



4th Year for Fat Salmon Open Water Swim



Lake Washington, July 20, 2002—Starting at the I-90 bridge for the 3-milers and at Blaine Edwards Park for the 1-milers, the Fat Salmon race followed the shoreline south to north, ending at Madison Park. Early in the swim, swimmers could sight a multi-story condominium located close to

(Continued on page 6)

LEADING OFF

By
Lee Carlson

On Convention, Clinics and Meets

Convention

During September and October many of you are getting back to Masters swimming and regular workouts after taking some time off. During September, I attended the USMS Convention with nine of your fellow PNA swimmers. The delegates to convention, held this year in Dallas, determine policy, rules and direction for the 42,000 members of Masters swimming for next year and beyond.

Going into the meeting, the Finance Committee forecast a deficit of about \$250,000 for 2003. Coming out of the meeting we managed to achieve a balanced

(Continued on page 2)

Alan Bell, runs to the finish of the Fat Salmon race. Alan was the second swimmer to finish the race overall.

What's inside this issue?

Results

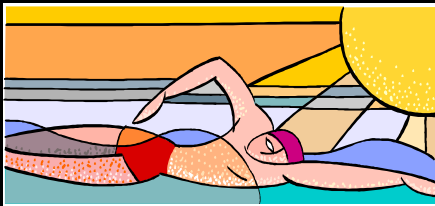
Fat Salmon
NW Zone LCM Champs

Entry Forms

BAMFEST
Mentor Coach & Swimmer
Clinic

Also in this issue:

The Rundown on Fitness Foods
PNA Board meeting minutes
Staying Motivated (an article by Bob Bruce)



WETSET

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Safety: Kathy Casey

Social: Jett Vallandigham



(Continued from page 1)

budget but at some cost. Our services to members have grown substantially over the last 12 years and each of us will likely be paying a little more for these services. More information on this is on page 3.

You should be especially proud of your PNA representatives. Hugh and Jane Moore were honored with the organization's most prestigious service award, the Ransom J. Arthur Award. Sally Dillon, Jeanne Ensign, and Sandy McNeel, our Newsletter Editor, received special recognition for their contribution to Masters swimming. Each received the Dorothy Donnelly USMS Service Award. Sally, USMS Secretary; Hugh Moore, Communications Chair; and Kathy Casey, Recognition and Awards Committee Chair, are members of the USMS Board of Directors. Arni Litt attended as a first time delegate. Steve Peterson, Walt Reid, Jan Kavadas and I all worked very hard as well in our respective committees to make your fitness swimming experience the best possible health experience.

Clinics

We are conducting the second of three clinics this year aimed at both coaches and swimmers. This second clinic is the Mentor Coach & Swimmer Clinic, emphasizing instruction from world class coaches. Mike Collins conducts a clinic October 12th and 13th on coaching stroke technique with personalized videotape analysis for each swimmer. The objective of the clinic is to maximize results and should be a success.

LEADING OFF

In January, Carolyn Behse and Gary Chase will present a fitness clinic, emphasizing nutrition, weight work, balance, and measuring fitness. Nationally, the USMS Fitness Committee will offer "virtual" swims across 10 famous landmarks such as Crater Lake and Lake Washington. Using these swims to keep track of your yardage will be incentive to improve your fitness. In 2003 PNA will also sponsor a national postal 30-minute fitness swim with the goal of increasing your training base. We encourage all coaches and teams to support this program. We may challenge Oregon to match our yardage.

Meets

Here is some key information for your planning. The 2003 USMS Short Course Championships will be held in Tempe, Arizona, May 15-18. This is the same week as ASU graduation so you will want to book your rooms early. Information on hotels and motels will be available at www.swimpna.org. The 2003 USMS Long Course Championships will be held at Rutgers University, August 14-17. Information on both meets will be published in SWIM Magazine and at USMS.org.

Indianapolis will host the 2004 Short Course Championships, April 22-25, and Savannah, Georgia, will be the site of the Long Course Championships, August 12-15. For those that really like to plan ahead, FINA is proposing to hold the World Masters Swimming Championships in the United States in 2006. This will be the largest swimming competition ever conducted with over 7000 participants expected.



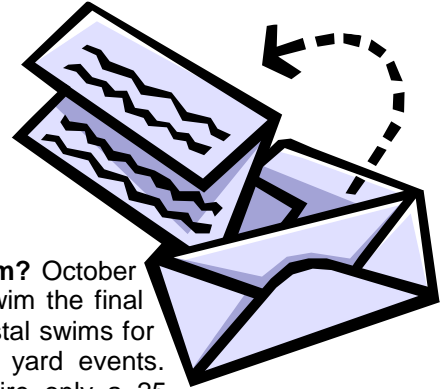
Your Dues at Work

United States Masters Swimming is a dynamic, growing organization, dedicated to providing the highest level of service for its members. During the last decade, we have experienced a substantial increase in services for our members. These services include communications information and resources, such as the USMS web site and the USMS National Publication, *SWIM Magazine*—plus liability and secondary accident insurance coverage for individuals, clubs, officials, and meet hosts, toll-free access to the National Office, coaching resources and programs, and free, web-based publications. Continued support for these services requires a necessary financial commitment, and it has been 12 years since USMS last increased dues.

Therefore, delegates at the annual USMS convention held in Dallas, September 11-15, approved a dues increase of \$5 per swimmer effective for 2003 member registrations. This change applies to full-year and partial-year dues, and it represents only the USMS portion of membership dues. Each LMSC's total annual dues include local and national dues, which are combined into one registration fee. The matter was given careful consideration and the resolution was unanimous. USMS is perhaps the best kept secret in adult fitness and it also continues to be the best bargain. We appreciate your understanding as USMS renews its commitment to offering a program that will continue to benefit you and provide great enjoyment.

Although the PNA board had not met by press time, board members expect to increase 2003 dues to \$35, adjusting dues upward from the current \$30 by just the USMS portion. \$15 of your annual dues has and will continue to remain with PNA to support local communications and programs, such as the *WetSet*, the *swimpna.org* web site, and administration clinics and meets.

