

The WetSet



U.S. Masters Swimming in Western Washington

Pacific Northwest Association of Masters Swimmers

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Leading Off – Great Days!

By PNA Board President, Lisa Dahl

There are good days and then there are great days. This day went from good to great when I had the pleasure of meeting Rhiana for the second time. Her willingness to follow up with an email about her quest to swim following her father's death was moving. Her story included sharing with me how my sharing *my* swimming story with her had inspired her many years ago. My wish is that everyone will realize how important it is to share because you never know when you will have an impact. Here's her story, with her permission, and I hope you enjoy it as much as I did. Lisa.....

Lisa,

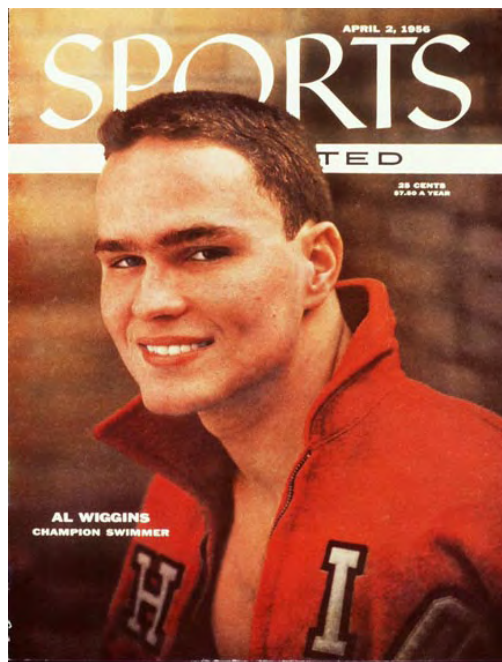
So great to finally get to meet you again today and tell you about your influence on me. And to THANK YOU. Did I say that today??? Thank you, thank you, thank you.

You may not be able to grasp how life-changing this interaction that we had back then really was...

I had just moved to Seattle as a new RN. I was commuting by bus to Harborview from Ballard. I started in March 2004. And there was this really nice bus driver I got to chat with sometimes. One day you shared your story with me about your win at Nationals. I thought you were 45, but maybe I got that wrong by a year or two, but either way, it was an eye opener for me to know that one could be achieving that kind of thing at that point in life. (I was 36.)

My Dad was a competitive swimmer in high school and college. He held NCAA records and some world records.

He swam for Ohio State. He went to the Olympics in Melbourne in 1956. He also was the first swimmer to appear on the cover of Sports Illustrated. [At 21, no less. Also an ISHOF Honor Swimmer, 1994 – ed.]



So, as Title IX was still new and I was not drawn to sports, my father, who was raising two girls, didn't think to push us. I swam a lot as a kid but never on swim team. But, I was always at the pool. Throughout the years, I swam off and on but never consistently and never really got in to lap swimming or swimming for fitness. When I met you, I had not yet done a Triathlon.

In 2007, I turned 40. I was overweight and unhappy. I signed up and trained for the Danskin. I swam at Helene Madison in Shoreline. Didn't know anyone, kept to myself, didn't know about drills really. I just swam for distance. I would see these folks come and swim together and I would see the leftover workouts on the white board but had no clue what they meant. One woman said to me one day that I should make sure to start my swim in front at the Danskin because I was fast. That was news to me. I thought about you then, that you had been fast enough to win at the National level, and I wondered how hard that must be to achieve?

I completed the Danskin with a strong swim and from there went on to do 15 triathlons and 2 half marathons. Sadly, I ended up with some chronic knee injury and quit running in April 2011. Then, that June, my father died suddenly of a ruptured aorta. He had swum that morning, just as he had four mornings a week for about 62 years. He was 76. We were very close. It rocked my world.

That next Spring I started focusing on swimming as I could no longer do Tri or run and was missing working out. By summer, I decided it would become my sport. I made a commitment to swimming three times a week. I started doing open water too. I met folks in West Seattle also doing this. I joined their ranks. I started going to Colman, though very afraid. I saw you there and was a bit in awe of your strength, especially in butterfly. I thought you epitomized a "real swimmer." I again thought about your success and wondered if I could ever set a goal to try competition as a lap swimmer???

Last year, I swam several open water competitions, but only for me, not for time. I signed up for the IGLA OW, and although I came down to KCAC to watch some meets, I ended up not making my event that weekend. I did see you at IGLA swim the 50 Free and I thought I should find you and tell you then about our 2004 chat, but didn't pursue that notion.

Then, I felt the urge to sign up for PNA Champs when I got my newsletter highlighting the spring meets. I looked them up online. Because I had been to watch one now, been swimming at SW pool with my group, and committed for 3 times/week for almost 2 years now, I decided "what do I have to lose???" I thought of you again, and now at 46, found myself wondering "what am I waiting for? I am not trying to win at nationals, just to swim in a meet!" So I told our coach and he said, "Don't sign up for just one event, sign up for several, just as long as you know you can finish, do it!"

So I did. 50 Back. 100 Free. 100 Back. 50 Free. I timed

myself at WSAC. I submitted those times. I won three of my heats, and placed 2nd in the other. I beat my 100 Free by 13 seconds! I did OK in my age group, too (5th, 5th, 6th, 3rd I think). What mattered though was that I challenged myself to do it. Did it. And had fun doing it!

I had hoped to see you there and tell you this story but I didn't see you listed in any race. So, how cool that you were standing at the end of my lane this morning!!!! Really? How cool! I almost chickened out speaking to you, but I really wanted you to know how something you shared 10 years ago so positively affected another. Truly, for 10 years it hung in my mind as a possibility that I too one day could do something like that!

Ok, so not looking for any National or World Records, but am thrilled to have swum at a meet and can't wait for more! What you said today was also profound; I, too, really believe in swimming as an incredible tool for fitness, fun and community, and I would love to help others embrace it. I am especially interested in why women of color don't swim and how can we introduce it cross-culturally?

