



The WetSet

U.S. Masters Swimming in Western Washington

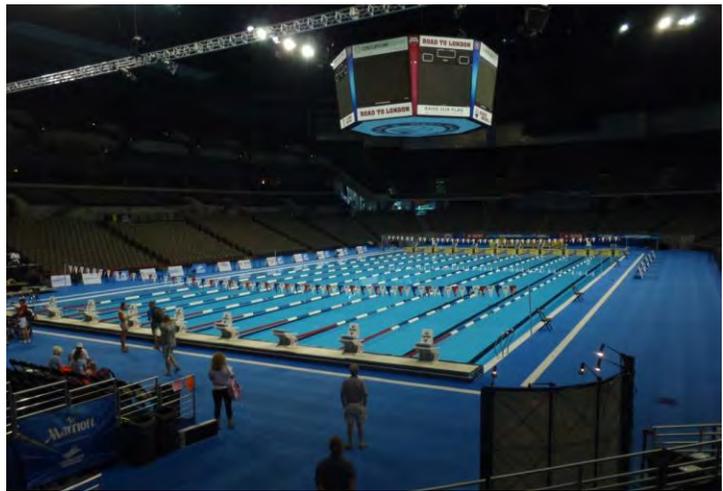
Pacific Northwest Association of Masters Swimmers

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Leading Off

"It's not who you are; it's what you do!"

by Coach Lisa Dahl, PNA President

Spectacular lighting, a green waterfall and shooting flames all contributed to an impressive atmosphere at the 2012 Olympic Trials held in Omaha, Nebraska, this past week. I realized as I watched hundreds of athletes compete for a spot on the Olympic Team that in the midst of all the bustle and bright lights that these athletes were fixated on the prize as if nothing outside them could permeate their vision. I reflected on coaching my own athletes when attending large meets, "There are two lane lines, two walls, flags and a starting block. You know how to swim this race so enjoy the process!"

Next week USMS Summer Nationals will be held at the same venue. I don't anticipate that our PNA and BWAQ Masters swimmers will experience quite the level of hoopla that the Olympic hopefuls did; however, we will all take away the experience of swimming in the fastest and grandest site imaginable.

With that said, like any other swim meet, there will be pressure to perform and meet goals which can be tricky when you're also trying to enjoy yourself. How we handle our expectations of ourselves and our ability to relax in high pressure situations may keep us in the sport forever or drive us out of the sport altogether. I believe what it really comes down to is enjoying the process. This week as I compete I will have to remind myself as I do my own swimmers, "Your performance is not who you are, it's what you do. I will love you no matter how you perform!"

Amateur on Set!

What gives?!

By WetSet Editor Chericka Ashmann-Rice

I don't know what's worse: not being able to put on a pair of baggy sweats until I swim myself back into shape or that I live two blocks from a pool, am married to a Masters swim coach and have allowed myself to lose all my fitness momentum after spring nationals. A "short break" turned into a mini vacation which became a hiatus and I feel like crud. What gives?!

In the last issue I invited PNA coaches and their teams to waive my drop-in fee in return for a write-up in *The WetSet*. My intent is to highlight the abundance of talented coaches and accessible aquatic facilities located throughout the Pacific Northwest in order to encourage people not to lose their fitness and competition goals, *as I have over the last few months*. There are Masters swim workouts available all times of the day and even some evenings in venues all over Washington State. As USMS registered swimmers we can access any of those workouts by simply contacting the coach or observing schedules and locations online and paying a drop-in fee.

My work time is split between the roads and in-home with the families I serve as a contract therapist. Typically I will have two cases anywhere in King County for a period of four to six weeks, and right now those are in Federal Way and Mill Creek. Mill Creek works because my husband coaches Masters at West Coast Aquatics and allows me to jump in whenever I can. I'm registered with Lake Washington Masters so when I have cases on the Eastside I can pop into the Juanita Aquatics Center in Kirkland for an afternoon workout with Becca Watson. However, next I'm being sent to places like Kent and Des Moines. Des Moines? Are there any coaches in Des Moines? Time to check venues and schedules on line...

I was kindly contacted by two coaches after *The WetSet* May/June issue was released and unfortunately I was able to make just one of their workouts. BUT (there's always one of those and mine is getting big!) I plan to get back into the groove because my family and I have a trip booked to Kauai later this year and it may be the last time I ever wear a two piece again! Plus the weather has been beautiful so I think it's time for me to explore the cross-country version of swimming in the great open waters. I would like to thank **Tom Grandine** and **Coach Bryson Chiu** of **Mercer Island Redwoods Masters** and **Lynn Wells** of **Aqua Fanatics** (Poulsbo) for reaching out to me!

Both my husband and I visited the Mercerwood Shore Club on Mercer Island for a workout with the **Mercer Island Redwoods**. Coach Bryson Chiu greeted me at the gate with a smile and t-shirt! I had no idea that the pool was outdoors but the temperature was perfect and the woman swimming in my lane was very patient as she passed me again and again. The workout Bryson provided had a nice balance of pulling, kicking and swimming in the form of broken 200's.

Coach Bryson might have had a lot of feedback for me had he not observed me huffing and puffing – I was too busy just trying to make it through the workout to observe how he interacted with the other athletes. As a newer swimmer I prefer coaches who can provide tips to help me improve my strokes and performance and I think the drop-in fee is worth that. I also realize that seasoned swimmers don't always want nor need suggestions and a well-written workout is what they're after. Either way, I enjoyed my time with **Coach Bryson**, **Tom Grandine** and the **Redwoods** and would recommend a visit, especially on a morning when the sun is just peeping through!