USMS National Championship 3000 and 6000 Yd Postal Swim



What . . . another postal swim? October 31st is the last day you can swim the final two National Championship postal swims for the year, the 3000 and 6000 yard events. Fortunately, these swims require only a 25-yard pool so most PNA swimmers should find the event less difficult to accomplish than the summer's postal events—the 5 and 10 kilometer swims that required a 50-meter course. Additionally, the distances are significantly shorter so most anyone can at least tackle the 3000.

The entry form for these events has been published in *SWIM Magazine* and can also be located on the USMS web site at usms.org/longdist. **PNA will be organizing relay teams for this event.** Do the swim at the pool of your choice and then send your entry form/split sheet to the PNA event coordinator.

Important details:

- Swim the event as an individual and your results are used to form the relay teams.
- USMS registration must be current (2002).
- Completed entry form, individual entry fee (\$10), and copy of your USMS registration card must be in the hands of the coordinator by **November 2, 2002**.
- Checks should be **payable to PNA**.
- Teams will be organized by age group 19+, 25+ . . . and are 3 male, 3 female, and 4 mixed (2+2).

Mail your completed entry form and your individual entry fee of \$10 (payable to PNA) to the coordinator:

Sally Dillon
PO Box 845
Oak Harbor, WA 98277
Questions? Contact Sally at salswmr@earthlink.net or (360) 679-5038.

Do not mail your entry directly to the event director. The coordinator will mail your individual entry for you after forming the relay teams.

PNA Local Masters Swimming Committee
1st Annual BAMFEST SCY Swim Meet- Sanction #023607
Hosted by the Bainbridge Area Masters

PNA LOCAL MASTERS SWIMMING COMMITTEE
MEET ENTRY FORM: October 19, 2002 1st Annual BAMFEST
Hosted by BAM (Bainbridge Area Masters) - Sanction #023607

ORDER OF EVENTS "High School" Format	
#	EVENT
1	200 MEDLEY RELAY
2	200 FREE
3	200 IM
4	50 FREE
Break for Demo's	
6	100 FLY
7	100 FREE
8	500 FREE
9	200 FREE RELAY
10	100 BACK
11	100 BREAST
12	400 FREE RELAY

DATE & TIME:
Saturday, October 19, 2002
 Warm-up: **8:00 AM** Meet starts 9:00 AM
 Check-in with Clerk of Course by **8:30 AM** and **positive** check-in **required** for the **500FR** prior to the break.

LOCATION:
 Bainbridge Island Aquatic Center: High School Rd. & Madison Ave., @ **the East campus entrance**, Bainbridge Island WA phone: 206-842-2302-pool.

****25-yard pool with six lanes used for competition and two lanes for continuous warm-up. The spa will be available during the meet for competitors only. Electronic timing will be used.**

DIRECTIONS:
From Seattle: Take the ferry to Bainbridge Island. Proceed straight from the ferry terminal on SR305 one mile to NE High School Road. Turn left (west) and at the roundabout go right onto Madison Ave., pool is 1st drive on the left. **FREE Shuttle from the 6:20 am SEA ferry**, please advise if you need a ride.
From Westsound: Take SR305 to Madison Ave. N and turn right (south). Proceed 0.6 miles to the pool.

ELIGIBILITY:
 Open to all 2002 USMS or MSC registered swimmers age 19 and above on 10/19/02. Age groups determined by the swimmer's age on 10/19/02.

RULES: Current USMS rules will govern the meet.
AGE GROUPS (individual events): 19-24, 25-29, and 5-year age groups as high as necessary.

RELAYS: Deck-enter relays at the meet. Age groups 19+, 25+, 35+, and 10-year increments as high as necessary. Age of the youngest relay swimmer determines the age group of the relay.

SEEDING: Slow to fast. Check-in with the clerk of course.

MEET DIRECTOR: Brian Russell
 (206) 842-5849
 brian_a_russell@urscorp.com

WEBSITE: For more information, visit the PNA website (www.swimpna.org)

SAFETY FIRST!
NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

NAME: _____ M F AGE (on 10/19/02) _____
 ADDRESS: _____
 E-MAIL ADDRESS: _____
 PHONE: _____ BIRTHDATE: _____ USMS or MSC #: _____
 Team Name, Club Name or Unattached: _____

Include a copy of your current Masters registration card if you are not a PNA member.

ENTRY LIMIT: Five individual events, plus relays. Circle if your first Masters meet: Y

EVENT #	EVENT NAME	SEED TIME

ENTRY FEES: \$ 9.00USD/\$14.00CAD Surcharge
 (Includes electronic timing and facility rental surcharges)
 \$ _____ Individual events:
 (\$1 per event for swimmers under 65.)
No charge for swimmers 65 or over. No charge for relays.
TOTAL \$ _____ Please make checks payable to: **BAM**

Mail this entry form and fees to:
 Lynn Wells
 Attn: BAM
 11055 Sunrise Dr. NE
 Bainbridge Island, WA 98110
swimlynn@usms.org
 206-842-2302x17-B
 206-780-5378-H
*****Entries must be received by Wed. Oct. 9, 2002**

Waiver: 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.

SIGNATURE: _____ DATE: _____



MASTERS 2002 CALENDAR

OPEN WATER
POSTAL SWIMS
MEETS
CLINICS

Events in Washington, Oregon, British Columbia, Idaho, and Alaska, plus USMS Championship events. PNA Events are listed in **bold**.

