



The WetSet

U.S. Masters Swimming in Western Washington
Volume 34, Issue 6

Pacific Northwest Association of Masters Swimmers
November-December 2014

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Leading Off

By PNA President Lisa Dahl

A wonderful summer for me is traveling and competing in the sports I love. I am so grateful for the opportunity to be part of the sport of swimming and water polo. My friends often comment how lucky they think I am to travel around this country, and to different countries, just so I can compete. I usually respond, “You are right and I gladly volunteer—someone needs to do it and it might as well be me.” I do have to work hard in my training, often 9-12 hours per week between cardio on hills, dry-land, strength training and swimming. I also eggbeater while I throw the water polo ball against the wall. I watch meticulously what I eat and I have a strict bedtime. What I do on a daily basis can be exhausting, and limits what I choose to do that most people consider as fun. But for me, there is nothing like getting on an airplane to travel to a foreign country and experience different cultures, all so I can swim and play water polo against women from all over the world.

This past August the world championships were held in Montreal, Canada. I compete in swimming and water polo, and since each sport was held opposite weeks my two week stay in Montreal was consumed with competing. It did not leave much time to travel outside of the city,

however I did tour inside the city. They had a very cool tourist guidebook with city walks through the different neighborhoods so you could get a taste of local flavor. We daily walked between 12,000-18,000 steps, which trashed my legs. I just loved finding something new to try. My favorite new thing this trip was the Affogato coffee drink we found in “little Italy.” A scoop of amazing coffee ice cream with a shot of espresso in a small glass. OMG it was good!

I found the city to be very welcoming, beautiful with fantastic neighborhood markets. We totally relied on the public transportation which was phenomenal!

So how did I do? Our 50-year-plus women’s Fabulous Fighting Flamingos took the gold in Water Polo! I raced 50 free and 50 fly, taking an 8th and 7th.

Did you know that world championships are open to everyone with time standards that are a lot less strict than USMS nationals? There are anywhere from 8,000-12,000 participants, making it inclusive and available to those who love to get on the blocks and race and see the world.

The next world championships are in Kazan, Russia—I can’t wait!

For me, there is nothing like travel[ing] to a foreign country... so I can swim and play water polo...

Puget Sound Masters Impressive Results

By Sarah Welch

It can be difficult to put together a team to travel across the country in August for USMS Long Course Nationals. Inevitably this means traveling away from the Northwest during its most beautiful month. This year, Long Course Nationals in Maryland competed for swimmers' attention due to the FINA world masters meet in Montreal. Despite all these factors, and with a team of just 16 swimmers, Puget Sound Masters earned 2nd place at Long Course Nationals in August with an amazing 551 points scored. North Carolina (a swimming powerhouse and virtually a "local" team) earned first with 576 points.

Every PSM swimmer on the roster and every relay swim completed played a key role for the PSM team placement, but none so impressive as Rick Colella, Jordan King and Dan Phillips. Jordan King, age 24 logged first place in the 200 back and fly, the 100 fly, 200 IM and 50 fly. Wow. Our "own" PSM Olympian, Rick Colella rocked the house in Maryland with first place medals in the 50, 100 and 200 breaststroke and the 200 and 400 IM events, adding a second place in the 100 freestyle. Straight from Montreal, Dan Phillips earned his 1st place National Championship patch in the 1500 free. Dan also placed 1st in the 400 IM, 3rd place in the 100 fly and 400 free and 2nd in the 50 breaststroke.

Some PSM athletes reported to the starting blocks at Maryland straight from Montreal: Dan Phillips, Donald Graham, Kathy Casey and Walt Reid. This meant nearly two full weeks for competition. Dan Phillips mentioned to me that his full taper didn't kick in until Maryland—although he had a couple amazing swims in Montreal. Donald Graham just "aged up" this year, capturing first place finishes in 50 back and 50 fly in Maryland to add to his world championship swims the previous week (1st in 50 and 100 back and 100 fly; 2nd in 200 back and 50 fly). Kathy Casey deserves the "go the distance" award. She swam the 400 IM in both meets along with all three backstroke events. She added the 800 free in Montreal and the 1500 free at Maryland. And she logged lots of points in all these events. Whew! I couldn't do that! Walt Reid—in addition to performing his FINA official duties for 2 weeks in Montreal, traveled to Maryland, again performing in an official capacity AND swam and placed in his chosen events: the 50 and 100 backstroke and 50 and 100 breaststroke, placing 5th, 6th, 6th and 7th places respectively. Go, Walt.

Becca Watson travelled with her swimmers from the Lake Washington Masters workout group which made up the majority of the PSM nationals team. She stepped up to organizing relays for PSM which made all the difference in the point standing. Kudos to Becca for taking this on for PSM!