Workouts are offered Monday through Friday, 5:30-7:00 am with one Saturday morning monthly, 7:00-8:30 am. Locker rooms are available and there is a coffee vending machine on site! Make sure not to leave anything by the pool because the gates are locked after workout until the next line-up takes place.

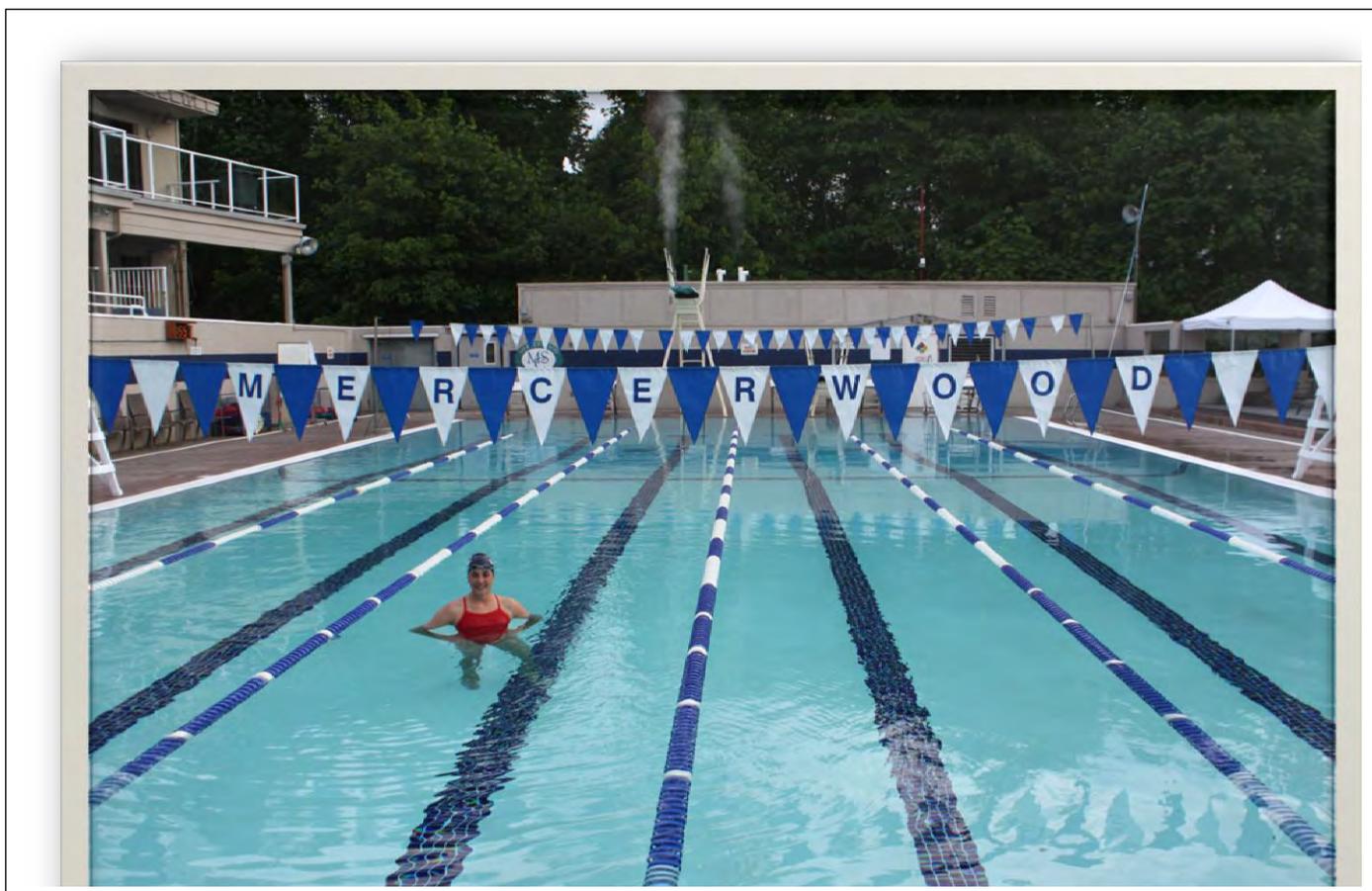
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Amateur on Set! (continued from previous page)

I hope to hear from Lynn to set up a time to join her workout and provide a write-up for the next issue of *The WetSet*. I encourage any registered USMS/PNA Coach or team to invite me for a workout and waive my fee for a write-up in *The WetSet*. I would also like to extend my invitation to include private coaching as well. (Per the PNA Standing Policies any coach registered with USMS and whose team is registered with PNA may post contact information for private lessons and clinics in *The WetSet* and on the website.) My backstroke and freestyle seem to be OK while my butterfly and breaststroke have been described as “robotic,” “not fluid,” and “needing a summer to correct.” I challenge someone to fix that mess. HA!

Thanks for reading and happy swimming!

Visit Mercer Island Redwoods here: <http://redwoods.freehostia.com/>



Don't miss your chance to swim LCM this season!

Follow the link below for info & registration:

[Gil Young Memorial/Northwest Zone Long Course Meters Meet](#)

2012 Fat Salmon Filled Up Fast(er)!

Registration for the 2012 Fat Salmon open water swim is closed. In fact, its 350-swimmer event limit sold out in just 4 days, 10 days sooner than last year! Sorry, no waiting list. You can get involved as a volunteer, though, as experienced kayakers, power boaters and others are still needed. If interested, go to www.fatsalmonswim.com to let them know!

OPEN WATER SAFETY

Adapted from Fat Salmon's terrific race director, Liz Rosen!