September 1-October 31
USMS 3000/6000 Yd Postal
Champs
Marty Hamburger
(404) 325-4177
3000-6000@dynamomasters.com
[http://www.usms.org/longdist/
ldnats02/30006000entry.pdf](http://www.usms.org/longdist/ldnats02/30006000entry.pdf)

Oct 1, 2002-Sep 30, 2003
Long Course Meter Season

October 7-13
LCM World Masters Games
Melbourne, Australia
info@2002worldmasters.org
www.2002worldmasters.org

October 12-13
Mentor Coach & Swimmer Clinic
Connolly Center, Seattle
See details in this WetSet

October 19
Bainbridge Island Meet, SCY
Bainbridge Island
Lynn Wells
(206) 824-2302 X17
swimlynn@usms.org
Entry form in this WetSet

October 20
Ultimate Technique Swim Clinic
Bellevue Club
Corey Hilderbrand
(425) 688-3127
coryh@bellevueclub.com
www.best.com

October 20
Deadline for articles for November
WetSet

October 22
PNA Board Meeting
Bellevue Club, Executive
Conference Room

October 26
Day Saving Time: Set your clocks
back 1 hour so you can make it to
practice tomorrow.

November 10
SCY Mt Hood Community College
Gresham, OR
Phil King & Donna Ryan
kingp@mhcc.edu
www.swimoregon.org

December 14-15
SCM Northwest Zone Meet
Oregon City, OR
Colette Crabbe (503) 659-2114
colettecrabbe@hotmail.com

January 2003
1 Hour Swim
Kristine Lewis
onehour@swimoregon.org

January 1– December 31, 2003
Short Course Meters Season

For PNA Board information, e-mail
Steve Peterson at
speterson@bandwagon.net.

May 15-18, 2003
Short Course Nationals
Arizona State University
Tempe, AZ
www.usms.org

May 15-September 30, 2003
2003 USMS 5K/10K Postal
Championship
Mel Goldstein
(317) 253-8289
goldstein@mindspring.com

June 1-May 31, 2003
Short Course Yards Season

Help Wanted

Articles—maybe about your first
year in Masters, stroke or training
tips, or stories about your swims—
whatever you think may be
interesting. Be a contributor. Send
articles for the November *WetSet*
by October 20th to swim@troutlake.com.

Web Guide

Check out these sites on the
Internet for information on Masters
swimming, news, events, workouts,
and more from throughout the
Northwest!

PNA Masters Swimming
US Masters Swimming
USMS Northwest Zone
Oregon Masters
Alaska LMSC
Utah Masters
Masters Swimming of BC

swimpna.usms.org
www.usms.org
www.northwestzone.org
www.swimoregon.org
akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca



PNA SWIMMING NEWS - NEWS - NEWS



Fat Salmon

Open Water Swim— July 20, 2002

(Continued from page 1)

Madison Park's beach. Cindy Martin commented, "That building just didn't get close. And then suddenly it was there."

Water temperature was 70°. Ed Artis was pleased with the 172 swimmers, as none were pulled out of the race this year. He noted that the swim was a little more difficult due to wind this year, "Last year we had a surface chop pushing from the south. This year we had a north wind."

Becky Roberts was pleased and had fun, "It was a little shorter than I imagined."

Paul Skogland was first out of the water, placing first in the 3 Mile Wetsuit category.

1 Mile—Wetsuit

MEN 25-29

1 Rob Mirabezli 0:47:18

WOMEN 25-29

1 Marla Robertson 0:27:45
2 Jean Dillon 0:28:04
3 Emilie Sullivan 0:34:46
4 Heidi Hansen 0:35:27
5 Nadia Fuller 0:37:09
6 Rebecca Cohen 0:37:58
7 Sara Sutherland 0:39:23
8 Julie Sunderhaus 0:41:00
9 Michelle McGrady 0:41:46
10 Alicia Cameron 0:49:54

MEN 30-34

1 Tom Schutte 0:28:22
2 Brad Mott 0:30:21
3 Nick Jenkins 0:30:54
4 Roy Kim 0:34:08
5 Nathan Loosmore 0:34:54
6 Jeremy Schultz 0:41:11
7 Venkat Balasubramam 0:41:20
8 Shahn Towers 0:41:54
9 Greg Bear 0:43:15



If you go to breakfast in the Madison Park neighborhood after the Fat Salmon swim, you'll find fellow swimmers modeling their new Fat Salmon t-shirts. Left to right: Ken Perantoni, Matt Lind, John Crowley, and Roy Kim.

WOMEN 30-34

1 Nancy Hopper 0:30:37
2 Piia Pretz 0:32:49
3 Erika Giste 0:33:00
4 Jennifer Lekisch 0:34:21
5 Kathleen Morris 0:35:39
6 Michelle Mentzer 0:43:37
7 Susan Kosanke 0:44:48

MEN 35-39

1 Michael Young 0:26:12
2 David Parsons 0:33:27
3 Brian Gilbert 0:36:23
4 Bruce Kram 0:36:50
5 Jeff Horsager 0:38:06
6 Matthew Gregoire 0:43:59
7 Craig Williams 0:44:56

**WOMEN 35-39**

1	Melissa Kirmayer	0:31:26
2	Megan Conklin	0:32:38
3	Greti Galgon	0:35:29
4	Susan Whiting	0:35:44
5	Tatyana Mishel	0:39:04

MEN 40-44

1	Michael Jones	0:27:52
2	Jay Chang	0:36:28
3	Chuck Meis	0:50:05

WOMEN 40-44

1	Karla Pratt	0:35:20
2	Deborah Hammond	0:35:51
3	Kim Bowser	0:40:55
4	Cyndy Holtz	0:41:17
5	Nora Masters	0:43:47

MEN 45-49

1	Kurt Johnson	0:35:43
2	Robert Schmidt	0:36:34
3	Greg Kelsbery	0:37:08

WOMEN 45-49

1	Eileen Collopy	0:31:44
2	Jackie Marr	0:36:05
3	Sandy Laurence	0:37:34
4	Dona Williams	0:38:00
5	Laura Houston	0:51:52
6	Heidi Pelton	0:52:28
7	Beth Naczkowski	1:03:01