Some other swims and swimmers of note:

Trever Gray, aged 38 swam for first place in the 50 and 100 and 200 back. Great performance. Kevin Esko from Mercer Island Redwoods swam the 50, 100 and 200 breast for 6, 4 and 3 place finishes respectively. (What could Kevin do on a 400 meter breaststroke race?—looks like a distance breaststroker!) He also bagged 7th in the 100 fly.

It was great to see Barb Gundred at a nationals competing for PSM. Barb placed 4th at 100 back, 6th at 200 and 8th in the 400 free results. Kate Sutherland, who loves LCM nationals, placed 6th in the 800 free and 7th and 10th in her Breaststroke events.

Paloma Dinkel took 4th in 50 free, 2nd in 100 free, 2nd in 100 Breaststroke and 1st in 50 and 100 fly. And, at their taper practice at Colman before the meet, Paloma told me she had been so busy coaching, she hadn't had much training time. Hmmm. Her teammate, Chris Conroy, age 29 had an impressive set of results earning 2nd in the 50 and 100 free and 100 breaststroke and 3rd at the 100 breast.

Richard Adcock swam 50, 400 and 800 free with results of 15th, 17th and 6th respectively. He also competed in the 50 and 100 breast. John Baker turned out 4th in his 50 breaststroke, 7th in the 100 breast and 7th in the 200 IM. Toni LeClercq swam 50 and 100 breast for 3rd and 4th places respectively and earned 1st place in the 200 IM and 2nd in the 100 fly race.

Topping off this impressive performance, Puget Sound Masters received recognition as the USMS 2014 Regional Club of the Year at the recent USMS Convention in Jacksonville, FL. We rocked the swimming world with our enthusiasm, our dedication, our fast swimming and, of course, our shirts.

Way to go, everyone!



Puget Sound Masters earned 2nd place at Long Course Nationals with an amazing 551 points scored

SINK OR SWIM

Terms from the Lanes

by Skagit Valley Masters Swim Club member Greta Perales

Over the years I have discovered that we all have our own unique way of swimming and lane sharing—or not sharing, as the case may be. In order to help others, I have decided to list and define some of the types of swimmers below.

1. The Meanderer: This is the swimmer that starts out on his side of the lane and by the halfway mark is fully in the middle of the lane. He may or may not wander back to his side, but is just as likely to take over your side. When asked to touch his nose and recite the alphabet backwards, he is not amused.

2. The Flipper: This is the swimmer who flip turns as if their life depended on it. This is no leisurely turn, but rather a full frontal attack on the wall. If you are coming up at the same time, do not attempt a flip turn, as the resulting tsunami may cause serious injury or high centering on the lane line.

3. The Toucher: Now, the toucher may or may not be in your lane depending on his or her wingspan. The toucher, also known as the hammer, is the one that will nudge, shove, tap, or rap you as they pass. The most impressive one is the one that is in lane 5 while you are in lane 2. I never know what to do when this happens. Do I hit them back, do I thank them, or do I focus on evasive maneuvers?

4. The Reluctant Partner: This is the swimmer that agrees to share the lane but is bitter about it. She will agree quite readily to sharing; however, the gleam in her eyes is not from the excitement of possibly making a new friend. This is the lane partner that makes me the most nervous. I never know if she is plotting my demise or always grinds her teeth when she swims.

5. The Eager Beaver (this is how I met my training partner): This is the person who jumps in your lane when there are at least 3 open lanes. When this first happened to me I was new to the pool. This gal—let us call her Joanna (which is her name)—asked me if we could share a lane. At this point, I did not even know you could or should share a lane. I was speechless. There were open lanes everywhere. I assumed she must be a tad “off” and was a little scared to say no. As I smiled tightly in fear (Reluctant Partner), she explained that if she went in one of the open lanes, we would probably end up sharing a lane with a guy. She then explained that they tended to take up more than half the lane (Meanderers) or were aggressive splashers (Flippers). Now, ten years later, relationship still intact, we share a lane with happiness and joy (except when she laps me, and then I want to hit her with a kick board, but I digress).

In closing, if you find the perfect lane partner do not hesitate to call dibs even if they try to run or swim away.

Sincerely,
Greta “Watch the hands, please” Perales



PNA Delegates Travel to USAS Convention

By Steve Peterson

United States Aquatic Sports (USAS) held its annual convention in Jacksonville FL, September 16-20. The national governing bodies for the five aquatic disciplines (Swimming, Water Polo, Diving, Synchronized Swimming, and Masters) each conduct their respective business meetings, culminating with an awards banquet, hosted again this year by Masters swimmer (and Olympian) Rowdy Gaines. Always anticipated is the Masters skit skewering our Capt. Ransom J. Arthur M.D. award winner, this year Hill Carrow (N. Carolina).