Anyway, this is quite lengthy, but I promised to write ASAP so here ya go! This is way cool. Looking forward to swimming with you and Sarah sometime, and if I don't see you before nationals, Keep Calm and Swim On!!

– Rhiana

Lisa (l) and Rhiana (r)



Open Water Events for 2014

By Jim Davidson, OW Coordinator

The Open Water Season is set for 2014. There are five events scheduled, running from mid-July to late September. Here are the events with a brief description for each. These events are also posted on the PNA website under *Events / Open Water and Postal* and updated as more information becomes available. So get out your wet suits – or not – and make your plans for a great Open Water season!

Fat Salmon – July 19

Details and entry information on page 8

The Fat Salmon Open Water Swim is 3.2 miles along the Seattle shoreline of Lake Washington. The course runs south-to-north, generally between the I-90 and 520 floating bridges. The race starts at the Day Street Boat Ramp directly beneath I-90 at 8:15 a.m. and ends at Madison Park. Entry fees are \$65 through May 31 (likely to sell out!), \$75 June 1-30, and \$85 July 1-12. Info and registration at www.fatsalmonswim.com.

ORCA Open Water Swim – July 27

Details and entry information on page 8

The ORCA Open Water Swim is held in Lake Washington at Luther Burbank Park, Mercer Island. Race distances are 1 mile and 2 mile, conducted on a rectangular course running parallel to the shore south from the park. The 1 mile rectangular course will start and finish at the swim beach in Luther Burbank Park. Swimmers will do an in-water start with the 2-milers leaving at 9:00 am, 1-milers at 9:05 am. Entry fee is \$55 (\$65 after July 6). Info and entry at www.orcaswimteam.org/openwater/.

Whidbey Island Adventure Swim – July 27

Details and entry information on page 9

The swim is held along the shores of Langley Washington in the waters of Saratoga Passage in Puget Sound. Race distances are 1.2 and 2.4 miles. The course is a 1.2 mile rectangle beginning and ending at Seawall Park. 1.2 milers swim one lap and 2.4 milers swim two. Estimated water temperature will be 60 degrees or below – wet suits required.

AquaRun/Swim Defiance Swim – September 14

The Swim Defiance Swim is swum between the Vashon Island - Tahlequah Ferry beach and Owens Beach in Point Defiance Park. Race distances are 1.5 and 3 miles. 1.5 miles is from Vashon Island - Tahlequah Ferry beach to Owens Beach in Point Defiance Park, and 3 miles is from Owens Beach to turn-around buoy at Vashon Island beach (west of Tahlequah Ferry dock) and back. The AquaRun is a 3.1 mile run starting and finishing at Owens Beach. Athletes can enter a swim, the run, or both.

Last Gasp of Summer – September 20

The Last Gasp of Summer event includes a 1 mile and 2 mile race on a rectangular course on Angle Lake in SeaTac, Washington. The 2 mile race will start at 10:00 am followed by the 1 mile race at 10:30 am.

PNA Open Water Series High Point Awards (2nd Annual)

The “high point” awards honor the top two male and female swimmers in each age group. To be eligible, each swimmer must swim at least two of the five PNA sanctioned events. The more events swum, the more points accumulated. Points will be awarded by place to the top 10 PNA registered finishers in each event swum. Wetsuit swimmers score points separately from those not wearing wetsuits. At the end of the season, points will be tallied and awards will be sent to the winners.

- 1. Fat Salmon**, at Madison Park in Lake Washington – July 19
- 2. ORCA swims**, at Luther Burbank Park in Lake Washington – July 27
- 3. Whidbey Adventure Swim** in Sarasota Passage (Langley) – August 2
- 4. Aqua Run/Swim Defiance** at Vashon Island – September 14
- 5. Last Gasp of Summer** at Angle Lake (Seatac) – September 20

Details for these PNA sanctioned events can be found in this issue and on the PNA website.

Relay Results from the 37th Annual Speedo – USMS 1-Hour Postal National Championship

By Sally Dillon

In *The WetSet's* last issue, I reported preliminary individual results for 2014's first postal swim. The final result details can be found at: <http://www.usms.org/longdist/ldnats14/> (scroll to the bottom of the page).

The BWAQ and PSM clubs combined results from their individual swims to form their relays. Medals were awarded to the top 6 teams in each age group.

BWAQ Women	Place	Total Yards	Team Members
45+ age group	7 th	12,660	Zena Courtney, Laurie Marocco, Michelle Menkens
BWAQ Men			
45+ age group	12 th	12,670	Edward Marrs, Scott Lautman, Eric Durban
BWAQ Mixed			
45+ age group	9 th	17,435	Zena Courtney, Laurie Marocco, Scott Lautman, Eric Durban
55+ age group	14 th	12,670	Judy Williams, Mark Piennett, Michelle Menkens, William Swint
PSM Women			
25+ age group	12 th	11,450	Robin Johnson, Michelle Ohlson, Trish Cox
35+ age group	5 th	13,265	Jennifer Farinas, Jennifer Dailey, Michelle McRae
45+ age group	9 th	12,425	Tatyana Sussex, Susan Pappalardo, Sheila Moore
55+ age group	7 th	10,885	Jennie Goldberg, Lucy Shaw, Betsey Kasson
65+ age group	1 st	11,750	Toni LeClercq, Sally Dillon, Suzanne Dills USMS National Record
PSM Men			
18+ age group	1 st	14,520	Michael Scott, Bruce Deakyne, David Postetter
35+ age group	6 th	13,610	Jim Gross, Kirk Nelson, Dale Kegley
45+ age group	3 rd	14,830	Mats Nygren, Dan Larson, Daniel Phillips
55+ age group	2 nd	14,480	Lars Durban, Thomas Grandine, Rick Colella
55+ age group	12 th	10,395	Keith Butler, Steve Peterson, Ron Hansen
PSM Mixed			
25+ age group	7 th	17,445	Michael Scott, Michelle Ohlson, David Postetter
35+ age group	5 th	18,885	Michelle McRae, Kirk Nelson, Jennifer Farinas, Dan Larson
45+ age group	6 th	18,450	Sheila Moore, Mats Nygren, Tatyana Sussex, Daniel Phillips
55+ age group	2 nd	18,115	Betsey Kasson, Lars Durban, Lucy Shaw, Rick Colella
55+ age group	11 th	15,850	Steve Peterson, Sally Dillon, Suzanne Dills, Ron Hansen

Individual Club Summaries:

Women's Club Results – PSM finished 3rd of 3 in the "Large" team division (30-49 swimmers). 31 PSM women swam a total of 106,865 yards. (The 1st and 2nd place teams had 47 and 46 women, respectively.) BWAQ women were 13th of 144 in the "Small" team division (1-9 swimmers). Their six women swam a total of 23,145 yards.

