how will the swimmer know how to prepare?

Answer: The swimmer should be prepared for either situation, as USMS rules do not allow for wetsuits when the water temperature is above 78 degrees. Most event hosts will take temperature measurements several days prior to the event to let the swimmers prepare appropriately. Most will also take the temperature one to two hours prior to the event, and will not make a decision until that last minute.

Leading Off

(Continued from page 2)

Warmer weather should be arriving any time – I have yet to practice for open water in the lake or the Sound this year! Meanwhile, use the link on our website to enter the NW Zone Long Course meet, July 10 in Port Orchard (deadline: July 1). Check the calendar there for the latest information on other events, too. Keep swimming for good health!

Steve

Correction - One Hour Postal National Championship

In the rush to publishing our May-June issue, we overlooked two swimmers who put up Top 10 performances in the One Hour Postal National Championship.

WOMEN

25-29	7th	Allison L Cox	25 4,920 yds
30-34	5th	Carrie L Nordberg	33 4,805 yds

Congratulations to Allison and Carrie (who each scored a Top 10 performance on a PNA relay as well), and thanks to Michael McKinlay for catching our error!

2010 1.5 Mile USMS National Championship

Hosted by Tri-Valley Masters, and held at Lake Del Valle, Livermore, CA on June 6, 2010

Alan Bell	M60-64	32:15.65	1st (age group)
Dick Peterson	M70-74	47:54.45	3rd (age group)
Sheila McCue	W-Wetsuit	49:03.70	9th (age group)

Congratulations!

Inner-City Swimming

USA Swimming published a report last month, showing that 70% of African-American children and 58% of Hispanic children have little or no swimming ability, compared with 40% of Caucasian children. While the report identifies parental fear of water as a more significant factor than access to pools and instructors, the recent closures of many public pools in urban areas drew criticism as well.

This report comes as Seattle considers closing virtually all their public pools in an effort to address their budget deficit. A group from PNA has met with representatives of the city to brainstorm alternatives to facility closure. Although the group was able to identify alternatives which potentially saved \$1.5M of the \$3.0M targeted savings, no final decision was available at our publication deadline.

One PNA member who participated in the meeting with the city stated that “considering that Seattle has large bodies of water on two sides, eliminating opportunities for children to learn to swim is really a public safety issue.” This view is supported by a recent article in the Wall Street Journal stating that 5- to 14-year-old African Americans drowned at 3.1 times the rate of whites in that age range during the 2000-2006 time span, according to a study by the Centers for Disease Control and Prevention.

The Seattle pools under consideration for closure include: Helene Madison, Meadowbrook, Medgar Evers, Southwest, Queen Anne, Ballard and Evans.

PNA at SCY Nationals

In May, 43 PNA competitors arrived in Georgia for the 40th Anniversary SCY Nationals. They left in seventh place overall in the regional club division. Nine of our swimmers were recognized as national champions, establishing 11 national records in the process! Charlotte Davis led the way, setting new marks in each of her six individual events, capping it off as a member of the national-record-setting Mixed 55+ 200 Free Relay. Sue Dills set four national records (and missed a fifth by less than two seconds), while Alan Bell broke two existing national records in individual events before joining Charlotte on the relay to set a new record.

National Champions: (**bold** = set new record; * = broke existing record, placed second)

Tammy Coulter W30-	34 200 BK
Lisa Dahl W45-	49 50 FL
Charlotte Davis W60-	64 50 FR, 100 FR, 50 FL, 100 IM, 200 IM, 400 IM
Sarah Welch W60-	64 200 FL
Sue Dills W65-	69 200 IM, 400 IM, 200 BK, 200 FR, 500 FR
Donald Graham M55-	59 50 FL
Alan Bell M60-	64 200 FR, 200 BK, 100 FL, 200 FL, 500 FR*, 1650 FR*
George Roudebush M85-89	1000 FR

and the **Mixed 55+ 200 Free Relay** team, consisting of
 Alan Bell, Donald Graham, Charlotte Davis, Debbie Glassman

Zone records (15) were set by:

Lisa Dahl W45-	49 50 FR, 100 FR, 50 FL, 100 IM
Sue Dills W65-	69 500 FR, 100 IM, 100 FL (<i>400 IM split</i>)
Lyle Nalli M50-	54 400 IM
Donald Graham M55-	59 50 FL
Alan Bell M60-	64 200 FR, 200 BK, 100 FL, 200 FL, 1000 FR (<i>1650 split</i>)
Tammy Coulter, Liliya Shtikel, Caitlin Switaj, Jenny Klovdahl W18+ 200 Medley Relay	