1. **BUDDY SYSTEM:** If you want to swim in open water, don't do it alone - no matter how good/healthy/capable you think you are. Find a buddy. Find several.
2. **HEAD COUNT:** When you swim with a group, take a quick head count at the start and again at a meet-up-spot or the finish. Or both. Make sure you've got everyone who started. Tell everyone if they leave the group early - LET SOMEONE KNOW!
3. **PLAN - COORDINATE:** If you know you can't keep up because of varying speeds within a group, make a plan! You might be swimming with some burly dudes and say, "I'll probably be lagging behind, so I'll watch for you and turn around when you head back this way." Not good – refer to 1 and 2 above.
4. **80'S FASHION IS IN:** Wear bright caps. REALLY BRIGHT - like neon. Orange, pink and yellow are best. Green might be visible depending on the shade. Red, purple and black neoprene is NOT visible against the water.
5. **BE AWARE:** You want a good distance workout but please look around occasionally. Crew shells and kayaks are silent and pointy and would hurt if they hit you. Boats with motors may be quiet enough that you don't hear them until you're way too close. Enough said.
6. **HYPOTHERMIA** is always a possibility even as our waters warm up. Learn about hypothermia. Watch for symptoms in yourself and your buddies.
7. **50 FEET FROM SHORE:** Though many of us do it, know that swimming across Lake Washington or even more than 50 feet from shore is illegal without a boat to support you. Be smart. Read up on the rules for our local waters at www.seattle.gov/parks/aquatics/OpenWater.htm.

PRACTICE FOR COLD-WATER SWIMS

Interested in getting experience in sub-60 degree saltwater? AquaRun race director Zena Courtney is offering two separate practice swims in Commencement Bay. These will be at Les Davis Marine Park Wednesday, August 1, and Tuesday, August 7. Call ahead to notify Zena at 253-740-9872.

WHALES AND THE WHIDBEY ADVENTURE SWIM

In early spring, the "Saratoga Grays" can be spotted off the shores of Langley in Saratoga Passage. These Gray whales, in their journey from Mexico to Alaska, visit the eastern shores of Whidbey Island to rest and feed during their annual migration. At the first sighting of their return, local residents ring the Whale Bell at Seawall Park in Langley. After the challenge of this swim, you can ring the bell in celebration.

**Blue Wave Aquatic Club
AquaRun and Swim For A Child
2K & 4K open water swims
Sunday, August 12, 2012
Sanctioned by PNA for USMS Inc. #362-W004**

LOCATION: Les Davis Marine Park, Commencement Bay, Tacoma, WA

COURSE: 2K triangular course (2 laps for longer swim). Water temp is est. at 56-58 degrees. Tents provided for changing rooms and water jugs provided for rinsing. Portable restrooms at start/finish area; other restrooms open at Les Davis Pier.

TIME: Check In opens at 10:00 AM; **Mandatory** Competitor Safety Meeting at 11:15 AM; both events start at 11:35 AM.

RACE DIRECTOR: Zena Courtney, 253-927-3695,
zenacourtney@hotmail.com

ELIGIBILITY: Open to all 2012 registered USMS or MSC swimmers 18 and above as of 8/12/12. Swimmers not registered may sign up online for a \$20 One-Event USMS registration. Non-PNA swimmers must provide a copy of their Masters membership card.

RULES: Current USMS rules will govern this event. Neoprene wetsuits are required. Time limits are enforced for both swims: 2K – 1 hour, 4K – 1.75 hours

SAFETY: Lifeguards and safety boats will monitor the entire course. Body marking required on a shoulder and/or hand. Competitors must wear the color-coded race caps and race chip provided by the host. \$20 charge for chips that are lost.

AWARDS: Technical t-shirts in male/female styling and caps to all competitors, special awards in a random drawing after the last person finishes to participants and volunteers. Heyer Glass Fish Art (www.glassfishart.com) for 1st overall male and female in each event. 1st-3rd place vintage awards will be presented to men and women in age groups 18-24, 25-29 . . . 80+. Post race refreshments will be available.

ENTRY FEES: \$40 before 8/6, \$50 for late or race day entries.

ONLINE ENTRY: At www.aquarunforchild.org. Registration closes at 11:59 pm PDT August 6.

RESULTS: Preliminary results available on race day and final results posted on website after the event.

DIRECTIONS: Southbound: I-5 S from Seattle to I-705 N exit and merge onto I-705 N. Northbound: I-5 N from Olympia, take right lane WA-7 South/I-705 N exit toward Pacific Ave/City Center. Keep left at the fork, follow signs for City Center and merge onto I-705 N. Continuing on from both directions: Just past downtown, exit to left onto Schuster Pkwy. Stay left at Y in road toward 'Waterfront', becomes Ruston Way after overpass. Proceed to Les Davis Marine Park and turn left (south) on Dale Street to N Waterview Street. Park on N Waterview to left and right. Please do not park in Lobster Shop restaurant AT ALL.

LODGING: Silver Cloud Inn Tacoma (253) 272-1300, Best Western Tacoma Dome (253) 272-7737.

**South Whidbey Island Masters
Whidbey Adventure Swim
1.2 & 2.4-mile open water swims
Saturday, September 8, 2012
Sanctioned by PNA for USMS Inc. #362-W003**

LOCATION: Seawall Park in the Saratoga Passage – along the shore of Langley, WA on Whidbey Island.

COURSE: Triangular course measuring 6 tenths mile, which will be swum in a clockwise direction. 2 laps of the course for the 1.2 mile event, 4 laps for the 2.4 mile event. Estimated water temperature of less than 60 degrees. Temp at the first buoy in 2011 was 58. Outdoor showers and changing tents will be provided. Public showers available nearby at Phil Simon Park next to Langley Marina at the foot of Wharf Street.

TIME: Check In at 8:30-9:20 AM; Mandatory Safety Meeting for all competitors at 9:30 AM; both events start at ~10:00 AM.