PNA now has winners in both USMS Regional and Local Club of the Year categories

These twelve members attended, representing PNA and serving USMS in various roles: Kathy Casey, Linda Chapman, April Cheadle, Lisa Dahl, Sally

Dillon, Jeanne Ensign, Arni Litt, Hugh Moore, Jane Moore, Steve Peterson, Walt Reid, and Sarah Welch.

This was a “rules” year, as opposed to a “legislation” year, and was comparatively tame in controversy level. The 250-member House of Delegates followed the Rules Committee recommendations to adopt 67 of 76 proposals, reject 7, and ignore 2 that were withdrawn. So, aside from mostly fine-tuning items, the Championship Committee can restrict swimmers to one distance event or may allow swimmers who meet the qualifying times in both distance events to enter both at national championships. Details of the proposals are available [here](#).

PNA, ninth largest LMSC of the 52 by membership, was prominently featured:

- BAM coach **April Cheadle** received a USMS *Kerry O'Brien Coaching Award* from the Walnut Creek Masters Coach himself who “embodies the passion, dedication, and heart” that coaches like April bring to the pool deck. (Thanks, BAM swimmers, for nominating your wonderful coach!) In addition, USMS President Nadine Day allotted last-minute “At Large Delegate” status to April, enabling her to actively participate and vote as one of the 12 PNA members attending the convention.
- Outgoing PNA Treasurer **Jeanne Ensign** was honored with the *Ted Haartz Staff Appreciation Award* for her “demonstrated excellence in assisting and supporting the USMS national office staff with its professional duties of servicing, promoting, and building the membership.” Jeanne is currently chair of the USMS Finance Committee.



BAM coach **April Cheadle** receives USMS *Kerry O'Brien Coaching Award*

- **Kathy Casey**, one of two At Large Directors on PNA's board and chair of the USMS Rules Committee, was surprised and honored as recipient of this year's *WINS (Women IN Sports)* award.
- PNA now has winners in both *USMS Club of the Year* categories: **Puget Sound Masters (PSM)** earned the *Regional Club of the Year* award for its “successful programs that draw people in, support their swimmers, and set standards for other clubs to follow” while last year's winner of the *Local Club of the Year* is **Blue Wave Aquatics**.
- Club Assistant principal Karin Wegner gave an unofficial but significant compliment to our Meets Coordinator **Linda**





PNA Treasurer **Jeanne Ensign** receives *Ted Haartz Staff Appreciation Award*



Kathy Casey, PNA Board Member, receives *Women in Sports Award*

Chapman as “most knowledgeable and best to work with among all 52 LMSCs in the processing of meet sanctions.” Linda, like April, is attending and participating in her first convention.

- At the *International Masters Swimming Hall of Fame Induction Ceremony*, 2014 Honoree Tim Shead (Florida) acknowledged PSM’s **Rick Colella** as a friend, a personal inspiration, and worthy future candidate for this honor.
- Last but not least, in their review of 2014 highlights at the closing banquet, U.S. Synchronized Swimming noted last month’s establishment of the *USA Synchro High-Performance Chair* in honor of first U.S. Olympic synchronized swimming coach **Charlotte Davis** (see full article [here](#)). See also the adjacent article on the induction of PSM’s Charlotte, a member of Lake Washington Masters, into the *International Swimming Hall of Fame* in 2014!

Charlotte Davis Inducted as ISHOF Honor Synchronized Swimming Coach

By Steve Peterson

A year ago, U.S. Synchronized Swimming Inc. (USSS) announced that Charlotte Davis would be inducted into the International Swimming Hall of Fame (ISHOF) as an Honor Synchronized Swimming Coach for her many achievements with that organization (see related article [here](#)). Charlotte, as many of you know, is a record-setting and inspirational Masters swimmer with the North End Otters and now the Lake Washington Masters workout groups within the Puget Sound Masters club.

In July, Charlotte traveled to Fort Lauderdale for the official ceremony. Find the ISHOF write-up [here](#) and accompanying video summarizing her accomplishments on [YouTube](#). Charlotte’s acceptance speech is available [here](#) as well.

And what accomplishments! Charlotte was involved before day one in the formation of USSS in 1979. She was hired as the organization’s first full time national team coach in 1984. Named National Team Director in 1992, she held this position until her retirement in 2000. She was “the spark behind the U.S. National and Olympic Team programs” that made the US the dominant force in international synchronized swimming during her tenure.

Starting as an age group swimmer, Charlotte soon discovered water ballet and expanded her love of synchronized swimming to become the first U.S. Olympic synchronized swimming coach. 2014 marks the 30th anniversary of synchronized swimming at the Olympic Games, where in 1984 Tracie Ruiz-

Conforto won solo gold and Candy Costie and Ruiz-Conforto won duet gold with Charlotte as their coach. Since that time, she also coached the 1988 Olympic solo and duet silver medalists and the 1992 Olympic solo and duet gold medalists. She coached and directed the U.S. to several titles at the Pan American Games (1987, 1995), World Championships (1991, 1994), and World Cup (1991, 1993, 1995).