MEN 50-54

1	Rick Peterson	0:29:10
2	Bob Martin	0:37:21
3	Greg Cole	0:37:37

WOMEN 50-54

1	SallyAnn Smith	0:41:43
2	Kathy Cole	0:43:50
3	Cindy Martin	0:43:52

MEN 55-59

1	David Landes	0:29:19
2	Robert Liston	0:34:42
3	Steve Lindstrom	0:37:08
4	Mike Nelson	0:43:30

WOMEN 55-59

1	Kaetche Miller	0:38:12
2	Willa Dawson	0:53:38

1 Mile—Non Wetsuit**WOMEN 20-24**

1	Faye Liming	0:30:48
2	Kelly Cooper	0:39:16

MEN 25-29

1	Jerry Rice	0:26:12
2	Will Cann	0:32:33
3	Kris Adams	0:33:14
4	Matt Hagan	0:35:24
5	Henry Carson	0:58:

WOMEN 25-29

1	Allison Demeritt	0:30:44
2	Valerie Weber	0:31:37
3	Kerry McMillen	0:32:13
4	Jodi Widmer-Kent	0:48:09

MEN 30-34

1	George Gonzalez	0:32:29
2	Tim Welch	0:34:14

WOMEN 30-34

1	Annette Harris	0:32:53
2	Charlene Hails	0:41:33
3	Susan Lipinski	0:49:57
4	Karen Rhatigan	0:58.17

MEN 35-39

1	Jim McGoorty	0:30:53
2	Clinton Williams	0:32:22
3	Edward Waldra	0:34:47

WOMEN 35-39

1	Becky Roberts	0:36:39
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MEN 40-44

1	Jack Stavros	0:27:55
2	Mark Bickford	0:35:36

WOMEN 40-44

1	Lisa Wilson	0:28:19
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MEN 45-49

1	Jim Simpson	0:34:22
2	Dan Fenton	0:39:59
3	Jean Fankauer	0:57:11

WOMEN 45-49

1	Mary Lippold	0:31:02
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MEN 55-59

1	Michael McKinley	0:35:53
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3 Mile—Wetsuit**MEN 20-24**

1	Eric Dybdahl	1:21:42
2	Brook Stanberry	1:49:01

WOMEN 20-24

1	Natalie Price	1:18:22
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MEN 25-29

1	Matthew Woare	1:12:50
2	Tim Floyd	1:17:56
3	Cam Gravrock	1:20:10
4	Kyle Bridges	1:23:45

WOMEN 25-29

1	Teri Campbell	1:11:48
2	Holly Nelson	1:16:53
3	Philippa Krausen	1:17:02
4	Julia White	1:20:14
5	Elisabeth Davis	1:22:09
6	Amy Turi	1:27:40



Joseph Lang finished first in his age group.



Lisa Wilson finishes the 1-mile swim and is shown the way in.

WOMEN 25-29

- 1 Sara Quan 1:11:46

WOMEN 30-34

- 1 Mary Bradbury 1:26:04

MEN 35-39

- 1 Michael Meyer 1:12:37
- 2 Eric Knapp 1:22:45
- 3 Ken Ragsdale 1:39:55

WOMEN 35-39

- 1 Holly Corner 1:22:38
- 2 Sheri Sawyer 1:30:11

MEN 40-44

- 1 Tito Rodriguez 1:50:59
- 2 Michael Mullaney 2:04:23

WOMEN 40-44

- 1 Valerie Hagopian 1:24:28

MEN 45-49

- 1 Chuck Kriebel 1:21:33
- 2 Aeron Sinclair 1:25:37
- 3 Orlando Boleda 1:31:39

WOMEN 45-49

- 1 Kathi Bullock 1:20:02

MEN 50-54

- 1 Alan Bell 1:11:42

MEN 70+

- 1 Jim Bryan 2:10:01

MEN 30-34

- 1 Paul Skoglund 1:10:45
- 2 Michael Doyle 1:14:48
- 3 Robin Sherwood 1:22:39
- 4 Matt Purdy 1:24:37
- 5 Troy Nebeker 1:30:22
- 6 Jason Baker 1:37:54
- 7 Richard Lee 1:37:57

WOMEN 30-34

- 1 Jane Vitkuke 1:22:01
- 2 Megan Bussart 1:24:54
- 3 Liz Rosen 1:37:03
- 4 Kristine Lewis 1:38:25
- 5 Elizabeth Malmo 1:45:44
- 6 Jennifer Leland 1:51:46
- 7 Jodi Hess 1:59:27

MEN 35-39

- 1 Joseph Lang 1:13:23
- 2 Eric Bornfleth 1:22:41
- 3 Todd Stevenson 1:23:25
- 4 John Crowley 1:28:24
- 5 Matthew Lind 1:31:11
- 6 Patrick Gibbs 1:33:13
- 7 JB Goessman 1:33:35
- 8 John Feiler 1:34:35
- 9 Marty Krafcik 1:42:57

WOMEN 35-39

- 1 Kathy Gwilym 1:24:57
- 2 Ruth Frobe 1:32:50
- 3 Bridget Broderick 1:33:17

MEN 40-44

- 1 Rod Craig 1:12:17
- 2 Ken Perantoni 1:17:02
- 3 Jeff Cox 1:34:37
- 4 Thomas Brogan 1:39:53

WOMEN 40-44

- 1 Liz McCormack 1:36:01
- 2 MaryPat Lawlor 1:40:56

MEN 45-49

- 1 Scott Clausen 1:26:25

WOMEN 45-49

- 1 Jo Moore 1:20:16
- 2 Karen Wolf 1:30:04
- 3 Coral Bernier 1:37:21

MEN 50-54

- 1 Bill Penn 1:14:40
- 2 Duncan Mitchell 1:31:01

WOMEN 50-54

- 1 Julie Corman 1:29:17

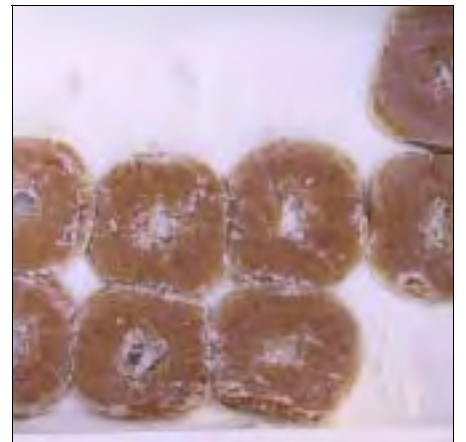
3 Mile—Non WetSuit

WOMEN 20-24

- 1 Chace Kloppeburg 1:23:05
- 2 Jessica Piasecke 1:45:40

MEN 25-29

- 1 Rolf Mifflin 1:17:22
- 2 Doug Collins 1:32:41



The swimmers survived the day much better than these Krispy Kreme doughnuts, which were flattened to 1/4 inch high. It wasn't a pretty sight.