RACE DIRECTOR: Jean Fankhauser at info@swhidbey.org or 360-579-4438.

ELIGIBILITY: Open to all 2012 registered USMS or MSC swimmers 18 and above as of 9/8/12. Swimmers not registered may sign up online for a \$20 One-Event USMS registration. Non-PNA swimmers must provide a copy of their Masters membership card.

RULES: Current USMS rules will govern this event. Wetsuits are required. A 30-minute time limit for 1.2 milers to finish one lap and 50-minute time limit for 2.4 milers to finish two laps will be strictly enforced.

SAFETY: Lifeguards and safety boats will monitor the entire course. Body marking is required on both hands. The official cap provided by the race host must be worn during the swim.

AWARDS: T-shirts and caps to all competitors. A participation raffle will take place during post-race festivities.

ENTRY FEES and DEADLINE: \$40 (US or Canadian) before 9/3, \$50 for late or race-day entries. Paper entries will be accepted on race day.

ONLINE ENTRY: Registration closes on 9/3 at 11:59 pm PDT.

https://www.clubassistant.com/club/meet_information.cfm?c=1729&smid=3948

RESULTS: Preliminary results will be posted 15 minutes after the finish of the last swimmer and will be posted on the Whidbey Adventure Swim website.

DIRECTIONS: From the Clinton Ferry, travel northbound on SR 525. Turn north onto Langley Rd and travel to town. Location is Seawall Park at 1st Street and Anthes.

LODGING: Nearby lodging can be found at www.visitlangley.com/lodging

ADDITIONAL INFORMATION: Public parking is available at the corner of 3rd St. and Anthes, across from the Langley United Methodist Church.

Blue Wave Aquatic Club
Last Gasp of Summer
1 & 2-mile open water swims
Saturday, September 22, 2012
Sanctioned by PNA for USMS Inc. #362-W002

LOCATION: Angle Lake, Seatac, WA

COURSE: Rectangular course with 6 markers. Estimated water temp - 68 degrees. Restrooms, changing area and outdoor shower are available.

TIME: Check In at 8:30 AM; **Mandatory** Competitor Meeting at 9:30 AM; event starts at 10:00 AM.

RACE DIRECTOR: Paul Havick, 253-720-1201, meetdirector@bluewave-aquatics.com.

ELIGIBILITY: Open to all 2012 registered USMS or MSC swimmers 18 and above as of 9/22/12. Swimmers not registered may sign up for a \$20 One-Event USMS registration. Non-PNA LMSC swimmers must provide a copy of their Masters membership card.

RULES: Current USMS rules will govern this event. Neoprene wetsuits are allowed. Time limits: 1½ hours for 1-mile event, 2 hours for 2-mile event.

SAFETY: Lifeguards and safety boats will monitor the entire course. Body marking is required. Competitors must wear color-coded race caps to distinguish groups (provided). Timing chips will be used for finish results.

AWARDS: Participation awards (towel) for all swimmers. 1st place awards for top male/female finishers in each age group of each event (wetsuit swimmers awarded separately). Overall male/female winners for each event receive a special award.

ENTRY FEES: \$44 before Sept. 1, \$55 Sept. 1-20. Online entries only except on race day (\$66-cash or check) **IF** space available. Entry limit = 300 swimmers.

ENTRY DEADLINE: Online registration opened June 15 and will close September 20, 11:59 PDT.

ONLINE ENTRY: at <http://lastgaspofsummer.com/>

RESULTS: Preliminary results available on race day and final results posted on PNA website after the event.

DIRECTIONS: Angle Lake Park, 19408 International Blvd. Seatac, WA 98148. From I-5: take the South 188th St exit (#152); drive west 1 mile; turn left onto International Blvd (aka Pacific Hwy South); drive south 0.5 mile; turn left onto South 195th St into the park. Free parking.

ADDITIONAL INFORMATION: <http://lastgaspofsummer.com/>

This year's event will be dual-sanctioned with USA Swimming.

A post-race BBQ lunch will be available to all swimmers and families.

COMPETITION ENTRY INSTRUCTIONS

Pacific Northwest Association (PNA) Sanctioned Swimming Competitions

AGE GROUPS

Entrants must be at least 18 years old to compete.

Individual Events: 18-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

Short Course (yards) Relays: 18+, 25+ and subsequent ten-year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group.

Short Course (meters) and Long Course Relays: 72-99, 100-119, 120-159, 160-199, and 40 year increments as high as necessary. The aggregate age of the four relay members shall determine the age group.

ONLINE ENTRIES – EASIEST and BEST Method!

PNA encourages online entries for all of its sanctioned competitions via Club Assistant. The link for each meet's online entry can be found within the description of the meet found elsewhere in this newsletter and also via the Calendar section at www.swimpna.org.

PAPER ENTRIES

Read the following instructions before using the Consolidated Entry Form at the bottom of the page to "paper" enter PNA sanctioned meets. For specific information on each competition, see elsewhere in this newsletter. The link for online entries will be located with the meet specifics found elsewhere in the WetSet. Current USMS and PNA rules govern all swim meets.

ALL COMPETITIONS

Entry Procedures: Read the specific info for each competition. Swimmers not registered with PNA must include a photocopy of their Masters Swimming registration card. Individual event information must be completed in the designated area on the form.

Check-in Requirements: Swimmers may need to check in at meets and in accordance with meet specifics.

POOL COMPETITIONS

Relays shall be entered at the meet using cards provided by the meet host.

Strictly forbidden: **Entering more than five individual events per day;** Using hand paddles in warm-up areas; Diving in warm-up areas unless in designated sprint lanes; Smoking in any area where swimmers may be present.