PNA records (6) were set by:

Stella Priessler W60-	64 100BK
Sue Dills W65-	69 50 FL (<i>200 IM split</i>)
Lyle Nalli M50-	54 500 FR
Donald Graham M55-	59 50 BK
Alan Bell M60-	64 50 FR (<i>Mixed 55+ 200 Free Relay split</i>)
Tammy Coulter, Robert Hartman, David Kays, Jenny Klovdahl Mixed 25+ 200 Medley	

Congratulations to everyone who participated!

Full results can be found at: www.swimpna.org

Open Water Swimming

(continued from page 1)

temperature of the water, the sound of the Coast Guard cutters running other big boats off from the swim lane, and the sights and smells of everything else in the Sound made for an unforgettable day... I've been truly inspired watching Alan Bell hold his open water races together so magnificently into his late 50's, and I've loved reading about Scott Lautman's incredible worldwide exploits, too."

Jim McCleery, North Whidbey Masters:

"I first returned to swimming intending to focus on the 100 fly, but found I had a talent for distance freestyle. That led to trying open water swimming, and grew from there... this summer, I'll be in Hawaii and will get to compete in some great events, including the Waikiki Roughwater Swim, the Ali'i Challenge and the Maui Channel Crossing. If I'm lucky, they'll decide to put on a special 10K swim from Kealakakua Bay to the City of Refuge (Pu'uhoonua o Honaunau National Historical Park), which they only do occasionally... my favorite would have to be the Waikiki Roughwater, partly because of its historical significance - the inspiration for the swim portion of the Hawaii Ironman - and because it draws an incredible field - some of the best open water swimmers in the world show up."

Cathy Cooley, North End Otters:

"My favorite place to swim early in the season is Martha Lake... once Martha Lake gets too warm, we will move to Lake Washington and swim at Madison Park or Matthews Beach. Later in the year, we will often swim in the Sound at Brackett's Landing in Edmonds... My most memorable swim would be a Trans Tahoe swim that I did back in the 80's... the wind never let up and we battled the waves for five hours and the water temperature was about 58 degrees (wetsuits are not allowed in this race)... We were all seasick, cold and miserable; but we finished and felt very proud that we did. I love the feel of the cold water and I love being outside in the fresh air, the trees and birds around you. There is nothing like getting into a rhythm and enjoying the experience."

Liz Rosen, Green Lake Aqua Ducks and Mercer Island Redwoods (and Fat Salmon race director):

"I went on a swimtrek (www.swimtrek.com) this past March to the British Virgin Islands, and it was one of the best experiences of my life... all I had to do was eat, sleep and swim for 7 days in a row! It felt like swim camp, but for grown-ups. The day was well-structured; we all ate breakfast, the boat took us out for a swim, had lunch on a beach or the boat, swam again, then back to home base for a snooze in the shade of a palm tree before dinner... every bit of the way in the most beautiful water and scenery. The coaches and the other swimmers were absolutely fantastic, just instantly a tight-knit group of people. We swam a couple times each day, averaging 5K each day, and as much as 8K."

Jason Lassen, previously a PNA member in Bellingham, now in Portland:

"I am making the (Catalina) crossing attempt using breaststroke exclusively and will NOT be using GPS as a means of navigation... The reason behind not using GPS is the last time the Channel was swum all breast was in 1927 by a gentleman named Henry Sullivan; it took him 22 hours 45 minutes to finish. I am planning to beat his time to become the record holder and don't want to use GPS as a crutch; it wouldn't be fair... The Catalina Channel is 21 miles as the crow flies but I expect to swim 23-24 miles. My estimated time is about 15 hours if everything goes well and 17-18 hours if I have trouble... My favorite event of each year is the Elk Lake Open Water Weekend outside Bend, Oregon. The event lasts three days and offers five events from a 500 cable swim to a 5K. It's in the middle of nowhere so making a whole weekend of it with camping and hiking is ideal."

There you go - the weather is warming up, and so is the open water. Join a group, form a group, or register for an event, but get out there and give it a try. No pace clock, no black line, just fresh air and good friends. Have fun!

PNA OPEN WATER ACTIVITIES

Bellingham Masters Swim Team – informal practices at Lake Padden on Wednesdays (-5:30 pm) and Fridays (9 am).