PNA, PSM, and LWM are fortunate that you have returned to competitive swimming and congratulate you, Charlotte, on this great honor. You have indeed proven Mr. Penn egregiously wrong in his view of “realistic” goals!



Charlotte Davis

Going Postal

5K & 10K Postal Swim – Preliminary Results

Congratulations to swimmers in PNA who competed in the summer's championship postal swims – the 5K and 10K in a 50-meter pool. Nearly all of the swims took place at Colman Pool in early September. Thanks again to Becca Watson (Lake Washington Masters) for her help in reserving the pool and supervising!

PSM fielded 4 relays. The final results have not been released but I do know that our 35+ mixed 4X10K relay has broken the existing national record. In fact, an Oregon team also broke the record but our swimmers beat their time by 2 minutes!! Hopefully this record will hold up through the relay entry deadline.

Dan Smith was the only participant from BWAQ. He swam a fast 2:30:57.99 10K at Colman Pool with the others and placed 3rd in the 50-54 age group!

The next postal swim opportunity are well underway...

The 3000-yard and 6000-yard National Championships. The deadline to complete the swims is **November 15**. These events can be swum in a 25 yard OR meter pool. The conversion is done when you enter the event, which means those of us going 25 meters will swim **FARTHER** and get credit for just 3000 yards. That's a slight disadvantage (fewer turns), depending on your point of view! For more information please review the event information at [this link](#).

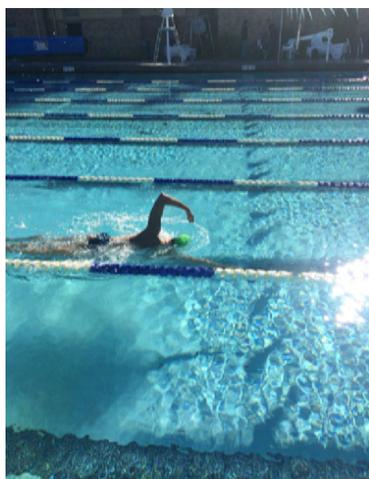
PRELIMINARY RESULTS

5K men 25+ age group	Individual finish
Michael Scott 1:20:31.09	1 st – 25-29
Brock Jones 1:12:26.37	5 th – 30-34
Dan Robinson 1:14:25.99	6 th – 55-59
Total Time 3:47:22.55	2nd Place

5K women 25+ age group	
Jane Cardoso 1:22:53.99	1 st – 30-34
Michelle McRae 1:13:18.52	1 st – 35-39
Lisa Keith 1:29:10.49	7 th – 40-44
Total Time 4:05:22.41	2nd Place

5K mixed 25+ age group	
Brock Jones 1:12:26.37	
Dan Robinson 1:14:25.99	
Jane Cardoso 1:22:53.99	
Michelle McRae 1:13:18.52	
Total Time 5:03:03.38	3rd Place

10K mixed 35+ age group	
Dan Phillips 2:19:23.48	1 st – 50-54
John vanVelthuyzen 2:32:57.62	2 nd – 35-39
Haleigh Werner 2:20:33.16	1 st – 45-49
Michelle McRae 2:33:31.91	1 st – 35-39
Total Time 9:46:26.17	FIRST PLACE
NATIONAL RECORD!!!	



John van Velthuyzen 10K



Lisa Keith and Michael Scott 5K



Jane Cardoso at the end of her winning 5K

Photos submitted by Becca Watson

Postal Swims 101

By Sally Dillon

PNA Postal Event Coordinator

Why the “funny” name?

The One Hour Swim is the oldest postal swim in USMS existence. It began in the early 1970s, organized and coordinated for a number of years by the DC Masters. Swimmers from all around the country swam for one continuous hour at their local pools and submitted their distance swum on paper via the US Post Office, thereby entering a “postal swim.”

In 2014, the USMS Long Distance committee redesignated Postal swims as “ePostal” swims, indicating that entry for these events will be done online exclusively. The handful of swimmers still mailing in hard copies (there were apparently ~40 for the January One Hour Swim, compared to a total of 2407 entries) will now need to find a way to get their entry in electronically. If you know of someone who wants to enter a postal swim but does not use a computer, please offer your assistance in helping our technically challenged members.

How often can I swim in a postal event?

Annually, there are 5 USMS National Championship Postal events, all sponsored by Speedo. During the month of January you can swim the **One Hour ePostal** championship in a pool 25 yards or longer. From May 15–September 15 you can swim the **5K/10K ePostal** championships – but each must be done in a 50-meter pool. And from September 15–November 15 you can swim the **3000 /6000 yard 10K ePostal** championships in a 25 yard or 25 meter pool. The USMS Long Distance committee specially honors those who complete all 5 events!

