



Fat Salmon 2009: Big Turnout, New Records, Super Volunteers

by Liz Rosen and
Tatyana Mishel

A milestone, two records, a new overall winner for the first time in three years, and a 10-year anniversary — Hey, Fat Salmon doesn't get any better than this!

Here are the highlights of this year's Fat Salmon Open Water Swim in Lake Washington:

First, the milestone. The swim, which is limited to 300 participants, was filled to capacity more than a month before race day. It was an all-time Fat Salmon record for early sign-ups. Not a single late fee was paid.

The weather was beautiful, with just a slight breeze to give swimmers a little bit of bounce. Overall: great race conditions.

There were 284 finishers, with an almost even split between distances: 145 swam the 3.25-mile race; 139 swam the 1.25-mile race.

Two new records set:

Men's 3-Mile Fat Salmon (wetsuit)—Eddie Switaj—1:05:17

Women's 1-Mile Chum Salmon



Start of Fat Salmon 3-mile event, just north of I-90 bridge and with Bellevue in the distance

(wetsuit)—Sarah Hoisington—25:57

Boat support galore: There were 11 motorboats and many more kayaks than usual. Boats + kayaks + lifeguards on paddle boats = faster times. Why? They kept the swim-line nice and straight.

New buoy placement: A buoy every 1/2 mile; all the better for spotting the course.

There were many first-time swimmers joining the regular gaggle who have been devoted participants for the past 10 years.

Super soft kiwi-colored shirts. FS'ers love their t-shirts!

The volunteers were so tremendously competent; even the race director was able to swim!

Thanks from the race director to the Academy: an incredible core group who helped

plan and organize the race. Could never have happened without these folks playing the roles that they did. Here they are:

HEAVY LIFTERS:

Liz Rosen – race director

Rob Dunlop – motor boat AND communications coordinator

David Dickman – kayak coordinator

OTHER VERY IMPORTANT PEOPLE:

Toby Coenen

Jeanne Ensign

Arni Litt

Tonya Berg

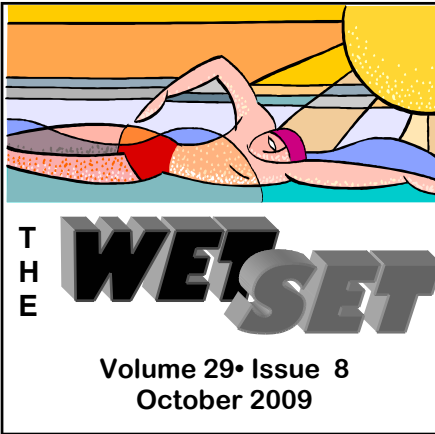
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Jason Nadal

Matt Woare

Robin Hall

(Continued on page 9)



THE WET SET
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Open Water: Sally Dillon
Publicity: Lynn Wells
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 Hugh Moore

Hurray for volunteers!
 Paul Freeman, our newsletter editor of six years (can you believe it has been that long?) has decided it's time to turn over the reins. He's done such a great job that I imagined finding his replacement would be quite difficult. Paul graciously offered to stay on through the end of the year if necessary, but even so I worried that we might go editor-less for quite a while, or worse — you'd see me trying to do it!

**New Editor's Response:
 "A Fun Way To
 Contribute"**

Just days after the September issue hit the Interweb, Ron Rhinehart contacted Paul to offer his time and expertise. Ron has held senior sales and financial management positions and is an award-winning writer and a former newspaper columnist. He's now the managing partner of Creative Island Enterprises.

Says Ron, "I have been swimming with North Whidbey Masters for about a year, joining them shortly after we moved to the Northwest. It's been a great way to make friends in a new community and it turns out that swim meets are a lot more fun as a Masters swimmer than they were in high school and college!"

Welcome, Ron, and thanks for volunteering!

(For your business writing needs, check out Paul's services at www.pfwriter.com and Ron's at www.creative-island.net.)

Mea Culpa

As to newsletter content, alert reader Betsey Kassen (and

**LEADING
 OFF**



**By PNA
 President
 Steve
 Peterson**

Senior Games participant herself) took me to task for failing to "include PNA member and Washington State Senior Games Swim Commissioner Gloria Tolaro in your [Senior Games] article and chart. Gloria has worked tirelessly on Senior Games, competed in more National Senior Games than any other PNA member, and distinguished herself this year at Washington's Senior Games with a PNA record."

I omitted SSMS (formerly BYMS) member Gloria by mistake during my hasty check for PNA swimmers among our state's participants. My apologies, and I certainly agree with Betsey that Gloria is a role model and inspiration. While pleased with her times against others in the 75-79 group, Gloria adds, "In 2011, I get to be at the bottom of a new age range. Oh boy!"