Skagit Valley Masters – organized practices at Lake Padden on Sundays from 11 am – 2 pm. Beginners swim at 11, intermediates at 11:45, and veterans at 12:30. Contact coach Shannon Singer at SSinger70@aol.com.

North Whidbey Masters – informal swims at Pass Lake Tuesdays and Thursdays at noon. Contact Craig Carlson at [ccarlson@hotmail.com](mailto:c Carlson@hotmail.com).

Federal Way Masters – organized practices and beginning classes are held Saturdays and Wednesdays at Steel Lake and 5-mile Lake; both in Federal Way. Times vary. Contact Wendy Neely at wendymal@mac.com to join the mailing list.

FWM is also organizing their 3rd annual “Men and Women of Steel” fun swim at Steel Lake on September 11. The event includes a 1-mile swim, potluck picnic, and 50-50 raffle. Check out the details as they become available at www.fwmasters.com.

Green Lake Aqua Ducks – swim Lake Washington three times each week from early June through late September. Get on the list of details by emailing gladswimopenwater@googlegroups.com.

South Sound Masters – practices are held at Ward Lake on Sundays at 2:30 pm. The lake is ½ mile from Briggs YMCA. Contact Mel Smith at melcomplynow@msn.com

Mercerwood Masters – regular practices in Lake Washington include a “Tour de Mercer” each summer where, over a number of days, they circumnavigate Mercer Island. Not open to other teams but a good idea for others to emulate.

Columbia Athletic Masters – will meet for informal swims at Beaver Lake in Sammamish on Wednesday and Friday from 5:30-6:30 AM. Contact Cynthia Krass at ckrass@hotmail.com with questions.

Orca Masters – meet several times a week at Madison Beach to swim in Lake Washington. This is not an Orca event but a mix of swimmers from all over PNA territory. They typically meet Tuesdays and Thursdays at 6 PM at the lifeguard stand. There is an Evite issued twice a week. Email Kathleen at kmorris2010@hotmail.com to be added.

PNA OPEN WATER SANCTIONED EVENTS

Fat Salmon swim in Lake Washington – Saturday, July 17. Swim either a 1.2 or 3.2 mile event. This popular event is has already reached its (350 person) maximum number of entries.

Lake Padden in Bellingham – Sunday, July 25. Swim either a 2.5K or 5K distance and enjoy a calm lake with pleasant surroundings for your family and friends to enjoy too. The Bellingham Masters put on a great event!

AquaRun for a Child, 2010 – Monday, September 6 (Labor Day). This new event includes a 2K swim in Commencement Bay, Tacoma.

NON-PNA SANCTIONED EVENTS

Emerald City Mile (and ½ mile) in Andrews Bay, Lake Washington (Seward Park) – August 21. The 26th Annual event is put on by the Seattle Parks & Recreation Department. Check out open water clinics and events at: <http://www.seattle.gov/parks/Aquatics/openwaterswim.htm>

Raise the Bar “Friday Night Swim Races” at Lake Meridian are scheduled for June 11, July 9, and August 13. Go to <http://fridaynightswimraces.com/> or contact Kathy Morrisson Kathy@weraisethebar.com

Lake Samish Open Water Swim – 5K & 1.5 mile on August 8. Go to www.lakesamishswim.com for details.

Swim Across America – September 11. Information at www.swimacrossamerica.org/seattle.

Brent Rice Memorial – 2.3 mile from De Moines beach park to Pt. Robinson on Maury Island. Contact Justin Moser at Justin@brmsos.com.

2nd Annual Lake Washington Open Water Benefit Swim

Join us 8 a.m., Saturday, September 11th

2 mile and ½ mile Chip-Timed Courses

Awards, Prizes, and Hot-Breakfast

For more information/ online registration:

www.swimacrossamerica.org/seattle

(888) SWIM-USA



MAKING WAVES TO FIGHT CANCER

Proceeds benefit cancer research at Seattle Cancer Care Alliance



Fred Hutchinson Cancer Research Center
UW Medicine
Seattle Children's

**Think Swimming Can Cure Cancer?
We Do!**

Hold The Date! Lake Padden Open Water Swim

The Race for the Bobbleheads is back!