If you age up during a period when the swims of your choice are taking place, you can swim twice and enter in each age group (better enter the first one before you age up!). If you want to enter both the 5K and 10K, you must swim each separately as the 5K split on the way to a 10K cannot be used as an official time. The same thing goes for the 3000 and 6000 events.

There are non-National Championship postal swims that you can participate in as well. One that comes to mind is the Tamalpias Masters’ Postal 1650, which they host each January. You can search for events at www.usms.org under Events & Results > Open Water & ePostals > Upcoming events.

Why all the rules?

The One Hour Postal Swim started out as a fun event with no records or special recognition. After a few years, it became a USMS National Championship event – the first of the now 5 annual championship events being held. Along with winning a National Championship and setting records came rules to make sure no one was sitting on their couch doing a “virtual swim.” Suffice it to say, over time rules have been broken and swimmers have been disqualified. But the rules are pretty easy to follow. Each swimmer must have an observer record split times on an official form to verify that the swimmer has swum all the lengths and/or the time entered. A stopwatch or other digital device is required to get splits every two lengths. Swimmers may not use fins, paddles, or any device or suit that is considered illegal for pool competition.

Are postal swims a “Club Effort”?

Absolutely! Your individual results can be used to form relays. There are three relay divisions:

3 men, 3 women, and 4 mixed (2 of each) and lots of age groups . . . 18+, 25+, 35+ and so on at 10-year intervals. The age of the youngest person on the relay dictates the age group division. BWAQ and PSM organize their own relay teams so you should always report your swim results to the appropriate coordinators (currently Wendy Neely for BWAQ and Sally Dillon for PSM). Individual entry fees are relatively inexpensive and are paid by the swimmer while the clubs usually pay relay fees.

Still have questions? Please contact Sally at 425-961-0023 or salswmr@comcast.net

Welcome, New Swimmers!

(Registered as of 10/15/2014)

Blue Wave Aquatic Masters

Joe Barnes
Annie Gurrola
Kelly Kammeraad
Jacob Letts
Eryn Murphy
Abigail Neal
Trang Nguyen
Quyen Tran

Bainbridge Aquatic Masters

Christina Aitchison
Jens Boemer
Elizabeth Damm
Denise Dumouchel
Cody Jenkins
Eve Johnson
Megan Pleli
Aleta Saloutos
E. Bruce Weigel

Central Area Aquatics Team

Philip Gruber
Joshua Lipsky
Sarah Allison Spurlock

Columbia Athletic Masters

Christopher Lane

Downtown/Bellevue Swim Team

Lisa Mangel

Green Lake Aqua Ducks

William Kaperak
Jonathon Nield
Martine Zettle

Husky Masters

Brandon Couch
Marie Dunn
Scott Goulding
Max Ogryzko
Alexandra Pene

North Whidbey Masters

Donna Sue Holly
Cortni Thrasher

Ohana Swim Team

John Cotter
Arielle Wheaton

ORCA Swim Team

Kelsey Campbell
Cory James Clouse
Gabe Lopez
Lawrence Mayer
Jacob Vorono

Phinney Ridge Swim club

Yue Li

South Sound Masters Swimming

Alexandra Lincoln
Jun Song
Yue Yu

Washington Athletic Club

Kelly Parr

UC36

Glen Gordon
Steve Metz
Erin Waldon

Unattached to a Workout Group - UNAT

Nick Blattner
Jeffrey Crombie
Mitchell Dean
Sonia Glennie
Lori Graham
Danial Hallam
Lisa Hunt
Dafina Ibrani
Heather Kauffman
Aidan Loehr
David Lusby
Scott Murdock
Lucianne Pugh
Susan Schoolcraft
David Shelhorn
Jacob Stone
Mark Terrell
Trinie Thai-Parker
Ford Thompson
Kristen Turk

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



BAMFest Results

Bainbridge Aquatic Masters BAMFest swim meet results will be posted at www.bainbridgeaquaticmasters.com.

Swimming to Canada

by Jessica Dubey

On Friday, September 19, 2014, three PNA swimmers swam across the Strait of Juan de Fuca, just because it was there. Orlando Boleda, Ken Goodman, and Paul Webber, all members of the Bainbridge Aquatic Masters swim club, made the 12.5 mile crossing from Port Angeles in about 7 hours. My husband, David, went along to be part of the support crew, texting me throughout the day as to their progress and the conditions. He's not a BAMMER, but Ken is an old friend of ours and David couldn't turn down the invitation to be part of this adventure. Did I say old? There were a lot of "geezer" jokes, as Paul is the youngest at age 56 (Orlando is 59 and Ken is 60), but there's nothing funny about the magnitude of this achievement at any age.