Men's Club Results – PSM finished 1st of 17 in the "Medium" team (10-29 swimmers) with their 24 entries. Yard total for the men was 97,185. BWAQ men finished 17th in the same division. Their 10 men swam 32,145 yards.

Combined Club Results – Size-wise and finish-wise, PSM was fourth of four in the "Large" team division (50-149). The combined 55 members swam 204,050 total yards. BWAQ was 17th of 20 in the "Medium" division with 16 swimmers compiling 55,290 total yards.

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PNA Bylaws Changes

The ad hoc PNA Governance committee generated a set of changes to PNA's Bylaws to create a more efficient structure, one that conforms to Washington State law regarding non-profit organizations.

If you have yet to vote either on line (via link to *Survey Monkey* sent to your email address) or via paper ballot, please review the material and get 'er done! A minimum of 30% of our membership must respond in order to ratify these changes to our Bylaws – your vote counts!

SINK OR SWIM: Volunteering at Champs by Skagit Valley Masters Swim Club member Greta Perales

Well, it is that time of year again, when I dust off my stopwatch and volunteer for a day at the PNA Champs meet in Federal Way. This year I not only went as a volunteer, but as a seasoned journalist. OK, a novice blogger, but whatever. With this new experience and title under my belt, I felt obligated to take note of all that was going on around me.

Unfortunately, *that* was hampered by my coach's desire to get accurate times for all her swimmers. Instead of sitting poolside sipping on a tropical drink, I was chained to my chair next to my timing partner for 18 hours. Last year, I ran the timing table solo and was able to estimate any times I missed (roughly 50%), but this year was awful. No bathroom breaks, no hosted bar, and a military strictness from my table-mate Chris. We were even required to wear matching outfits!

Being generous, I offered to provide the shirts for the outfits and came up with bright yellow ladies fit t-shirts with TEAM GRETA across the chest that looked quite fetching on Chris (I don't think he has ever worn a girl's cut t-shirt but I could be wrong). Later he returned the favor and made me wear a ghastly bowling shirt that gave me the appearance of a box with legs. The nerve.

When I was not being harassed by Chris or yelling at the swimmers for splashing me, I did notice a few things. The swimmers at this meet were fast and talented. I was also amazed at how smoothly the meet was run. The officials were never more than a minute off from the estimated start times despite numerous races and heats. It was quite amazing. By the end of the meet, I even felt the urge to compete at next year's event.

My current project is figuring out a way to sneak my pool buoy into the pool without being disqualified. I have roughed out a swimsuit design that incorporates the pool buoy but must admit it looks a tad off-putting. Any suggestions are welcome.

Sincerely,
Greta "Where is my Mai Tai?" Perales

P.S. – If anyone sees a guy wandering around in a ladies cut yellow t-shirt, please tell him I want my shirt back.

MASTERS CALENDAR

(Hardcopy readers: use links at www.SwimPNA.org under the *Events* dropdown)

LOCAL/REGIONAL POOL EVENTS

Non PNA Meet:

May 16-18

MEET:

[Boise YMCA Spring Fling](#)

Indoor LCM

Boise, ID

[More info: Joan Wong](#)

Non PNA Meet:

May 31, 2014

MEET:

[Tualatin Hills Sizzling Summer](#)

LCM Meet

Beaverton, Oregon

[More info: Julie Andrade](#)

Non PNA Meet:

Aug 22-24, 2014

MEET:

[Oregon & Zone Champs](#)

LCM Meet

Gresham, Oregon

October 4, 2014

MEET:

[BAM Fest](#)

Bainbridge Island, WA

[More info: Andrea Shupe](#)

USMS Calendar of Events

Pool, OW, Postal:

[Basic Search](#)

[Advanced Search](#)

POSTAL EVENTS

May 15 - Sep 15, 2014

[2014 5K & 10K Postal](#)

[National Championships](#)

LOCAL/REGIONAL OPEN WATER

June 29, 2014

OPEN WATER:

[Green Lake Open Water Swim](#)

Lake Washington, Seattle

July 19, 2014

OPEN WATER:

[15th Fat Salmon Open Water Swim](#)

Lake Washington, Seattle

Registration Opens May 1

July 27, 2014

OPEN WATER:

[ORCA OW Swims](#)

Lake Washington, Mercer Island

Aug 1 - 3, 2014

[Cascade Lakes Swim Series](#)

Elk Lake, OR

3 Swims in 3 days

August 2, 2014

OPEN WATER:

[Whidbey Is. Adventure Swim](#)

Saratoga Passage (salt water)

August 16, 2014

OPEN WATER:

[Emerald City Open Water Swim](#)

Lake Washington, Seattle

September 14, 2014

OPEN WATER:

Aqua Run/Swim Defiance

Commencement Bay, Tacoma

September 20, 2014

OPEN WATER:

[Last Gasp of Summer IV](#)

Angle Lake Park

SeaTac

INTERNATIONAL EVENTS

August 3 - 9, 2014

MEET:

[FINA World Masters Swimming Championships](#)

Montreal, Canada

NATIONAL EVENTS

Aug 14-17, 2014

MEET:

[USMS LCM Nat'l Champs](#)

Univ of MD, College Park, MD

April 23-26, 2015

MEET:

[USMS SCY Nat'l Champs](#)

San Antonio, TX

PNA BOARD MEETINGS

May 20, 2014

PNA Board Meeting

6:45 pm

Jan Kavadas, Edmonds

July 8, 2014

PNA Board Meeting

6:45 pm

Hugh & Jane Moore's, Tacoma

August 26, 2014

PNA Board Meeting

6:45 pm

Steve Peterson's, Silverdale

October 25, 2014

PNA Board Meeting/Retreat

9 am - 4 pm

Sally Dillon's, Issaquah

Two Clinics Coming This Fall!