The Rundown on Fitness Food

Whether they're marathon runners or weekend hikers, "thirst quenchers," "energy bars" and "power gels" have become popular food choices for athletes of all kinds.

While these sports supplements may provide a nutritional energy boost, they're not a substitute for a healthy, balanced diet. And it's important to understand the differences between the various types of sports supplements and the benefits each offers.

"For most people, energy bars and drinks are appealing because they're convenient and provide healthy alternatives to candy bars and other snack items," notes Debra Vinci, director of health education and nutrition services for Hall Health Clinic and sports nutritionist for intercollegiate athletics at the University of Washington.

Keeping the body fortified is essential to perform well at any task, whether it's competing in a triathlon or working at the office. Energy bars and drinks provide an easy way to refuel, since they can be packed away in a gym bag or purse and can withstand warm or cold temperatures.

When it comes to choosing an energy bar, find one that tastes good and doesn't upset your stomach. Since bars are made for

different uses, it's also important to read the label.

For the average athlete, Vinci recommends a bar that is a good source of simple and complex carbohydrates with a lesser amount of protein and a small amount of fat. Carbohydrates are absorbed into the bloodstream more quickly and easily than other compounds such as sugar and provide a fast energy boost.

These bars can be eaten a few hours before exercising as a supplement to a balanced meal. They can also be consumed in small amounts such as one-fourth of a bar up to 15 minutes before a workout and following exercise.

Bars higher in fats and protein are made for athletes needing extra supplements before and after high-intensity workouts. They are also used by weight lifters and others wishing to build body mass.

Since many bars are high in fiber, which acts like a sponge in the body, it's important to have them with water. And though an energy bar may be healthier than a candy bar, it does contain calories. People eating energy bars while trying to lose weight should be sure to keep track of their caloric intake, Vinci says.

Gels are one of the newest types of sports available. Easily carried and quickly consumed, they provide a burst of carbohydrates that can be easily digested. Vinci points out that gels are made for use by

high-endurance athletes and are not designed as a snack food.

Keeping the body well hydrated is essential to staying in top shape. Sports drinks, fortified with carbohydrates and electrolytes, were first developed for long distance athletes those performing for more than 90 minutes. Vinci explains that while the average athlete doesn't need the additives found in sports drinks, they do need to consume water.

"If drinking a sports drink helps you stay hydrated, then you should use them," she says. "Otherwise, all you need is water."

Vinci says sports drinks may be helpful for kids involved in day-long sports events, since it can be difficult finding time to eat and replenish carbohydrates.

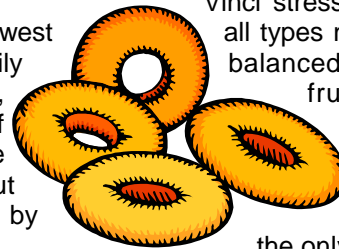
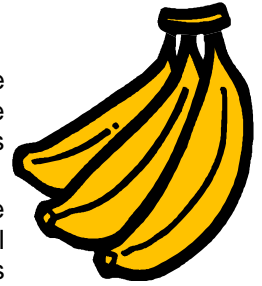
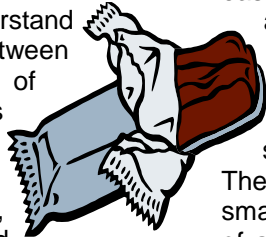
There are also drinks designed for recovery after strenuous exercise. Containing at least 10 percent carbohydrates, they help refuel the body after long workouts such as those lasting for more than one hour.

Regardless of whether you use a sports food or drink supplement,

Vinci stresses that athletes of all types need to consume a balanced diet including fruits, vegetables, pasta, grains and fiber. And when it comes to snacks, sports bars aren't the only option.

"A banana and bagel may work just as well to give people the extra boost they need," Vinci says.

HealthBeat, University of Washington Health Science and Medical Affairs



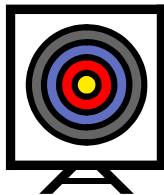
United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always has been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.

Notes From the Poolside

By Bob Bruce
ASCA Level 5 Coach, Oregon Masters Swimming

Have you ever found it difficult to stay with your fitness program, even when you've been training for a while? Do you find it difficult to stay focused on staying in shape when life's distractions pull you away from the pool? Do you feel like hanging it up when the going gets tough? I think we all do at some time or another. The trick to pursuing lifelong fitness through swimming involves learning a few tricks to help you get through the hard times, the times when motivation seems to desert you. Here are a few tips that I have learned to help me to stay with it:

1 Determine your ultimate lifetime goal and mission statement. After all, we can be masters swimmers for 75 or 80 years, and we need to take the long view now and then. This step clarifies your values, reminds you of the importance of the final result, and sometimes (by itself) helps to clear your mind of the distracting barriers that you seem to confront daily. When I state my personal goal—to break the national records in the 105-109 age group, or die trying—I usually get a laugh, but stating it also reminds me of the fundamental reasons why I participate.



2 Set some realistic short term goals that will help you to focus on the tasks currently facing you. Perhaps you would like to swim 3 times each week for the next month, or be specially well prepared for that meet in three weeks, or would like to improve one second per 100 on your favorite goal set. Goals like

these refresh the daily challenge and displace the feeling of daily drudgery.

3 Keep training simple. Return to fundamentals. Sometimes we construct elaborate practice challenges that frustrate us (and occasionally hide the reason why we do them). There is nothing more fundamental for the dedicated fitness swimmer than good stroke technique and sound aerobic threshold swimming.