Fellow masters swimmers Heather Burger, Michael Silves, and Cindy Lovell were also crew to support the swimmers.

As you can see from the photos, they managed to pick a perfect day for the swim, with calm waters and clear skies. I have crossed the Strait by boat several times, and I always remember it being a pretty hairy ride through big swells and strong currents.

Based on research by Andrew Malinak, who attempted but did not complete the crossing in 2013, only 7 people had successfully swum across the Strait of Juan de Fuca before, out of about 85 attempts. Orlando, Paul and Ken are now numbers 8, 9 and 10!

Read all about it in the [Peninsula Daily News](#).

And for a [blow-by-blow report](#) on the day, see these news reports that gave updates throughout the swim.



Ken Goodman, Orlando Boleda, and Paul Webber celebrate their accomplishment



Perfect weather



Making for the Canadian shore



The support crew makes it all possible



Swim Defiance and AquaRun for a Child Results

By Dan Smith

The 2014 AquaRun For a Child had a new venue this year and has added a new name for the swim race-only portion: "Swim Defiance". The new venue was very popular. A total of 67 swimmers swam across the Puget Sound. Twenty-three swimmers swam round trip from Owen Beach in Pt. Defiance Park to Vashon and back for a 5K swim. The other 44 swimmers took the ferry to Vashon Island and swam 3K to Owen Beach.

In addition to the swim, 23 of the 67 competitors completed the Short and Long Course AquaRun by swimming a 3K or 5K *and then RUNNING* a 5K after they finished the swim! Eight lucky land lovers did the 5K run only.

This event was inspired by the 1926 swim from the Tahlequah Ferry Terminal on Vashon Island to Pt. Defiance. Without wetsuits, flippers or goggles, 13 swimmers attempting the swim attracted a crowd of 10,000 spectators. The winner finished in just over one hour. A 15 year-old female Stadium student lied about her age to compete and finished 4th in 1 hour 20 minutes. She was the only female swimmer! Top finishers in each event are listed below:

It was a beautiful, sunny day and we raised over \$2,000 for Gift For A Child, helping teens in adoptive care. Watch for the event next year and sign up early using link at www.aquarunforachild.org. This event is sure to get very popular!



Event	Name	Gender	Age	Time
AquaRun Short	Robin Sarner	M	48	1:10:40.6
AquaRun Short	Michelle Ohlson	F	32	1:25:08.8
AquaRun Long	Casey Alex	M	42	1:44:13.7
AquaRun Long	Kainoa Pauole-Roth	F	48	1:44:06.9
3K Swim	Chad Hagedorn	M	42	44:54.3
3K Swim	Wendy VanDeSompele	F	48	49:31.6
5K Swim	Bob Schlemmer	M	54	1:12:49.5
5K Swim	Lyset Cadena	F	32	1:26:04.6
5K Run	Joe Otto	M	35	24:51.8
5K Run	Le Otto	F	35	25:19.3



Last Gasp of Summer Results

By Jim Davidson

The Last Gasp of Summer sponsored by Blue Wave Aquatics was held at Angle Lake on Saturday, Sept 20th. The event featured 1 and 2 mile swims over a rectangular course. One mile swimmers swam one lap and two milers completed two. There were wet suit and non-wet suit divisions. Eighty-seven US Masters swimmers took part. The swim is also a USA sanctioned event and 33 USA age group swimmers participated in both distances. The weather was cloudy and calm. The lake was 69

degrees, about the same temperature as the air. The meet director was Mike Murphy.

After the swim, a picnic lunch of hamburgers, hotdogs and salmon burgers was served to all swimmers and volunteers. Julie Montiel did an outstanding job again this year feeding all the hungry swimmers, volunteers and a few guests.

USMS overall winners in each event were:

Event	Name	Gender	Age	Time
1 Mile No Wetsuit	Clinton Stipek	M	24	24:46.1
1 Mile No Wetsuit	Sydney Anderson	F	22	24:49.5
1 Mile Wetsuit	David Ohern	M	31	25:32.4
1 Mile Wetsuit	Katy Smith	F	33	29:06.2
2 Mile No Wetsuit	Doug Portelance	M	56	49:51.2
2 Mile No Wetsuit	Zena Courtney	F	55	50:46.2
2 Mile Wetsuit	Eddie Switaj	M	30	41:01.0
2 Mile Wetsuit	Caitlin Schwalbach	F	25	50:15.8

Open Water Hits the Air Waves

KPLU 88.5 FM ran an article about open water swimming in the Puget Sound area. Listen to an interview with PNA Director Guila Muir! [Click here to listen.](#)

2014 Open Water Wrap Up

By Jim Davidson

The Last Gasp of Summer marked the close of a great Open Water season. PNA sanctioned five events in venues ranging from a small lake to Lake Washington to Puget Sound.