By Sarah Welch

PNA is pleased to host a **Coach Certification Clinic** and an **All Stroke Swim Clinic** in the Seattle area on Saturday, October 18, for Coaches and on Sunday, October 19, for swimmers. These events are offered at the *Tukwila Pool and Recreation Center* (4414 South 144th, Tukwila WA 98168).

The Level 1 and Level 2 Coach Certification clinic is taught in one full day. The following day, coaches will help coach an All Stroke clinic offered to PNA swimmers. The cost for the Coach Certification is \$180 (discounted to \$160 for those registered with USMS for the special coaching registration). The three-hour All Stroke Clinic is \$40. Signups are available on the USMS website through the link listed below in this article. PNA is also offering scholarships for PNA coaches in the amount of \$125.

Level 1 and 2 Certification Clinic for Coaches

What is USMS Coach Certification? The course, developed by Masters coaches, educates coaches working with adult fitness and competitive swimmers. Whether you are new to coaching or are an experienced coach seeking professional development, the education program will help you make the most of the Masters Swimming experience.

Prerequisites: You must be a current USMS Member to participate in the course and receive USMS certification.

Certification Process: Upon successful completion of the classroom coursework, including all required applications and successfully completed tests, you will be awarded USMS Level 1 or 2 Certified Masters Coach certification.

Who should attend?

- Current full-time, part-time or volunteer coaches.
- Anyone interested in supporting their existing team and coach.
- Anyone interested in starting a Masters Program.

More information and registration for this clinic can be found here: [Masters Coach Certification Level 1 and 2](http://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=60614)
(www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=60614)

Scholarships: PNA will offer scholarships in the amount of \$125 for PNA coaches provided they follow the instructions below:

- If you are interested in a Scholarship DO NOT REGISTER ON-LINE. You must register through the Pacific Northwest LMSC. Refunds (in the event you are not able to attend) will not be issued by USMS if you register on-line.
- Information and the Scholarship Application form are available through the www.SwimPNA.org Events / Clinics tab (www.swimpna.org/w/PNA/more/?artid=5376).
- Scholarship applications MUST be submitted no later than September 18, 2014.
- If you are not a PNA member, please contact your local LMSC for Scholarship availability.

Please email Sarah Welch (sarahwelch@comcast.net) or call 206-279-3145 for more information or about scholarship availability.

Masters All Stroke Clinic for Swimmers:

Following the Coach Certification Clinic, and in order to provide mentoring and practice for PNA coaches completing the certification course, PNA is offering an **All Stroke Clinic** on Sunday, October 19, at the *Tukwila Pool and Recreation Center*.

This stroke development and improvement clinic is for swimmers of all abilities. All four strokes will be evaluated and corrected with the use of drills and coach instruction. Several of the top coaches in Seattle will be on hand, along with USMS mentor coaches **Mel Goldstein** and **Bill Brenner**, to help you improve your technique and teach you drills that will enable you to continue to refine your stroke. Swimmers are not required to swim all strokes and may work on only those strokes they choose.

To sign up for this clinic, use this link: [Masters Stroke Clinic for Swimmers](http://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=60616)
(www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=60616)

Fat Salmon Open Water Swim
3.2 miles
Saturday, July 19, 2014
Sanctioned by PNA for USMS Inc. #364-W001
Hosted by: Green Lake AquaDucks

LOCATION: Lake Washington, Seattle, WA. Check-in and finish are at [Madison Park](#).

COURSE: This is a point-to-point (one way) swim. See [website](#) for [map](#) and details. Water temp ranges between 60 & 70 degrees. Portable toilets at starting line; showers and toilets at the Madison Park Bathhouse check-in and finish location.

TIME: Check In at 6:15 AM; Mandatory Competitor Meeting at 7:20 AM; 3.2-mile event starts at 8:15 AM.

RACE DIRECTOR: Liz Rosen
racedirector@fatsalmonswim.com or call 206-973-9075 between 5-8 PM, PDT, please.

ELIGIBILITY: Open to all 2014 registered USMS or MSC swimmers 18 and above as of 7/19/14. 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 at check-in.

RULES: Current USMS rules will govern this event. Neoprene wetsuits are allowed. 2-hour time limit.

SAFETY: Lifeguards and safety boats will monitor the entire course. Body marking required on both hands. Competitors must wear color-coded race caps to distinguish groups (provided).

AWARDS: T-shirts and caps to all competitors; special awards in each division; ribbons available for top 3 in each age group. See website and registration for more information.

ENTRY FEES: May: \$65 (sells out!), June: \$75, July: \$85. **Online entries only! No race day OR paper entries accepted.** No refunds will be given for any reason.

ENTRY DEADLINE: Online registration opens May 1st and closes July 12th at 11:59 pm, however the race may fill up ahead of close date.

ONLINE ENTRY: Click the "Register" link on our website: www.fatsalmonswim.com

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

DIRECTIONS: See www.fatsalmonswim.com

LODGING: Dozens of options downtown Seattle, within 3 miles of Madison Park, which is on a direct bus line from downtown Seattle.

ADDITIONAL INFORMATION: See www.fatsalmonswim.com or jump straight to the www.fatsalmonswim.com/faq.htm.

2014 Orca Open Water Swim
To benefit Seattle Area Support Groups
1-mile and 2-mile distances
Sunday, July 27, 2014
Sanctioned by PNA for USMS Inc. #364-W003
Hosted by: ORCA SWIM TEAM

LOCATION: Luther Burbank Park Swim Area, 2040 84th Ave. SE, Mercer Island, WA 98040

COURSE: 1-mile rectangular course, twice around for 2-mile competitors. Water temperature expected to be around 70 deg F. Wetsuits permitted.