OPEN WATER COMPETITIONS (OW)

Swimmers are not permitted to use fins, pull buoys or other swimming devices with the possible exception of using soft hand paddles or fins for prosthesis. Approval of prosthesis use is the responsibility of the event director. Wearing a highly visible cap is mandatory. Each course is patrolled by safety craft and unless specifically stated, individual escorts are not allowed. A cut-off time will be enforced. If awards are given, swimmers using non-porous neoprene swimsuits, wetsuits, or other non-porous attire will compete in separate divisions from those wearing traditional swimsuits.

----- Cut Here -----

CONSOLIDATED ENTRY FORM • PACIFIC NORTHWEST ASSOCIATION

Name: _____ Sex: M F Birthday: __/__/____ Age: _____
 Address: _____ City: _____ State: ____ Zip: _____
 Email: _____ Phone: _____ USMS #: _____
 Local team: _____ or UNAT: _____ USMS Club: _____ Club abbr: _____
 Emergency Contact: _____ Phone: _____ T-shirt size (OW): _____

Event #	Distance/Stroke	Entry time	Event #	Distance/Stroke	Entry time
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

"WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. For Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Name of Meet	Date of Meet	Signature	Date
_____	_____	_____	_____

This is my first Masters meet

SWIM ACROSS AMERICA

MAKING WAVES TO FIGHT CANCER

SEATTLE SWIM LAKE WASHINGTON SEPTEMBER 8, 2012

REGISTER TODAY
www.swimacrossamerica.org/seattle

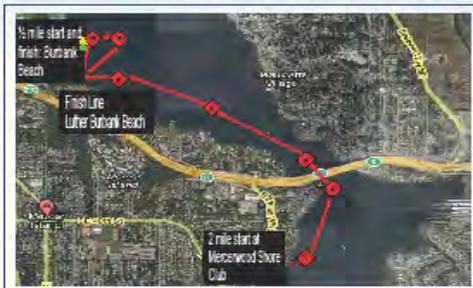
2 Mile Swim • ½ Mile Swim • Kids' Splash

- » Swim with Olympians
- » Pancake breakfast, live DJ and prizes after the Swim
- » Awards to top Fundraising Teams and Individuals
- » Fastest swimmers recognized
- » Commemorative towel and cap for each swimmer
- » Form a team for the most fun!

REGISTER TODAY

www.swimacrossamerica.org/seattle

Proceeds benefit cancer research at Seattle Cancer Care Alliance



 **SEATTLE
CANCER CARE
ALLIANCE**

Fred Hutchinson Cancer Research Center
UW Medicine
Seattle Children's

Presented by



FOSTER PEPPER



Kibble & Prentice





Sunday August 26, 2012

**1.4 mile open water swim
across Lake Washington**

Matthews Beach, Seattle

to

O.O. Denny Park, Kirkland

The **Park to Park Swim** is a fun, non-competitive event supporting Seattle Children's Hospital. Participants enter the water in waves based on swim speed. Although there will be plenty of boat support for safety, this event is for strong swimmers who can complete the swim distance in 2 hours or less. For more information and to register visit:

www.parktoparkswim.com

Update on important changes coming to the Pacific Northwest Aquatics (PNA) Club

If you've been a Masters swimmer for any length of time, you know that our national governing body is United States Masters Swimming (USMS) and our local governing body is the Local Masters Swimming Committee (LMSC), which is the Pacific Northwest Association of Masters Swimmers (PNA). The next level is the Club. Our LMSC currently has two USMS-registered swim clubs – Pacific Northwest Aquatics (also known by the PNA acronym) and Blue Wave Aquatics (BWAQ) – new in 2012.

You may recall reading in the last issue of *The WetSet* that USMS is mandating its 52 LMSCs to comply with IRS rules that funds from LMSCs and Clubs cannot be commingled. Therefore, the Pacific Northwest Aquatics club needs to become more clearly independent of the LMSC.

To accomplish this, changes need to take place prior to 2013. A committee is updating the club's bylaws and recruiting individuals to run for office as leaders. The elected club officers will be the Chair, Vice Chair, Secretary, and Treasurer. A new name for the PNA club will be selected so we can better differentiate it from the LMSC.

We need your participation. If you would like to run for one of the offices or propose a new name for PNA club, please email clubchange2013@gmail.com (this goes to PNA VP Rich Seibert) with your suggestions.

Members of the PNA club will have an opportunity to cast their votes for new officers, a new club name, and to approve the bylaws. Be on the lookout for an email with instructions toward the end of summer. Questions? Please drop the committee an email at the above address.

PNA Swimmer Makes the News...

In Canada!

By PNA Open Water Coordinator Sally Dillon

Alan Bell, a longtime PNA Masters swimmer, was featured recently in a Q&A interview on *CANADIAN BUSINESS NETWORK* at www.canadianbusiness.com. Those of us who frequent local and sometimes distant open water swims are very familiar with Alan and his prowess in the sport.

Alan is a 61-year-old pharmacist from Redmond, WA, who has been swimming competitively for more than 50 years. In 2010, Alan set two U.S. Masters pool records in his age category (both subsequently broken). His specialty, however, is open-water swimming and since 2000 Bell has virtually owned the Bay Challenge by winning the individual category of the annual 10-kilometer marathon across Vancouver's English Bay ten times in competition with much younger men and women. His fastest Bay swim was 1 hour and 44 min and his slowest 3 hours and 40 min. English Bay offers some significant challenges: wind can cause strong surface currents, large freighter and cruise ships pass through regularly and air and water temperature is uncontrollable.

Alan's longest open water swim is the 21-mile Catalina Channel in Southern California, which he accomplished in 9 hours and 28 minutes. His preferred pre-race meal is oatmeal, yogurt, water and coffee. When asked which races have left the biggest impression on him Alan replied: "The San Diego races. One time I counted 50 sharks. They were not the kind you need to be concerned with—they were bottom-feeders—but when a nine-foot leopard shark goes underneath you, it's an event."