4 Get individual help. Ask a coach to help you review your goals, technique, and training plan, and stick with the suggestions. Our practice and technical habits often deteriorate without knowledgeable feedback, and we can back ourselves unknowingly into poor habits; when we discover the awful truth, the road back to good habits can seem miles too long. Often the change of focus from training to technique will refresh your outlook.

5 Learn from others. Coaches are excellent sources of wisdom, but coaches have no monopoly on good advice. Watching and listening to other swimmers can be engaging and fruitful. Look at skills that others perform well, and see if you can assimilate those skills into your own repertoire. Ask questions of others to determine their performance secrets. Stay curious and willing to change if you find a better way.

6 Find practice friends. Training alone is incredibly difficult; hats off to the tough and disciplined few who seem to manage training over a long time without swimming partners. If you are currently swimming by yourself, look for others who to share your passion for swimming. If you train with a team, find others who share your similar speed, endurance, and mental outlook; you may have to change practice lanes in order to find them. Training partners are gems—I could never stay with it without them.

7 Think positively. Our negative self-talk and fears are often our most fearsome opponent. Chase the dark doubts away, and replace them with simple positive statements about things, which are going right. Remove the subtle mental barriers that plague all of us. Focus on what feels good, not on what hurts.

8 Stay consistent. The truly accomplished fitness swimmer, the one who will remain actively engaged in the sport through motivational ups and downs, will consistently go to practice even in the face of huge distractions. The most difficult step away towards the pool is the one out the front door, and the most difficult step at the pool is the first plunge. Taking these first steps creates consistency, the ultimate key to lifetime fitness, even on days when the desire is not there. Get to the pool and get in.

Good luck and good swimming.



HAPPY BIRTHDAY

to the following PNA swimmers!

10 15 Susan Dearborn	10 21 Elizabeth Lucco	11 03 Teri Rexroat
10 15 Doug Carpenter	10 22 Anthony Krohn	11 03 Mary Coddington
10 15 Glenwood Johnson	10 22 Jeanne Ensign	11 03 Loren McEwan
10 15 Kari Einset	10 23 Robert Dorse	11 04 Chuck Kriebel
10 15 Gina Craig	10 23 Bill Reeder	11 04 Larry Degroen
10 16 Tjalling Ypma	10 25 Tara Simsak	11 05 Evan Ferber
10 16 Kathleen Morris	10 25 Michelle Hammer	11 05 William Penn
10 17 Michael Meyer	10 25 Joe Young	11 05 Margy Fitzpatrick
10 17 Karla Pratt	10 25 Elysse Zelenko	11 06 Erika Giste
10 17 Charles Luttrell	10 27 Donald Spencer	11 06 Jeanne Butterworth
10 18 Jack Andrews	10 27 Trudy McKnight	11 06 Steven Cozart
10 19 Bill Fenner	10 27 James McNamara	11 07 Kevin Ames
10 19 Jill Nuss	10 27 Michael Olson	11 08 Jim Williams
10 19 Steven Thrasher	10 28 Hein Tran	11 09 Damion Provitola
10 19 Jan Ringo	10 29 Patricia Nellis	11 10 Jerry Trump
10 19 Russell Borgnin	10 30 Jane Slade	11 11 Valerie Goulter
10 19 Carrie Breed	10 30 John Pressentin	11 11 Maureen Gardner
10 20 Vince O'Halloran	11 01 Anne Healey	11 11 Jane Moore
10 20 Betty Kercheval	11 01 Jim Watts	11 12 Shaylynn Simpson
10 20 Susan Scheerens	11 02 Melany Richmond	11 13 Deborah Bagg
10 21 Paul Skoglund	11 02 Maureen Trainor	11 13 Beto Zuniga
10 21 Robert Moritz	11 02 David Thompson	11 13 Joe Holliday
10 21 Kerry Sussex	11 02 Diana Ekstrom	11 14 Michael McColly
10 21 Jennifer Mark	11 03 Amon Emeka	11 14 Thomas Hayes



WetSet Subscription / Change of Address Form

The WetSet is PNA's official newsletter. It is produced ten times a year and is delivered free of charge to PNA members. Non-members may purchase an annual subscription to The WetSet for \$12, payable to "PNA Masters Swimmers". To subscribe, please send this completed form to:

Important —The WetSet is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.

Arni Litt
PNA Registrar
 1920 10th Ave E
 Seattle, WA 98102-4253

Attach old address label here (if available)

Name _____
 Address _____
 City / State / Zip Code _____
 Phone _____ USMS # _____

- Change of Address
- New Subscription
- Subscription Renewal

If you would like to become a PNA member or renew your membership, and receive The WetSet and Swim Magazine, please use the USMS Registration Application on the back cover of this newsletter.

What's happening at the PNA Board Meetings?

PNA Board Meeting Minutes

By Steve Peterson
PNA Secretary



July 23, 2002—President Lee Carlson called the meeting to order at 7:10 pm at the Seattle Parks & Recreation offices. Attendees included Chaya Amiad, Sally Dillon, Jeanne Ensign, Dan Frost, Jan Kavadas, Arni Litt, Sandy McNeel, Hugh Moore, Jane Moore, and Sarah Welch. These eleven represented Federal Way, GLAD, Mercer Island, North Whidbey, Swim Seattle, West Seattle Y, and the membership at large.

Minutes: The Board approved the June meeting minutes as revised. Sandy volunteered to forward the corrected June minutes to Steve. Thanks to Jan for taking the July minutes in Steve's absence.

Treasurer's Report: The Board approved the Treasurer's report as presented. Total PNA assets are \$51,440 including the Wiggin Fund's \$2,792. Sarah purchased two \$10K CDs: a 6-month at 2.9% and a 12-month at 3.5%. She has reimbursed Lee Carlson, Sally Dillon, and herself for Open Water Clinic expenses (handbooks, park permit, and food).