TIME: Check-in begins at 7:30 AM and, should spaces remain, race-day registration closes at 8:00 AM. Competitors who wish to change divisions must do so by 8:00 AM. Mandatory competitor meeting at 8:30 AM; 2-mile race starts at 9:00 AM, 1-mile at 9:05 AM.

RACE DIRECTOR: Meghan Meinerz, 919-672-8542, megmeinerz@gmail.com

ELIGIBILITY: Open to all 2014 USMS or foreign registered swimmers 18 years of age and above as of July 27th 2014. Non-members may pay a \$20 one-event USMS registration and all non-PNA members must provide a current copy of their Masters registration.

RULES: Current USMS rules will govern this event. Neoprene wetsuits are allowed. Time limit: swimmers more than 250 yards from the finish at 11:00 AM will be picked up and returned to shore.

SAFETY: Lifeguards on paddleboards and volunteers in kayaks will monitor the course perimeter with the assistance of a motorboat for the purposes of evacuating swimmers who are unable to finish or who are experiencing a medical emergency.

AWARDS: Participation awards to all entrants. Special awards presented to the overall winners in each of the 1-mile and 2-mile events (wetsuit and non-wetsuit divisions). Ribbons presented to the top 3 finishers in 5-year age groups in all four events.

ENTRY FEES: \$55 by July 5th. Registration will increase to \$65 on July 6th and through race day. Only 300 entries will be accepted.

ENTRY DEADLINE: Online registration closes at 11:59 PM PDT on 7/23. The availability of race-day entries will be posted at <http://www.orcaswimteam.org/openwater/>

ONLINE ENTRY: Link to registration: https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=5734

PAPER ENTRIES: Accepted through 7/13 at the following address:

Orca Swim Team
1122 Pike St #869
Seattle, Wa 98122

RESULTS: Results will be posted at the finish line as they are available and on the Orca website, see link above.

DIRECTIONS: From I-90, take Island Crest Way exit. Parking is limited so plan to carpool or take advantage of public transit.

ADDITIONAL INFORMATION: 50% of net proceeds from this event will benefit Seattle Area Support Groups. Please visit their website at www.sasgcc.org for more info about the programs and events they provide for the community.

PNA Board Meeting Summary February 25, 2014

PNA conducted its business via conference call in February. Membership Chair Arni Litt reported that PNA has 1341 registered members, 73 of whom have self-identified as coaches. A new club has been formed: Vashon Rockfins (ROCK). PNA members have been generous during the registration process for 2014 with \$1528 donated to PNA for its general budget.

Governance of our LMSC continues to be a major topic of discussion. A subcommittee was formed to prepare the information that will go out to the membership when they are asked to vote on the proposed Bylaws changes. *Survey Monkey* will be used for all members having email addresses and hard copy ballots will be sent to those who do not. The vote is expected to begin prior to our April 5 meeting and numerous reminders will appear in the March issue of *The WetSet*.

Left over from our January discussion were policies relating to team scoring at the annual championship meet in Federal Way. The change in the way the work-out groups (teams) register has made it nearly impossible to keep track of those groups who chose not to register with USMS. We no longer require teams to register with PNA since they now register through USMS, so the board voted to delete policy CH-1. Arni clarified that teams not registered through USMS must "declare" their existence to her by the close of championship meet registration.

Miscellaneous reports: Steve Peterson noted that 185 swimmers competed in the Lake Washington meet at Juanita Pool, which was very well run by Linda Chapman and crew. *Meet Mobile* and *SwimPhone* were actively reporting results in real time. Jim Davidson sought and received board approval for date requests from four open water swim directors: Fat Salmon at Madison Park Sat., 7/19, ORCA OW at Luther Burbank Park Sun., 7/27, Whidbey Adventure Swim in Langley Sat., 8/2, and Last Gasp at Angle Lake Sat., 9/20. Sally Dillon reported that 55 Puget Sound Masters and 16 Blue Wave members entered the 2014 National Championship One Hour Postal Swim. Four PSM men appear to have placed first in their age divisions: Bruce Deakayne, Kirk Nelson, Rick Colella, and Harvey Prosser.



South Whidbey Island Masters Whidbey Adventure Swim

1.2 & 2.4-mile open water swims
Saturday, August 2, 2014

Sanctioned by PNA for USMS Inc. #(TBA)

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

COURSE: The course is an elongated rectangle parallel to shore, which will be swum in a clockwise direction; 1.2 milers swim 1 lap, 2.4 milers swim 2 laps. Outdoor showers and changing tents will be provided. Public showers are available nearby at Phil Simon Park next to Langley Marina at the foot of Wharf Street.

TIME: Check In at 8:15 - 8:45; Mandatory Safety Meeting for all competitors at 8:45 AM; both events start at 9 AM.

RACE DIRECTOR: Emily Weinheimer at info@swhidbey.org or 425-293-9475. Visit ow.swhidbey.org/whidbey-adventure-swim for details.

ELIGIBILITY: Open to all 2014 registered USMS or MSC swimmers 18 and above as of 08/02/14. 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. Note: there is a strictly enforced time limit of 30-minutes for 1.2 milers to finish one lap and 50-minutes time limit for 2.4 milers to finish two laps.

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: No participation awards. Caps to all registered competitors. Tee shirts optional for preregistration only. A participation raffle will take place during post-race festivities. Unique cap colors for the two different events.

ENTRY FEES and DEADLINE: \$45 (US or Canadian) before 7/31, \$55 for late or race-day entries. Paper entries will be accepted on race day only.

ONLINE ENTRY: Registration closes on 8/1/14 at 11:59 pm PDT.
https://www.clubassistant.com/club/form/register_now.cfm?c=1729&smid=4875

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.

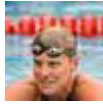
DIRECTIONS: From the Clinton Ferry, travel northbound on SR 525. Turn north onto Langley Rd and travel to town. Location is Seawall Park at 1st Street and Anthes.