Overall 433 swimmers participated in one or more events with a total of 524 swims. Results for all of the races as well as cumulative standings can be found on the PNA web site.

Each year we like to recognize the top two swimmers in each age/gender division in our High Point competition for those who completed at least two of the PNA sanctioned

events. Winners receive a special High Point swim cap. High Point winners for this year are listed below:

Congratulations to the winners (caps will be mailed out in early November) and to everyone who came out for our open water swims. Special thanks to the clubs that sponsored the events: **Green Lake Aqua Ducks, ORCA, Whidbey Island Masters, and Blue Wave Aquatics** as well as to all of their volunteers that made the Open Water series possible. See you all next summer.

Women

	Total HP Points	Total Events
F18-24		
Anderson, Sydney	44	2
F25-29		
Ferber, Larissa	66	3
Schwalbach, Caitlin	44	2
F30-34		
Smith, Katy	88	4
Cadena, Lyset	66	3
F35-39		
Brumley, Sadie	32	2
Christopher, Mary	30	2
F40-44		
Sipher, Bridget	40	2
Smith, Jennifer	38	2
F45-49		
VanDeSompele, Wendy	66	3
Marrs, Susan	60	3
F50-54		
Webking, Jennifer	40	2
Diddams, Margaret	34	2
F55-59		
Courtney, Zena	66	3
Lippold, Mary	40	2
F60-64		
Duggan, Pat	88	4
Hewitt, Carolyn	38	2
F65-69		
No swimmer completed more than one event		
F70-74		
No swimmer completed more than one event		

Men

	Total HP Points	Total Events
M18-24		
Deakyne, Bruce	40	2
M25-29		
Robertson, Ryan	38	2
Maupin, Jesse	36	2
M30-34		
Switaj, Eddie	66	3
Jones, Brock	44	2
M35-39		
Saleh, Mahmoud	76	4
Saunders, Steve	40	2
M40-44		
Hagedorn, Chad	106	5
Freeland, Neal	40	2
M45-49		
Dolven, Eric	58	3
Pipta, Michael	34	2
M50-54		
Matthews, Scott	66	4
Schlemmer, Bob	58	3
M55-59		
Henderson, Mark	70	5
Freeborn, Steve	62	3
M60-64		
Bell, Alan	44	2
de Wit, John	40	2
M65-69		
Hansen, Ron	62	3
M70-74		
Jacobsen, Jeff	28	2

MASTERS CALENDAR

LOCAL POOL EVENTS

January 25, 2015

MEET:

Thunderbird Masters Meet
Anacortes, WA

[More info: Jason Hunter](#)

February 7, 2015

MEET:

Beat the Clock Meet
Olympia, WA

[More info: Mel Smith](#)

February 22, 2015

MEET:

Lake WA Masters Meet
Kirkland, WA

[More info: Linda Chapman](#)

March 8, 2015

MEET:

SARC Masters Meet
Sequim, WA

[More Info: Herb Cook](#)

April 11-12, 2015

MEET:

PNA Champs
Federal Way, WA

[More Info: Steve Freeborn](#)

REGIONAL POOL EVENTS

November 29, 2014

MEET:

[Ottermania Long Course Meet](#)
[Watermania Aquatic Center](#),
Richmond, BC Canada

[More info:](#)

Ottermaniawatermania@gmail.com

LOCAL/REGIONAL OPEN WATER

POSTAL EVENTS

September 15 - Nov 25

Postal Event:

3000 & 6000 yard Postal Swims

[Registration Web page](#)

All Year

[USMS Go the Distance](#)



USMS Calendar of Events

Pool, OW, Postal:

[Basic Search](#)

[Advanced Search](#)

INTERNATIONAL EVENTS

August 5-16, 2015

MEET:

FINA 2015 World Masters
Championship
Kazan, Russia

NATIONAL EVENTS

April 23-26, 2015

MEET:

[USMS SCY Nat'l Champs](#)
San Antonio, TX

August 6-9, 2015

MEET:

USMS LCM Nat'l Champs
[Spire Institute, Geneva, Ohio](#)

PNA BOARD MEETINGS

December 9, 2014

PNA Board Meeting

Time TBA

Arni Litt's, Seattle

See the [online calendar](#) at swimpna.org for the latest information.

Ready to make waves with Puget Sound Masters?

We could sure use the help!

We need member volunteers willing to serve, either as incoming officers or as at-large board members. The Board of Directors helps guide our organization to be the best we can be and focus our energy based on input from members. Each two-year term incorporates (quarterly) board meetings where we review the budget, choose swim meets in which to participate, and plan ways to promote Masters swimming throughout the Northwest!