Swimmin' Business

Your PNA delegates are back from Convention. Next month's newsletter will summarize the changes made to USMS administrative rules and structure as we continue to evolve from an all-volunteer organization to having a paid national staff. Also in the next issue, you'll find results for BAMFest 8.

Finally, I hope to see you at the first annual "Get Ready For Thanksgiving" SCM meet in Oak

(Continued on page 9)

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always have 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.



MASTERS 2009/2010 CALENDAR

**OPEN
POSTAL SWIMS
MEETS** CLINICS

*Events in Washington, Oregon, British Columbia, Idaho and Alaska, plus USMS Championship events. "SCY" = Short Course Yards (25y); "SCM"= Short Course Meters (25m); "LCM"= Long Course Meters (50m). PNA events, including PNA Board meetings, are listed in **bold**. Unless otherwise noted, all PNA board meetings are at Yesler Community Center, 917 E. Yesler Way, Seattle.*

□ January 1, 2009 to December 31, 2009
National Fitness Events
"Go the Distance"
See www.usms.org/fitness/content/gothedistance
More info: Mary Sweat,
usmsgtd@yahoo.com
"Check-Off Challenge"
See www.usms.org/fitness/content/checkoff

□ September 15 to November 15, 2009
USMS 2009 3000/6000 Yard Postal Championships (25 yard pools only)
Jacque Grossman, 864-646-8836,
ielq@innova.net; usms.org/longdist/ldnats09
See article on page 9.

□ **October 27, 2009**
PNA Board Meeting
6:45 p.m.
Sally Dillon's, Issaquah

□ **November 22, 2009**
"Get Ready for Thanksgiving"
SCM meet
John Vanderzicht Memorial Pool
Oak Harbor, Wash.
Entry form on page 10 and at
www.swimpna.org
Jim.mccleery@usms.org

□ **December 1, 2009**
PNA Board Meeting
6:45 p.m.
Arni Litt's house

□ January 1, 2010 to December 31, 2010
USMS 1 Hour Postal Championships
Tamapalais Aquatic Masters,
LMSC
Jessica Jakobi, (415) 454-2302,
jjakobi@comcast.net
Jon Haveman, (415) 457-1228
jon@haveman.org
www.usms.org/longdist/ldnats10/

□ **January 26, 2010**
PNA Board Meeting
6:45 p.m.

□ **February 23, 2010**
PNA Board Meeting
6:45 p.m.

□ **March 23, 2010**
PNA Board Meeting
6:45 p.m.

□ **April 27, 2010**
PNA Board Meeting
6:45 p.m.

□ May 15, 2010 to September 15, 2010
USMS 5 and 10 Kilometer Postal Championships (50 meter pools only)
Twin Rivers YMCA Masters
(TRYM)
www.usms.org/comp/longdist/ldnats10/

□ May 20, 2010 to May 23, 2010
2010 USMS 2010 Short Course Nationals
Georgia Tech, Atlanta, GA
www.usms.org/comp/nationals.php

□ July 27, 2010 to August 7, 2010
13th FINA World Masters Championships
Gothenburg and Boras, Sweden
www.2010finamasters.org

□ August 9, 2010 to August 12, 2010
USMS 2010 Long Course Meters Championships
San Juan, Puerto Rico

□ September 15 to November 15, 2010
USMS 3000/6000 Yard Postal Championships (25 yard pools only)
Masters of South Texas
www.usms.org/longdist/ldnats10/

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

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

Small Group of PNA Swimmers Set National Record and Otherwise Shine at Long Course Nationals

By Sarah Welch

They were a small group — just eleven of them. But those eleven PNA swimmers made a big splash when they competed in August at the Long Course Nationals meet in Indianapolis, where they took eleventh place in the regional team standings.

National Record in Women's 400 relay

The group's biggest successes occurred in the women's 200+ age group freestyle relays: In both the 200 and the 400 meter events, the PNA women captured first place. Even better, in the 400 meter event they shattered the existing national record by a mind-boggling 11 seconds. Wow!

Swimming on this record-setting relay team — as well as on the 200 meter team — were Lisa Dahl, Debbie Glassman, Megan Oesting and Sarah Welch.

But the relay teams were only part of the accomplishments of PNA swimmers.

PNA Swimmers Who Captured Firsts

Megan Oesting won both the 50 freestyle (27.18) and the 100 freestyle (59.26) events in her age group (35-39); in the 100 event, she was the *only female swimmer in the meet to go under a minute*.

Lisa Dahl won her age



National record setters for the Women's 200+ 400 meter freestyle relay: from left, Sarah Welch, Megan Oesting, Lisa Dahl and Debbie Glassman

group's (45-49) 50 freestyle in 28.30. And she took second with a time of 29.57 in the 50 butterfly, a race in which the winner set a world record. Lisa also took third place in both the 50 backstroke (35.42) and the 50 breaststroke (38.54). Sarah Welch (60-64) placed first in her three butterfly races: 39.29 in the 50, 1:32.12 in the 100 and 3:39.05 in the 200.