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.

Facebook entries and photos from the **2014 Nationwide USMS Spring Nationals** in Santa Clara (May 1- 4):

More details and results are posted on PNA's website and on *Meet Mobile!*



Lisa Dahl

9:57pm May 1

Great distance day, Puget Sound Masters!
Day 1 - Our 1000 and mile swimmers got the meet off to a great start! Did you realize that every single PSM swimmer placed in the top 10 today?!

We came away with 6 National Champions today! Congratulations to Jaki Braggin, Haleigh Werner, Sue Dills, Sydney Anderson, Sarah Bullock, and Kirk Nelson for their fantastic accomplishments! Well done to all the distance athletes who met their goals and surprised themselves, too! Thank you to all the athletes who counted and gave their time and energy to encourage and assist others!

Great Job Puget Sound Masters!



Sarah Welch

7:53pm May 2

Another gorgeous day in Santa Clara with 86 of my closest friends. Today saw more great swims from PSM. Fan favorite 400 IM, 50 Free, 200 Back, 100 Fly, 100 Breast and Relays!
The PSM shirts are "the Bomb" at the meet. Can't miss us in the stands and on deck. Nathan Adrian (from Bremerton!) thought they were so cool he had to wear one and be photographed with the team. See USMS President, Nadine Day proud in her PSM shirt. Team dinner tonight. Photos posted soon.

200 Mixed Medley Relay (55+) National Champions **Charlotte Davis** (fl), **Don Graham** (bk), **Rick Colella** (br), **Mary Lippold** (fr) 1:55.05 →



• **[USMS President] Nadine Day** Congratulations to all. Thank you for participating in the USMS Spring Nationals. Hope to see you on deck again. Keep on swimming. Swimming for Life. It is about Fun, Fitness and Friendships!

May 4 at 9:53pm · Like · 2

DAWN MUSSELMAN INSPIRATIONAL SWIMMER AWARD

The PNA has presented this Inspirational Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913–1986). Dawn was a long-time PNA member. Not only was she a skilled competitor (still holding 11 PNA records from 1983–1985 in the 70-74 age group!), Dawn was the kind of person who inspired others and encouraged them to do their best. In her early days she was an Olympics hopeful. In her last days she continued to inspire her teammates until cancer took its toll.

Besides Dawn, subsequent award winners include Marlene Holmes, Maxine Carlson, Jim Penfield, Tom Foley, Karen Jost, Jan Kavadas, Robin O’Leary, Marion Mueller, Tammi Keeler, Ian Thompson, Suzanne Dills, Clark Pace, Dan Frost, Joan Davis, Paul Ikeda, Barb Gundred, Chaya Amiad, Kathy Casey, Gene Crossett, Jeanne Ensign, Lee Carlson, June Van Leynseele, Steve LaHaie, Betsey Kassen, Sarah Welch, Kiko Kimura Van Zandt and Rick Colella. Sarah Welch, on behalf of the Selection Committee, presented our twenty-ninth Musselman award honoree a personal plaque, the perpetual trophy, and this statement at the *PNA and Northwest Zone SCY Championships* meet, April 13.

DAWN MUSSELMAN INSPIRATIONAL SWIMMER

2014

The Pacific Northwest Association Local Masters Swimming Committee proudly presents the 2014 Dawn Musselman Inspirational Swimmer Award to **Charlotte Davis**.

Charlotte, the nomination testimonials from your North End Otters and Lake Washington Masters teammates echo “A Championship Attitude,” your front page interview in the March 2011 issue of *The WetSet* that describes exactly the reasons for selecting you as this year’s Inspirational Swimmer.

Team mate Mary Underbrink says, “I am inspired by her skill, speed, and strength, but also by her calm, friendly personality. She is really easy to get to know and she relaxes everyone around her.”

LWM Coach Becca Watson notes, “When I moved to the Pacific Northwest in 2009, everyone was talking about the NEO lady breaking record after record in her age group. Our team nicknamed her Charlotte ‘Freakin’ Davis and it stuck! Going into the 2012 Omaha Summer Nationals, when she told me her first name I almost asked if she was Charlotte Freakin Davis! Ha! As nationals coach, I offered some suggestions on her butterfly stroke and a whole new athlete was born. Accepting these changes, she became very focused on making positive stroke progress. She is not afraid to try new techniques.

“Charlotte joined Masters swimming with an open heart and open mind. She has attacked each day with a “let’s see what I can do” attitude that has a fantastic effect on those around her in workout. Charlotte strives every day to give her best and as a result continues to improve. She is also willing to put in the time to help her teammates. As she has gained knowledge and understanding of what works for her, she has become an in-the-water authority to assist her teammates every time she is asked. She offers alternative interpretations of what we are doing and more often than not, after giving instruction, I find Charlotte in the water giving more tips and advice on how to do the stroke or skill.”

Rick Colella has been inspired by you since you were age group swimmers at Sand Point Country Club and Cascade Swim Club in the early 60s, through your career as a premier synchronized swimmer and coach, and now as a Masters swimmer and teammate once again, 50 years later! “Charlotte’s work ethic and her desire to improve inspires us all to work harder. But what I find most inspiring about Charlotte is her positive attitude and her support for her fellow Masters swimmers.

“She inspires not just by her swimming performances, but with her willingness to share her knowledge and help out other swimmers, and with her infectious, fun attitude. She rarely misses practice. She’s always upbeat, friendly and has a great sense of humor. Charlotte enjoys swimming and she makes it fun for everyone around her. She not only inspires us to perform well, but to have fun and enjoy the journey.”

Lisa Pace offers you this congratulatory haiku:

Charlotte
Buzzing around in water
Effervescent foam follows her
Team mates filled with pride

Charlotte, for your inspiration to the entire membership of the Pacific Northwest Association of Masters Swimmers by your example of good sportsmanship, encouragement and commitment, the PNA is proud to recognize you as our Dawn Musselman Inspirational Swimmer for 2014.