PSM was established just two years ago. During that time, we have established PSM, adopted a budget, approved basic policies, developed an *awesome* team logo and team shirt, supported PSM postal swims including pool rentals for the 5-10K postal, and provided for coaches for hugely successful national teams at USMS Spring Nationals (short course) and Summer Nationals (long course), and even at the FINA World Masters Championships in Montreal.

PSM was named the Regional USMS Club of the Year at the recent USMS convention in Jacksonville, FL. In years to come we hope to host more meets, including an annual short course meters meet and possibly an annual long course meet. We want to continue to support open water events. We also want to promote other activities to serve the membership. And, we need your help to do this!

To stay current with PSM activities and events or to post items of interest, join [PSM Puget Sound Masters on Facebook](#).

Getting involved is the best way to enhance our organization. Come on—make a splash!

We have openings for two officers for the upcoming two year terms. We are also looking for people interested in any one of our elected officer positions: Chair, Vice-Chair, Treasurer and Secretary. The current board

members will serve as the nominating committee. Elections shall be held by email (Survey Monkey) ballot during the month of November, for a Board to take office January 2015.

What was the most memorable meet to you from a competitor's standpoint? What do you want PSM to do to serve your needs as a Masters swimmer? You can help us meet or beat your expectations by lending a hand. Volunteers for meets are encouraged to notify the board of their availability to dive in and help ensure smooth meets for PSM and the competitors.

Please contact Terry Rathbun, Vice Chair, PSM at 509-990-4115 to get involved!



John van Velthuyzen and Michelle McRae

Photos submitted by Becca Watson

PNA Board Meeting Highlights

July 8, 2014

Sally Dillon, PNA Secretary

PNA met at Hugh and Jane Moore's home in Tacoma. The board appointed Linda Chapman, Lisa Dahl, Jane Moore, and Steve Peterson as delegates to the 2015 USMS convention, taking place in Jacksonville, FL in September. Membership Coordinator Arni Litt reported that PNA has 1589 members as of July 7. USMS has adopted a new 30-day trial membership along with forms and a new waiver. Additionally, the end-of-year membership fee has been reduced by \$5 and those registering at that time will also be offered a 16-month membership option that carries through December of the following year.

The search continues for a new PNA Treasurer and the Board voted to approve Kim Boggs (BWAQ) and Sarah Welch (PSM) to fill the Club Director positions on the new board. The Club and Team Development position is still open and Lisa and Sarah agreed to write a job description before an appointment is made. Jessica Dubey has volunteered to edit *The WetSet* for the rest of 2014 and she was duly appointed. Jessica swims with Bainbridge Aquatic Masters and has a background in editing and graphic design. The PNA Policies were amended to reflect some of the changes made with PNA governance.

The Board approved a policy amendment that will provide a guarantee of \$12 per swimmer for any 2-day meet that is planned for at least seven hours total duration. This change is in response to the significant cost in hosting our champs at KCAC.

At the time of the meeting, the open water season was just getting underway. Five events have been sanctioned giving PNA swimmers numerous and varied opportunities to swim open water. Additionally, Colman pool has been reserved for Saturday, September 6 so PNA swimmers can participate in the USMS National Championship 5K & 10K Postal swims.

October Board Meeting Update

We would like to take this opportunity to announce that a new Treasurer has been found – Mark Benicheck from Bainbridge Aquatic Masters. He was officially elected by the board at the October 25 meeting to replace Jeanne Ensign. Jeanne has served PNA for over 20 years and moved to Missoula, Mt a year ago. We will miss her greatly but are very impressed with Mark and happy to have him join the Board as her replacement.

Voting Board Members (updated 26 August)

President

Lisa Dahl

Vice President

Michael Grimm

Secretary

Sally Dillon

Treasurer

Mark Benicheck

Immediate Past President

Steve Peterson

At-Large Director

Kathy Casey

At-Large Director

Guila Muir

Bylaws

Jane Moore

Meets

Linda Chapman

Membership Registrar

Arni Litt

206.849.1387

PO Box 12172

Seattle WA 98102-0172

pnaregistrar@usms.org

Open Water Coordinator

Jim Davidson

Appointed Director

Hugh Moore

Appointed Director

Jan Kavadas

Club Representative

Sarah Welch

Club Representative

Kim Boggs

Club and Team Development

open!

PNA's Coordinators/ Standing Committees:

Awards

Kerry Ness

Coaches

Shannon Singer

Fitness

Sarah Welch

Historian

open!

The WetSet

Editor

Jessica Dubey

Officiating

Kathy Casey

Jan Kavadas

Postal Swim Updates

Sally Dillon

Records/ Top Ten

Doug Jelen

Safety

open!

Webmaster

Steve Peterson

360.692.1669

[webmaster@](mailto:webmaster@swimpna.org)

swimpna.org

Database Support

Jon Walker

NOVEMBER-DECEMBER 2014

U.S. Masters Swimming in Western Washington

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

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