Alan swam collegiately at the University of Washington and thought Masters swimming would be too boring. But friends encouraged him to try triathlons and once he got involved, he discovered the world of open water racing. His typical training regimen includes swimming five days a week, year-round, averaging about 5,000 yards per workout, giving Alan a real distance base. During the summer, he swims in Lake Sammamish for an average of two hours. Alan notes that he never swims alone; his Lake Sammamish partner is PNA member David Kays.

When asked how he makes time for a full-time job in addition to his swimming Alan replied, "I swim early in the morning. I'm usually in the pool by 6:30 a.m. or during the summertime we're in the lake by 5:30. It's just a priority. You make time. Because I do a lot of traveling, sometimes I have to swim in these tiny hotel pools that are five strokes, turn, five strokes, turn. I just tell myself I can do anything for an hour and a half, so I'll do a thousand laps of a Marriott Courtyard pool."

And when asked how long he plans to continue competing as a Masters swimmer Alan responded, "I'd like to live to be 100 or more and I'd like to be doing open-water swims in the age group of 100–104." The interviewer was surprised to hear there is an age group for that!

To read the entire article about Alan, go to: <http://www.canadianbusiness.com/article/83096--q-a-alan-bell-open-water-swimmer>.

Fat Salmon 2012

13th Annual Fat Salmon - July 21, 2012

By Tim Colman

Here comes the biggest and best swim race in the NorthWET! *Competitor Magazine* named Fat Salmon the Northwest's best swimming event in 2011. The 13th Annual Fat Salmon returns July 21 to the shores of Lake Washington at Madison Park.

The signature point-to-point open water 1.25 and 3.25 mile races are run by our favorite event organizer in the world, Liz (it's not her real job) Rosen. Liz spends many volunteer hours – a good chunk of her life – to make sure Fat Salmon's two races launch on time, that swimmers have lots of support in the form of boats and lifeguards, food, caps and shirts and yes, of course fresh FAT salmon at the finish line for a lucky winner's dinner.

What does it take to win FAT Salmon? One mile wetsuit race record holder Dave Thomson (won the 1 mile race in 23.43" in 2003) is looking forward to July 21 to win again. "My friend Joseph Lang and I love the course so much we swim it 3 times per week 5 months of the year. Madison Park to the cove is our standard lake training swim. The lake is 62 degrees now and climbing," says Thomson. "Let's hope it warms up for the non-wetsuit crowd."

Are you on track for a successful FAT Salmon swim?

Triathlete and Masters Swimmer Karin Gardner is a Fat Salmon alumnus; she shared her thoughts on the race, the pleasures of open water swimming and how her thinking changed over time. "The Fat Salmon is a very well-organized event that caters to the true swimmer, though many triathletes focus on it as an excellent open water training opportunity. It is unique in that it is a "point-to-point" race, so swimmers can enjoy a long, straight distance event in often consistent conditions.

Gardner goes on to state, "I have raced it about a half dozen times and have always had a super time, even when my race times were far from super! The first few years, I swam the 1.2 mile distance. As a new open water swimmer, the shorter distance was right for me. It is a challenging event, though the training requirements are fairly manageable for people who swim regularly. If you are swimming 2000--3000 in the pool a few times per week and can fit in at least one weekly practice session in the lake as well, the one mile distance is for you!

"I eventually graduated to the 3.2 mile distance, but not until I was confident that I could get the necessary training in. Even for experienced athletes, 3.2 miles is a *long* way to swim! You need to take that fairly seriously in order to have a safe and enjoyable race. I found the best way to train for the longer Fat Salmon is to supplement pool swims with numerous long open water swims...ideally on the Fat Salmon course itself!"

"I think the best part of the Fat Salmon is the way it brings the Seattle swimming community together. While the race itself is intense and fun, the real joy is at the finish line when so many swimmers who train all over town converge on Madison Park in the spirit of achievement. Being a swimmer is a special blessing...and the Fat Salmon is a celebration of that. So next year, sign up early because it fills up quick!"

How you train for this event makes all the difference in making it your personal best; Jeanne Ensign shares some valuable tips: "One of the really great things about Fat Salmon is having the high-rise right near the end to sight off – for both distances." Ensign offers a few practice suggestions for first time Open Water swimmers so they can navigate a relatively straight line:

Fat Salmon 2012 (continued from page 12)

- Try swimming in your pool with your eyes closed part of a pool length (so you don't watch the black line even when you think you aren't) and see where you end up in the lane. Don't try this when you are sharing a lane!
- Practice breathing every three strokes (alternate side breathing) so you can sight off both sides for landmarks and other swimmers. This will also straighten out your stroke if you tend to angle one direction or another.
- Get in the lake before the race, so that you have a feel for the water temp, sighting and the feel of no lane ropes or pool ends.

Ensign is psyched to go for another personal best this year. "Waiting for the start of the swim with the others is always exhilarating for me, and I always end up talking to swimmers I've not met or swum with before. There are so many great things about FAT Salmon but to me it's the camaraderie – the swimmers and all the lifeguards and boaters and organizers and other volunteers on the land and in the water.

At 5 am at barely first light the first volunteers show up and by time registration opens at 6:15 there's a small village in Madison Park. 350 swimmers arrive with spouses, friends and dogs and the park fills up fast. By noon the swims are finished, awards given, hugs and stories exchanged and the park is cleaned up and cleared out and you wouldn't even know it happened. But in between it's got all the parts – swimming, friends, sunshine, good food and great company – that make it the best party of the summer!"