Signed by: President Lisa Dahl for the PNA Board and Steve Peterson for the Selection Committee.

PNA, Zone, and National Records Set By PNA Swimmers Through March 2014

Please notify PNA's Records and Top Ten Coordinator Doug Jelen (DougJelen@hotmail.com) of discrepancies.

WOMEN	55-59	50	M.	BRST	LINDA CHAPMAN	01-19-14	44.48	
WOMEN	55-59	100	M.	BRST	LINDA CHAPMAN	01-19-14	1:37.17	
WOMEN	55-59	200	M.	BRST	LINDA CHAPMAN	01-19-14	3:29.89	
M E N	75-79	200	M.	BACK	DICK PETERSON	01-19-14	3:44.06	
M E N	75-79	50	M.	BRST	DICK PETERSON	01-19-14	46.87	
M E N	75-79	100	M.	BRST	DICK PETERSON	01-19-14	1:41.36	Zone
M E N	75-79	200	M.	BRST	DICK PETERSON	01-19-14	3:37.09	Zone
M E N	75-79	100	M.	I.M.	DICK PETERSON	01-19-14	1:39.33	
M E N	80-84	200	M.	BRST	DON REHFELDT	01-19-14	4:57.31	
M E N	85-89	400	M.	FREE	HARVEY PROSSER	01-19-14	8:34.40	
M E N	25-29	1650	YD.	FREE	EDDIE SWITAJ	02-01-14	17:03.61	
WOMEN	45-49	50	YD.	BRST	MARY ARMSTRONG	02-23-14	32.98	Zone
WOMEN	45-49	100	YD.	BRST	MARY ARMSTRONG	02-23-14	1:15.41	
M E N	25-29	500	YD.	FREE	EDDIE SWITAJ	02-23-14	4:51.29	
M E N	50-54	50	YD.	BRST	DANIEL PHILLIPS	02-23-14	29.18	
M E N	60-64	200	YD.	FREE	RICK COLELLA	02-23-14	1:54.36	Zone
M E N	65-69	100	YD.	FREE	DAN KIRKLAND	02-23-14	58.24	
M E N	65-69	200	YD.	FREE	DAN KIRKLAND	02-23-14	2:07.36	
M E N	65-69	500	YD.	FREE	DAN KIRKLAND	02-23-14	5:41.90	
M E N	65-69	200	YD.	BACK	DAN KIRKLAND	02-23-14	2:26.42	Zone
M E N	70-74	50	YD.	FREE	ROBERT PILGER	02-23-14	27.94	
M E N	70-74	100	YD.	FREE	ROBERT PILGER	02-23-14	1:03.96	
M E N	70-74	50	YD.	FLY	ROBERT PILGER	02-23-14	31.60	
M E N	75-79	100	YD.	BRST	DICK PETERSON	02-23-14	1:31.66	Zone
M E N	75-79	200	YD.	BRST	DICK PETERSON	02-23-14	3:17.54	Zone
M E N	75-79	200	YD.	BRST	DICK PETERSON	03-15-14	3:15.90	Zone
M E N	60-64	50	M.	BACK	DONALD GRAHAM	03-15-14	31.81	
M E N	60-64	50	M.	FLY	DONALD GRAHAM	03-15-14	28.43	Zone
M E N	60-64	100	M.	FLY	DONALD GRAHAM	03-15-14	1:05.70	Zone
M E N	25-29	200	YD.	FLY	EDDIE SWITAJ	03-29-14	1:56.82	
M E N	60-64	200	YD.	FREE	RICK COLELLA	03-29-14	1:53.43	Zone National
M E N	60-64	50	YD.	FLY	RICK COLELLA	03-29-14	26.56	Zone
M E N	65-69	50	YD.	FLY	LARRY WRIGHT	03-29-14	28.41	
M E N	65-69	100	YD.	I.M.	LARRY WRIGHT	03-29-14	1:08.60	
M E N	75-79	100	YD.	BRST	DICK PETERSON	03-29-14	1:30.75	Zone
M E N	75-79	200	YD.	I.M.	DICK PETERSON	03-29-14	3:12.21	Zone



Club PSM at Spring Nationals, Santa Clara

From the Editor

Recovery – Tips on handling injuries like a champ!

By Chericka Ashmann

With participation in sports comes the opportunity for injury. Overuse, aging, lack of training plan, reduced strength, and thinking we are still twenty all contribute to the possibility of some forced downtime. To avoid injury in the first place is key; however, it's not always that simple. For example, during a weekly weight workout a couple months ago, I was forty-five minutes into my routine when my calf suddenly popped. I heard the sound. I felt the strange sensation and then excruciating pain. I stretched for about fifteen minutes hoping it was a charley horse but became increasingly concerned that I had ruptured my Achilles tendon when I couldn't put my foot down. The pain was nauseating.

After a sleepless night, I made urgent care my top priority. A few hours later I ended up in an orthopedic surgeon's office. Upon examination, I was informed that I had a Grade III calf strain. My Achilles was intact and no surgery would be needed. I was told to continue my current supplement regimen of natural anti-inflammatories. My estimated recovery time was three weeks. I didn't think that was such a big deal until I entered the elevator and by chance encountered a woman my same age who needed to inform me that she had the same injury a year prior and it had still not healed. I decided right then and there that I was going to have an easy, healthy recovery by adopting the following practices I'd like to suggest for anyone:

1. **STAY POSITIVE.** Your injury belongs to you and no one else. Do not get caught up in listening to other people's stories about their same injury and how awful it was and all the setbacks you're going to experience as they did. Ask your doctor what the estimated time for recovery is, allow it to sink in, and remember – it's not forever.
2. **USE YOUR BRAIN.** There may be times when certain parts of your body are out of commission but it is rare that your most powerful organ is inaccessible. As a therapist, I am trained and experienced in guided meditation and have used it for some time in my personal life. There is scientific evidence that meditation has positive effects in many different areas of our daily functioning. Several forms of meditation exist and you may meditate on a daily basis without even realizing it.
Once upon a time, running was my form of meditation. I never listened to music and was left with only my thoughts and the sounds of my breath. I would run until the space between my ears was so peaceful that my mind couldn't be penetrated by anything. Now, I am able to enjoy that same meditative state with swimming. I also use it for healing purposes. Everyone has their own preference; I, for one, do not appreciate

recordings or yoga instructors who try to talk you through meditation. Instead, I prefer to find a quiet and private space to close my eyes and focus on the pain in my body by imagining there is a black spot on the area of discomfort. I then imagine a bright fluid light shining down on the top of my head illuminating my entire body while pulverizing the black spot. Everyone has their own preference; if you've never tried it before it may seem silly but research suggests it has value.