Committee Reports

Ad Hoc Open Water: *Open Water Clinic, June 29:* 27 attended, providing a modest profit. *Fat Salmon:* \$256 was netted. 172 swimmers registered; 89 (52%) were One-Event registrations. Water temp was 70°. Timing chips were used. Jeanne Ensign read a letter from Mike Meyer who recommended that the event be taken over by a swim club; the growth from 17 to 172 has stressed the group that initiated it. Another alternative is that PNA handle the financial part. Asked if the \$3 per swimmer host guarantee applied to

open water events, the Board approved extending this to all open water events. Following further deliberation, the Board approved amending Meets Policy #24 to state that the \$3/swimmer guarantee would apply to sanctioned open water events retroactive to January 1, 2002 (including Fat Salmon and its associated payment). Jane noted that she would update the policies accordingly. The \$100 performance bond (the 2001 deposit rolled over to 2002) will be held pending satisfactory evaluation of the event by Sally, Lee Carlson, and Jeanne Ensign. Arni Litt will write letters to the One-Event registrants inviting them to consider full registration. *5K & 10K Postal:* Ten swimmers had signed up for July 27 at Federal Way; six swimmers for South Kitsap on August 18.

Constitution and Bylaws: Jane Moore noted that the bylaws need updating to reflect the membership change to age 18. Committee changes (membership and web site) and whether to pay the registrar are additional items to consider. Jane will send out the bylaws, soliciting proposed changes that should be returned by August 17 or brought to the next meeting. Changes need to be included with the (re)registration mailing for membership approval.

Meets: *KCAC, July 27 (LCM):* 102 have entered. *NWM Pentathlon, September 28 (SCM):* Will begin at 1 pm with the PNA Board meeting to follow. *Bainbridge, October 19 (SCY):* The Board approved BAM's request to use high school format. The Board determined that the PNA event limit rather than the high

school event limit would apply. NW Zone is seeking a 2002 SCM Zone meet host; also for SCY 2003. PNA hosts SCM Zones in 2003. Meet bid packets are ready to go out. *World Masters Games, Melbourne:* Livia Walker and Karen Bryce are attending. *Zone Champs, Salt Lake:* Dan Frost will attend.

Membership: To date, 921 are registered. Arni reported that she had distributed an e-mail list to team reps so they could identify unattached swimmers to change their registration to a team if appropriate. No coaches or team reps have responded regarding the earlier list.

Newsletter: Input deadline for the September issue is August 20th.

Officiating: Officials have been identified for the July 27 meet.

Publicity: No report. The Board approved Lynn Wells as chair; Chaya Amiad volunteered to assist.

Social: Cindy Martin would like a more detailed job description before replacing Jett, who moved east of the Cascades.

Old Business

King County Park and Pool Closures: Board members and others were encouraged to contact King County Council members and report their responses. Eight pools are to be closed unless cities pick them up but no specific date is identified. Mike Dunwiddie states that the deficit at KCAC is \$200K—not the \$400K published—the \$200K excludes county administrative overhead.

New Business

PNA Service Awards: The Board approved nominations of Sally Dillon, Jeanne Ensign, and Sandy

USMS Offers Online Swimming Workouts

USMS Coaches Committee Chair, Michael Collins, announced that USMS is posting swimming workouts by three different coaches on the USMS Discussions Forum Section of the USMS web site www.usms.org.

The workouts are posted weekly and include interval training for improvement in technique, speed, and endurance. The three workout plans are:

McNeel. Additional nominations may be sent to Kathy Casey.

Convention: The Board reviewed Arni Litt's application and selected her as a delegate for the position still open. NW Zone Rep Dan Frost cannot attend Convention. USMS rules require the Zone Chair to appoint another with the concurrence of the USMS President. Dan requested that the Zone Rep appoint Jeanne Ensign as the NW Zone Rep for Convention. Dan identified financial independence of the Zones as a convention discussion issue: Are Zones part of the Corporation or separate?

Next Meetings

Tuesday, August 27, Federal Way Regional Library

Saturday, September 28, Oak Harbor (after NWM Pentathlon meet)

Tuesday, October 22, TBD

The Board approved adjourning the meeting at 9:00 pm.

Steve Peterson, Secretary

L.A. workouts by Bonnie Adair and Clay Evans

L.A. swimmers are a fast-paced crowd, often multi-tasking between work, family, play, and their swimming workouts. Southern California Aquatic Master Swim Club, in West Los Angeles, uses a "one-hour" workout concept and offers 8 to 10 different workouts each day—morning, mid-day, or evening. Workouts vary by "theme"—Distance Free, Mid-distance Free, Quality Free (with a longer distance warm-up), Individual Medley, and Stroke. In the forum, they post five new workouts each week by "borrowing" the best workouts given by their coaching staff. They provide workouts in each theme including some quickie 30-minute workouts. They also include tips on how you can get the most out of each workout.

Out of the box and into the pool—Creative workouts for the improving swimmer by Coach Mo Chambers

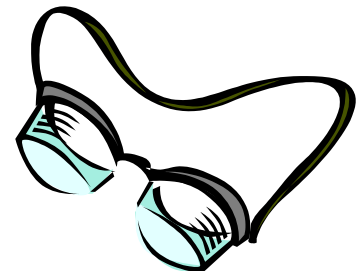
Mo Chambers coaches Masters swimming at the Cathedral Oaks Athletic Club in Goleta, CA. She has created these workouts to keep you thinking and to challenge you to perfect your technique and your level of training. Mo was elected as the 1996 USMS Coach of the Year

Swim practices with purposes by Michael Collins

Follow the same workout plan as the Irvine Novaquatics Master & Triathletes coached by 1990 USMS Coach of the Year and experienced open water swimmer and triathlete, Michael Collins. Emphasis is on stroke mechanics and conditioning to race faster. Workouts are broken into four groups: Advanced, Experienced, Intermediate, and Rookie. Yardage ranges from about 3,500 for the Advanced down to about 1,800 for Rookies. Training is based on preparation for monthly events (swim meets, open water swims, and triathlons), but is still excellent for general conditioning and fitness swimmers. Sets include specific instruction on how to swim the set or what to focus on.

Welcome to the swimmers who have recently joined PNA!