Great people and location work together to make a great open water swim happen just like clockwork. Whether you are volunteering or swimming or volunteering AND swimming (yeah!) we look forward to seeing you at FAT Salmon 2012!



PNA CALENDAR - 2012

	Saturday	Sunday
Jul 2012	7	8
	July 5 - 8, LCM Natls, Omaha, NE	
	14	15
	21 <u>Fat Salmon-Lk WA</u> Madison Pk, Seattle	22
	28	29
Aug 2012	4	5 <u>Lake Samm 1.1 m</u> - Bellevue
	11	12 <u>Aqua Run for Child</u> Com.Bay, Tacoma
	18	19
	25	26
	1	2
Sep 2012	8 <u>Whidbey Is Adventure Swim</u> Langley, Whidbey	9
	15	16
	22 <u>Last Gasp of Summer</u> Angle Lake, Seatac	23
	Wednesday-->	26 <u>Faster Freestyle Clinic</u> Bellevue Club
	29 <u>Faster Freestyle Clinic</u> Bellevue Club	30
	6 <u>Bainbridge</u> BAM / SCY	7
	13	14
Oct 2012	20	21
	---- SCM Zone @ WKCAC ----	
	27	28
	3	4
Nov 2012	10	11
	17	18
	24	25
	1	2
Dec 2012	8	9
	15	16
	22	23
	29	30
	1 <u>Seattle, SPCC Outdoor</u> SCY	2

What is a Recognized Meet and What Does That Mean to Me as a Competitor?

Most competitions hosted or sponsored by USMS teams are Sanctioned which, at its simplest, means all competitors will be registered with USMS, the event will follow all applicable USMS rules, liability insurance coverage is provided by USMS and times from pool meets are eligible for USMS Top 10.

Competitions, often sponsored by non-USMS hosts, which are open to non-USMS registered athletes, can seek Recognized status for their event. The event director attests that applicable USMS rules will be followed, certified officials will be used and a designated USMS Observer will be in attendance to oversee compliance.

If you compete at a Recognized event, it is your responsibility to provide your current USMS number to the event director and let them know you would like your results submitted to PNA. **The only way event directors of Recognized meets can get your USMS number is from you, so make sure you provide that info either before the Recognized event or at the Recognized event.**

November Pool Meet Needed

Due to the cancellation of the NWM November 2012 meet, the pool meets schedule has no meets in November. It would be great if a PNA team could host a meet in November. The weekend of Nov 10/11 or Nov 17/18 would be great. If your team is interested, please let me know and we can start planning now!

Thanks!

[Linda Chapman](#)

PNA Meets Coordinator

Welcome New Swimmers

Blue Wave Aquatics

Lael Jones
Christine Larsen
Hailey MacConaghy
Christina Mitchell
Patrick Mitchell
Toni Silvett
Jason Wix

Bainbridge Aquatic Masters

Nancy Whealdon

Downtown Bellevue Swim Team

Hector Martinez III
Jack Schwaegler
Nicolaas Wilkens

Green Lake Aqua Ducks

Jennifer Greenough
Amy Queen
Anne Turner

Husky Masters

Dana Miller

North End Otters

Alexander Urquhart

Orca Swim Team

Peter Jackson
Judy Meleliat
Wesley Miller
Rebecca Young

Ohana Swim Team

Cameron Xeryus

PRO Club

Cynthia Bixby

Phinney Ridge Swim Club

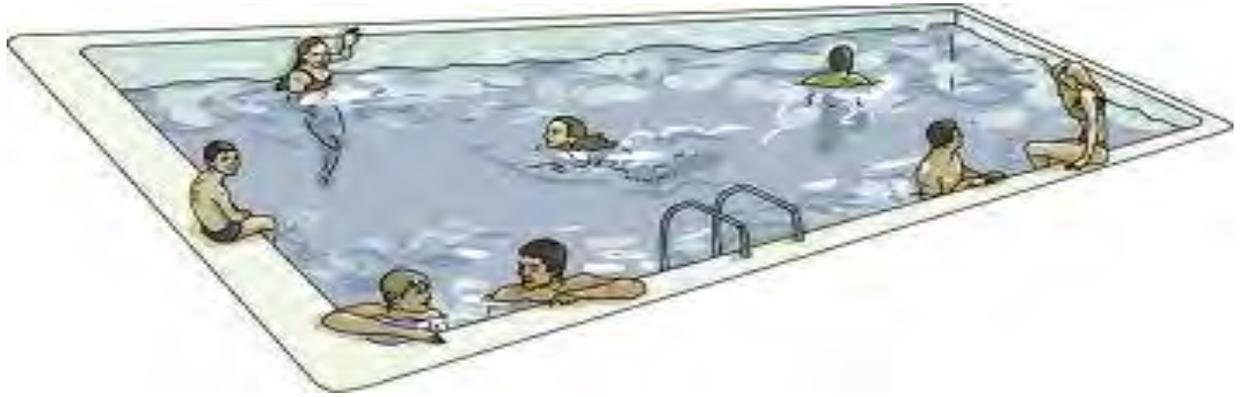
Chris Folk
Traci Goodwin

South Sound Masters Swimming

Alisa Conway

PNA Unattached

Lianne Birk
Ryan Botkins
Erin Brewster
Dominic Cozzetto
Anna Daniel
Allison Felley
Colleen Healy
Chuck Horton
Tesa Johnson
T.A. McCann
Cathrine Morrison
Rebecca Sortor
Maura Sullivan
MariLea Vela
Hunter Wessells
Elizabeth Whetham
Ryan Daoedsjah



The Sharing Pool

By Michael Martins

Evergreen Masters Swimming

I was diagnosed with diabetes in December 2011 during a doctor's visit to determine the cause for numbness in my leg. At the time I weighed 294 lbs. My blood sugar level reached 294 (normal levels fall between 80 and 110) and further testing showed my A1C was at 7.9 (normal levels are below 6.0).