Come join us in beautiful Bellingham on Sunday, July 25, for the 10th Annual Lake Padden Open Water Swim. Two courses are offered - one lap around the lake for 2.5K, or twice around for the 5K challenge - and both races start at 9am. As always, we will have plenty of music during the event, as well as plenty of food to fill you up afterwards.

Bring your friends and family and make a whole day of it. Walk the 2.6 mile loop around the lake, go mountain biking on the back trails, play some tennis or golf, have a barbeque or simply relax in the City of Subdued Excitement. Parking is always free at the lake and is also free throughout Bellingham on the weekends.

Here's a special treat for those of you who are triathletes, and want to get in some running and biking work. Sign up for the run-bike-run Padden Duathlon on Saturday, and then swim Sunday!

For additional information, contact Race Director Lisa Kaufman at lbkauf@clearwire.net

Hold The Date! AquaRun and Swim for Adoption

Monday, September 6, 2010 at Commencement Bay, on the Tacoma Waterfront

2K swim / 5K run (USAT sanctioned)

OR

2K swim (USMS sanctioned)

[Note: Wetsuits required for both events]

Race Tip Forum: Local Professional Triathlete Joe Umphenour and Local Top Amateur Samantha Mazer will share racing tips. See www.aquarunforachild.org for details.

Both events are fundraisers for Gift for a Child, a nonprofit organization whose mission is to bring together potential adoptive parents and children in need of families by providing innovative programs that include education, collaboration, and family support. The overall goal of the organization is to give the gift of love and hope to children in need of adoption and to have the opportunity to help even one child find a forever family.

In the U.S. there are more than 130,000 children hoping that someone will be willing to be their forever family. We hope you will partner with us toward this cause by helping us make a permanent difference in the lives of children in foster care. Provide the Gift for a Child by participating to fund adopting, fostering, mentoring or photographing a child.



MAKING WAVES TO FIGHT CANCER

(888) SWIM - USA

2nd Annual Lake Washington Open Water Swim

Join us Saturday, September 11th, 2010

2 mile and ½ mile chip-timed courses with awards and prizes

Proceeds benefit Seattle Cancer Care Alliance

Information/registration: www.swimacrossamerica.org/seattle

Welcome New PNA Swimmers *(listed by team)*

Bainbridge Area Masters	Matt Becker	Unattached (see note below)
Angie Heuer	Colette Berna	Mel Block
Downtown/Bellevue Swim Team	Ed Dunning	Cynthia Bramhall
Kathleen Brooks	Orca Swim Club	Cynthia Chavez
Stacey Panek	Joann Cary	Daniel DeRego
Evergreen Swim Club Masters	Teal Jarzyna	Teri Foster
Susan Marrs	Kaisa McCrow	Louis Frank
Fins of the San Juans	Kevin Reilly	Megan Holmes
John Soth	John Schilling	Kersten Hubbard
Federal Way Masters	Royal Smith	Brad Johns
Nicole Bavo	Shunpin Tseng	John Keller
Lisa Binkowski	Erik Waters	Timothy Kruyer
Duncan Campbell	Lori Woodbury	E. Houston LeBrun
Shih-An Cheng	Elena Zubowicz	Jeff Lepis
Ginger Crowley	Poulsbo Piranhas Swim Team	Karl Morrison
Kevin Crowley	Jessie Gates	Meredith Moses
Bryan Gormley	Laurel Pardee	Jennifer Mulrean
Bakary Jammeh	Thomas Ritter	Sarah Nehrbass
Cynthia Kannenberg	Laura Ritter	Mark Odie
Robin Kenna	Krista Webb	Justin Taft
Maggie Lyman	Beth Worthington	Stephen Thomas
Ed Marrs	Queen Anne Swim Team	Sydney Vinnedge
Bryan Miller	Francesca Leonetti	Karen Warrick
Jennafer Ortiz	South Sound Masters Swim	
Kiana Shaw	Jocelyn Finch	
Maritza Tilford	South Whidbey Island Masters	
Lori Todd	Rich Bacigalupi	
Gold Creek Masters	Cheryl Lawrence	
Jim Davison	Cassandra Morgen	
Green Lake Aqua Ducks	Thurston Olympians Swim Club	
Cecile Henault	Jim Fehlig	
John Koreny	Lori Klein	
Robert Morrow	Tacoma Swim Club	
Ross Rosen	Lucia Armstrong	
Lake Washington Masters	Kristen Barrett	
Kris Olsen	Jay Benner	
North End Otters	Ty Firkins	
Teresa Faulkner	Rebecca Garza	
Craig Penner	Scott Inveen	
North Whidbey Masters	Diana Johnson	
Joey Swartz	Martin Kubeja	
Olympic Athletic Club	Denise Schell	

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

July 10-11, 2010
PNA/Zone LCM
Championships

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 had filled to capacity by press time - make plans for next year!