Joseph Fitzgerald, J. Byford Goessman, Graham Layman, Charles Luttrell, Sally MacLaren-Meuer, Norma Mason, Joan Pohl, Gary Stamper, Barney Voegtlen, Jim Watts, Julie Watts



2002 US Masters Swimming “Mentor Coach & Swimmer Clinic”

Presented By

Pacific Northwest Aquatics (US Masters Swim Club)

Saturday, October 12, 2002

Sunday, October 13, 2002

At Seattle University’s Connolly Center – 14th Avenue and East Cherry, Seattle

The Mentor Coach and Swimmer Clinic consists of a 2-hour coaches clinic and a 4½-hour swimmers clinic. Both clinics are run by mentor coach Mike Collins, currently the Masters coach at Irvine Novaquatics in Southern California. Mike is a Level 5 Masters swimming coach and a Total Immersion senior instructor. He has been a guest coach for the USA Triathlon Team and has coached several world-class swimmers. You will enjoy Mike’s dynamic instructional style.

The Coaches Clinic is a comprehensive two-hour classroom-based workshop on Masters coaching issues, including “attracting and retaining swimmers,” “tips for coaching workouts,” “special considerations for Masters coaches,” “methods of video critiquing,” and a segue into the intensive freestyle stroke instruction that constitutes the Saturday Swimmers clinic. The classroom section of the coaches clinic is supplemented by the swimmers clinic, which is also an educational opportunity for the student coaches.

The Swimmers Clinic consists of a one and a half hour classroom session, a two-hour pool session including videotaping, and a one hour videotape review and wrap up session back in the classroom. The primary focus on Saturday is long axis strokes – the development of the Freestyle and Backstroke and their techniques, as well as skills and components relevant to this stroke discipline. The primary focus on Sunday is short axis strokes – breaststroke and butterfly. The student coaches will actively participate in the swimmers clinic under the direction of the Mentor Coach.

Saturday Schedule

8:30- 9:00 Coaches check-in; introductions
9:00-11:00 Coaches clinic with Mentor Coach
11:00-12:00 Coaches Lunch Break
12:00-12:30 Swimmer check-in and snacks
12:30- 2:00 Freestyle technique training with Swimmers and Mentor Coach
2:00-4:00 Pool session with Mentor Coach and assistants. ½ hour of videotaping
5:00-6:00 Videotape review and wrap up

Sunday Schedule

8:30- 9:00 Swimmer check-in
9:00-10:30 Butterfly and Breaststroke technique training with swimmers and Mentor Coach
10:30-12:30 Pool session with Mentor Coach and assistants. ½ hour of videotaping.
12:30-1:30 Videotape review and wrap up

Clinic Registration Form

Save the above clinic schedule for your records and return the registration form below to:

Lee Carlson, 1000 Cabin Creek LN SW, D301, Issaquah, WA 98027 or fax to 425-427-8430.

Please print clearly – Registration Deadline: October 7, 2002. Checks payable to PNA.

Last Name, First Name, MI

USMS Registration Number (required)

Home Phone / Work Phone (please include area code)

Email Address

Coaches Clinic Fee: \$15 (both days). **NO CHARGE** for coaches bringing at least two paying swimmers from their team. **Swimmers Clinic Fee:** \$60 for both days; \$40 for either day. **Clinic location:** the pool at the Connolly Center at Seattle University Campus, 14th and East Cherry Street, Seattle. On-street parking is available in front of the pool.



THE FINAL LAP



Salt Lake City Northwest Zone LCM Masters Champs

August 23-25, 2002—Dan Frost was our sole PNA swimmer who traveled to Salt Lake City to swim in the Northwest Zone LC Masters Champs. Complete results are on the Utah Masters web site at http://www.utahmasters.org/html/results/nwzone_2002-08-25.html.

The meet should get a prize for the best relay team names: Older than Dirt, Can't Remember, Energizer Bunnies, Tired Old People, Just Started, Grumpy Old Men, Over the Hills, Under Winded, Old Cheese, Younger than Springtime, Jack and Jills, Golden Oldies, Masters of Nothing.



Mike Schaeffer shows his form on a mechanical bull — just his version of cross training.

MEN 30-34

100 M. FREE		
Dan Frost	34 # 2	1:04.60
1500 M. FREE		
Dan Frost	34 # 1	21:20.07
50 M. BACK		
Dan Frost	34 # 2	32.81
100 M. BACK		
Dan Frost	34 # 1	1:13.77
200 M. IM		
Dan Frost	34 # 2	2:41.28



UNITED STATES MASTERS SWIMMING, INC.
2002 REGISTRATION APPLICATION

Pacific Northwest Association of Masters Swimmers

DO NOT use this form for 2003 renewals. Re-registration forms will be mailed around Nov 1, 2002.

NEW Registration Renewal My current USMS number is _____ - _____

Please print clearly. Register with the same name you will use for competition.

Name _____ Birthdate _____
Last First Initial Month Day Year

Address _____ Age _____ M/F _____
Street or box number

_____ E-Mail _____
City State Zip+4

Telephone (____) _____ **If you coach a Masters swim team check here**

My Club is Pacific NW Aquatics (PNA) **My Team is** _____
 Unattached Sequim (SQM) Unattached

2002 Annual Fee:

Your fee includes a subscription to the *WetSet* and to *SWIM Magazine*

Under 65	\$30	(If after Sep 1, 2002 for 2002: \$15.00)	\$ _____
Senior: 65 & over	\$23	(If after Sep 1, 2002 for 2002: \$11.50)	_____
Canadian fee	\$35 (US)		_____
<i>Optional Donations:</i>	USMS Endowment Fund	\$1 or (\$ _____)	_____
	International Swimming Hall of Fame	\$1 or (\$ _____)	_____
			TOTAL \$ _____

Mail to: Arni Litt, Registrar
 1920 10th Ave E
 Seattle, WA 98102-4253
 (206) 323-4712, arni@qwest.net

Make check payable to: **PNA MASTERS SWIMMERS**

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.

Signature _____ Date _____

Pacific Northwest Association of Masters Swimmers
1000 Cabin Cr Lane SW D301
Issaquah, WA 98027

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