I was prescribed Metformin to lower my blood sugar levels but after two doses I experienced a severe reaction. My next step was to work with hospital-appointed dieticians as they instructed me in ways to control my blood sugar through exercise and diet. I dramatically decreased my carbohydrate intake to less than 35 grams per day while increasing my meals to five per day. I started swimming at least 4 times every week for a minimum of 45 minutes each time. I changed my snacks to include more protein like nuts and cheese and I still eat half an apple in the morning and half an apple in the afternoon.

After three months my blood sugar level dropped to 113 and my A1C was 5.8!! At 6 months, I was no longer required to take medication. I have lost a total of 41 lbs. and my swimming has improved immensely! In January I swam 3500 yards in two hours. Last weekend in the same time frame I swam a whopping 5000 yards!! I will continue this lifestyle and continue to trim the excess pounds until I get to my target weight of 200. I'd like to thank all of my teammates and friends for their encouragement and support. I couldn't have done it without you!!



Board Minutes

June 19, 2012

The PNA (LMSC) Board of Directors met on June 19, 2012, in the Sky Lounge at the home of Hugh and Jane Moore in Tacoma. Here's a brief summary of actions taken and issues discussed, as compiled by PNA Secretary Herb Cook:

- President Lisa Dahl and Fitness Chair Sarah Welch reported on their recently completed trip to the FINA World Masters Championships in Riccione, Italy. Board members congratulated Lisa and Sarah on their strong performances at the meet.
 - Treasurer Jeanne Ensign reported that PNA had an operating surplus of about \$9,000 through May 31, and an unrestricted cash balance of about \$55,000. To enhance the efficiency of PNA's financial operations, the Board authorized Jeanne (in addition to Lisa and Immediate Past President Steve Peterson) to sign checks. After removing Sarah from the list of authorized signatories, the board appointed her to conduct a quarterly reconciliation of PNA's financial statements and bank accounts, as required by PNA's Standing Policies.
 - Sarah presented a draft proposal from PNA's LMSC/Club separation task force. Beginning in 2013, the LMSC would allocate \$5 per swimmer from annual registration fees to each registered Club, based on Club membership. In addition, the LMSC would make a one-time initial distribution of \$10,000 to Clubs (also prorated according to membership) to assist with transition and start-up expenses. Sarah solicited email comments from PNA members and said the task force expects to present a revised proposal to the Board for action at the August 28 meeting.
 - Open Water Chair Sally Dillon reported PNA has sanctioned four open water events this summer: Fat Salmon in Lake Washington, July 21 (sold out in four days!); AquaRun for a Child Aquathlon, Les Davis Marine Park in Tacoma, August 11; Whidbey Adventure Swim, Saratoga Passage, September 8; and Last Gasp of Summer, Angle Lake, SeaTac, September 22.
 - Lisa reported that strong registration of PNA swimmers for Short Course Nationals (April 25-29) and Long Course Nationals (July 5-8) justified sending two coaches to both meets. The Board approved an over-budget expenditure of up to \$3,500 for coaching stipends and expenses at Long Course Nationals in Omaha, Nebraska, July 5-8.
-

Is there something you would like to see
in ***The WetSet?***

Email me: [The WetSet Editor](#)

NW Zone SCM Champs in Federal Way in October

Mark your calendars for October 20 - 21 as the Orca Swim Team will proudly host the *NW Zone Short Course Meters 2012 Championship* at the Weyerhaeuser King County Aquatic Center! Seven LMSCs covering Alaska, Idaho, Montana, Oregon, Utah, and Washington comprise the NW Zone and the SCM Zone Champs are only offered every few years in our area. We expect a great turnout of competitors to swim in one of the fastest pools in the region.

Although the meet may have “Champs” in the title, all Masters swimmers are encouraged to participate – no qualifying times or past experience is required and Masters swimmer friends outside of the Zone are welcome to participate as well.

The meet will begin at noon on Saturday, October 20, and is expected to complete by early afternoon Sunday, October 21. The full range of short course meter events will be offered to give ample opportunity for swimmers to improve their SCM times and maybe even break some PNA and Zone records. Meet director Jim Lasersohn encourages athletes to consider forming teams for the 400 Medley, 400 Free, and 800 Free Relays which are typically not offered in meets in our area. PNA records for these events in some age groups may be non-existent or have not been touched in years!

Online entries for the meet should be available by the end of July; discounted hotel information is already available. See www.orcaswimteam.org/scmzonechamps for more information.

Do you have a swim story to share?
Submit your story to the editor for the
Sharing Pool
and read it the next issue of
The WetSet!

THE WETSET

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Bylaws: Jane Moore Fitness: Sarah Welch

Historian: Tom Foley Meets: Linda Chapman

Records/Top Ten: Walt Reid

Officiating: Kathy Casey/Jan Kavadas

Open Water/Long Distance: Sally Dillon

Safety: Kathy Casey

Webmaster: Steve Peterson

COACHES' CORNER

Private Coaching

Individual or Group: Pool & Open Water

Contact:

Ken Rice 360.790.0537

swimkenswim@yahoo.com

West Coast Aquatics

15622 Country Club Drive

Mill Creek, Washington 98012

425.379.8806

Underwater Video Small Group Training Clinic

(up to 3 other people)

Sundays on select dates from 10-11am

Contact :

Becca Watson

beccawatson@waveaquatics.org

Juanita Aquatics Center

10601 NE 132nd St

Kirkland, WA 98034

425-936-1627

Are you a USMS registered coach with a PNA registered team? Post contact info for private lessons & clinics here!

Announcements

Have an announcement? Send it to the editor!

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