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:
 Gloria Tolaro 360.273.6553
19gloria@sprintmail.com

September 6, 2010
AquaRun for Adoption

Commencement Bay
 Tacoma, WA
 Info:
www.aquarunforachild.org
 Entry form in this issue of *The WetSet*.

September 11, 2010
Swim Across America

Lake Washington
 Seattle, WA
 Info:
www.swimacrossamerica/seattle.com

NATIONAL EVENTS

January 1-December 31, 2010
2010 Check-Off Challenge

Contact: Jean Blackburn,
blackburn88@msn.com

August 9-12, 2010
USMS LCM Championships

San Juan, Puerto Rico
 (Information at www.usms.org)
 Contact: Mark Gill,
mark.gill@usms.org

INTERNATIONAL EVENTS

July 27-August 7, 2010
XIII FINA World Masters
Championships

Goteborg, Boras & Moindal,
 Sweden
 (Information at 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

MEETINGS

August 24, 2010
PNA Board Meeting

Jeanne Ensign's condo, Seattle
 Contact jeanne@raincity.com for directions

**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

**** 5K entrants must complete the first 2.5K within 1-hour or they will be stopped.**

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 tra a large barbecue, and a play area for the family are available. The park includ 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 \$20 for "One Event USMS Entry" to complete registration.

**September 6, 2010, 9:30 am
Commencement Bay, Tacoma, Washington**



**for a Child
2010**

Mail-In Registration
Participant/Team must send
entry form(s) and check to:
**Norris West
Attn: GFAC AquaRun
8230 South 122nd Street
Seattle WA 98178**
PLEASE MAKE CHECKS PAYABLE TO: **GFAC AQUARUN**

TEAMS:
PLEASE COMPLETE
SEPARATE FORM
FOR EACH MEMBER
AND SEND
TOGETHER WITH
PAYMENT

WETSUIT REQUIRED

Early registration must be postmarked
by August 18, 2010. Registration post-
marked after August 18, 2010 must include
\$15 late fee and does not guarantee shirt size.
Registration limited to 300 participants.
On-line registration is available at
<https://www.signmeup.com/70863>
For more info go to our race website at
www.aquarunforachild.org. Questions?
Email: info@aquarunforachild.org

All entrants must sign respective waiver at MANDATORY pre-race pick-up:
9/5/10, 5-7 pm at Les Davis Marine Park, 3427 Ruston Way, Tacoma WA
98402. Back-up at Race Registration table 9/6/10, 7-8:30 am.

Name _____ Phone (H) _____
Address _____ Phone (C) _____
Circle one: SWIMMER | RUNNER | BOTH
Age (as of 12/31/10) _____ Date of Birth _____
Circle one: MALE | FEMALE
E-mail _____ Shirt: MEN'S | WOMEN'S Size: S M L XL
Emergency Contact Name & Number _____
USA Triathlon Membership # for AquaRun (or Swim under 18) _____
USMS Registration # for Swim Only —18 & over _____

SANCTIONED BY PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS FOR USMS, INC. SANCTION NO. 360OW-03
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: _____

Enter only ONE event (AquaRun OR Swim)	AquaRun 9:30 am (2K Swim / 5K Run)	Swim Only 10 am (2K)
Individual Registration (postmarked by 8/18/10)	\$60	\$35
Individual Late Registration (8/19/10 thru 9/4/10) NO DAY OF RACE REGISTRATION	\$75	\$50
2-Person Team Registration (postmarked by 8/18/10)	\$80	—
2-Person Team Late Registration (8/19/10 thru 9/4/10)	\$95	—
Add One Day Insurance Fee (per participant) REQUIRED IF NOT MEMBER OF USAT OR USMS	\$10 (18 & over) \$5 (USAT under 18)	\$20 (18 & over) \$5 (USAT under 18)
TOTAL ENCLOSED:	\$	\$



LOGO & FORM BY
MARY ANN WHITE
DESIGNS.

Pacific Northwest Association of Masters Swimmers
PO Box 12172
Seattle, WA 98102-0172

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