3. **DON'T DO DRUGS.** Sadly, the mention of pain to a physician can quickly lead to an unnecessary prescription for narcotics. I run a high utilization program at my day job. Believe me, addiction can happen to anyone. Ask your doctor for non-narcotic pain suggestions. If you do need them, try to put your own reasonable number on it. If your doctor prescribes you 60 ask for 10. Yes, you can request a reduced quantity. It's better to reorder as needed than to have drugs in excess around the house.
4. **TRY NEW THINGS.** So, maybe you can't swim because of a shoulder injury. Try to replace your morning workouts with a long brisk walk. Or if you're nursing a sore knee, swimming laps is a great way to keep the weight off. Yoga can be very forgiving and instructors often ask if there are areas you wish to target or protect from further agitation. If you can't work out at all try treating yourself to a massage, the sauna, or simply lying down and relaxing.
5. **DO NOTHING.** When is the last time you did nothing? Slept in? Laid on the couch all day watching television, ordering take-out, forgetting the world? Try it.



Thank You, Chericka!

NOTE: This is Chericka Ashmann's last issue as editor of *The WetSet*. The PNA Board sincerely thanks her for producing our bimonthly newsletter since taking the reins with the May/June 2012 issue – not a small task when you're raising two boys, developing your career, and trying to stay in the swim the remainder of your time!

WELCOME, NEW SWIMMERS!

(Registered as of 3/25/2014)

Blue Wave Aquatic Masters

Jennifer Aquino
Emmanuel Augustin
Jacqui Austin
David Belcher
Joel Brose
Howard Engledow
Lyudmila Fokina
Cheryl Johnson
Philip Knowles
Melanie Machado
Ken Mesler
Paula Plash
Stephanie Sheppard
Clinton Stipek

Bainbridge Aquatic Masters

Lindsay Browning
Joe McRitchie
Larry McMillian

Bellevue Club

Birger Steen

Central Area Aquatics Team

Edward Wong

Columbia Athletic Clubs

Kathleen Pokorny

Green Lake Aqua Ducks

Jared Carvitto
Rob Demick
Ashley VanOss
Dianna Wardlow-Dotter

Husky Masters

Dylan Chase
Adam Ganz
David Harn-Oram
Pamela Kilborn-Miller
Riley Kimball
Rigney Turnham
Jonathan Vance

Lake Washington Masters

Chelsea Helgason
Jordan King
Lorraine Masse

Mercer Island Country Club

Beth Hykes

North End Otters

Chan yin Lee

North Kitsap Masters

Laura Tetrick

Ohana Swim Team

Enrique Leon

Orca Swim Club

Adam-Jon Aparicio
David Milam
John Pittenger
Thomas Wolf

Port Angeles Masters

Molly Mahan

Samena Masters

Tom Allen

Sand Point Country Club

Kevin McLaughlin

South Sound Masters Swimmers

Sarah Landrum
David Hougan

Skagit Valley Masters

Swimming

Mark Flickner
Ruth Hufbauer
Erik Johnson
Scott Wanek

UPAC Sharks

Heather Morlan

Western Washington U Masters Swimmers

Emma Hewitt

YPKC Sound Aquatic Swimmers

Brian Matthews

Not part of a Club – UC36

Adrian Lane
Matt Nunn
Becky Schwaegler

Unattached to a Workout Group - UNAT

Patrick Ackley
Emily Chen
John (Jack) Connelly
Christopher Gard
Kimberly Jackson
Scotland Jacobson
Pierre Le Bars
Kristina Lorenson
Tim Nelson
Mark Nichols
Michael Orton
Jayson Sowers
Kurt Weiss
Anthony Whelan
Dana Wilson
Jay Zischke

NOTE: Please email error corrections (and names of unattached swimmers who want to change their affiliation to a specific workout group) to pnaregistrar@usms.org

PNA and USMS membership:

Use this link to register online: www.usms.org/reg/register.php?LMSCID=36

Use this link to print a form to mail in: www.clubassistant.com/c/D63FBF8/file/registration/Regform.pdf

PNA Swimmer featured in *USMS Swimmer* magazine

Jeanne Ensign, long time PNA swimmer and board member and current USMS Finance Committee chair, is featured in the May-June 2014 issue of *USMS Swimmer* magazine! Though she's recently relocated to Montana, she continues to serve as our Treasurer until another volunteer is found. Check out the article on page 50, *Volunteer Profile: Jeanne Ensign – Sharing her financial expertise for more than two decades.*

The WetSet Editor

Chericka Ashmann

Cher's last issue – new Editor needed!

206.419.0877

[The WetSet Editor](#)

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Attention swimmers receiving a printed copy of *The WetSet*:

Like every other organization, the PNA is trying to cut expenses. We have been mailing over 300 paper copies of this newsletter, yet fewer than 30 of you have email addresses. We would encourage you to try the online version or print your own copy (in which case you'll see the photographs in full color!).

You will continue to receive the paper version of *The WetSet* if:

1. You have no email service.
2. Your email bounced and USMS removed this address from their system.
3. You specifically requested a hard copy when you renewed for 2014.

Note: If you do get a paper version and your mailing address changes, it is important that you send the Registrar a corrected US Postal address. Your LMSC pays for every paper issue of the newsletter that cannot be delivered!

You can stop the paper issue by emailing pnaregistrar@usms.org and opting out of printed delivery.