Others Who Did Well

Debbie Glassman (55-59) placed second in her 100 fly, third in the 50 fly and third and fourth respectively in the 50 and 100 freestyle races.

Kate Sutherland (60-64) placed third in the 800 freestyle, and Kathy Casey (60-64) came in fifth in the 1500 free; she also came in fourth, fifth and sixth, respectively, in the 50, 100, and 200 backstroke races.

Walt Reid was seventh overall in his age group (65-69), capturing seventh in the 50 and 100 backstroke as well as in the 100 breaststroke.

For full results, see page 5.

The Numbers: Last Year Vs. This Year

The relatively small number of PNA swimmers attending this year's LC Nationals contrasts sharply with last year's contingent of 81 swimmers who ventured south to Mt. Hood Community College (Gresham, Ore.). Both meets proved popular — each drew more than 1,100 participants and offered great venues that brought out swimmers' top performances.

So perhaps the small PNA contingent at this year's LC Nationals was just a matter of regional preference, the economy or the desire to be swimming outdoors every chance we get.

"Get Ready for Thanksgiving"
Short Course
Meters meet
November 22, 2009
Oak Harbor, Wash.
Entry form on page 10.



NATIONALS LONG COURSE MEET INDIANAPOLIS, IND. AUGUST 8, 2009

NATIONALS
08-10-09
LONG COURSE METERS
P = P.N.A. RECORD
Z = NORTHWEST ZONE RECORD
N = NATIONAL RECORD
W = WORLD RECORD

WOMEN 35-39

50 M. FREE		
MEGAN D OESTING	36 # 1	27.18Z
100 M. FREE		
MEGAN D OESTING	36 # 1	59.26Z

WOMEN 45-49

50 M. FREE		
LISA A DAHL	48 # 1	28.30
50 M. BACK		
LISA A DAHL	48 # 3	35.42
50 M. BRST		
LISA A DAHL	48 # 3	38.54
50 M. FLY		
LISA A DAHL	48 # 2	29.57Z

WOMEN 50-54

100 M. FREE		
JESSIE J HICKEL	51	1:13.65
200 M. FREE		
JESSIE J HICKEL	51	2:49.31
400 M. FREE		
JESSIE J HICKEL	51	5:48.45
200 M. BACK		
JESSIE J HICKEL	51 # 7	3:18.72
400 M. I.M.		
JESSIE J HICKEL	51 # 5	7:12.06

WOMEN 55-59

50 M. FREE		
DEBBIE A GLASSMAN	56 # 3	31.93
100 M. FREE		
DEBBIE A GLASSMAN	56 # 4	1:12.55
100 M. BACK		
DEBBIE A GLASSMAN	56 # 8	1:31.58
50 M. FLY		
DEBBIE A GLASSMAN	56 # 3	35.75
100 M. FLY		
DEBBIE A GLASSMAN	56 # 2	1:25.61

WOMEN 60-64

800 M. FREE		
KATE SUTHERLAND	61 # 3	17:46.81
1500 M. FREE		
KATHRINE J CASEY	61 # 5	27:01.33
50 M. BACK		
KATHRINE J CASEY	61 # 4	47.33
100 M. BACK		
KATHRINE J CASEY	61 # 5	1:44.89
200 M. BACK		
KATHRINE J CASEY	61 # 6	3:46.60
KATE SUTHERLAND	61 # 9	4:51.45
200 M. BRST		
KATE SUTHERLAND	61 # 8	4:53.34
50 M. FLY		

SARAH WELCH	62 # 1	39.29
100 M. FLY		
SARAH WELCH	62 # 1	1:32.12
200 M. FLY		
SARAH WELCH	62 # 1	3:39.05
200 M. I.M.		
SARAH WELCH	62 # 3	3:22.54
400 M. I.M.		
SARAH WELCH	62 # 2	7:15.73
KATHRINE J CASEY	61 # 4	8:14.82

MEN 40-44

50 M. FREE		
PATRICK J PRESTON	43	28.69
100 M. FREE		
PATRICK J PRESTON	43	1:05.13
50 M. BRST		
PATRICK J PRESTON	43	38.03

MEN 50-54

50 M. FREE		
RICHARD P ADCOCK	54	30.98
50 M. BRST		
RICHARD P ADCOCK	54	38.52

MEN 65-69

50 M. BACK		
WALT E REID	69 # 7	41.03
100 M. BACK		
WALT E REID	69 # 7	1:34.29
50 M. BRST		
WALT E REID	69 #10	42.27
100 M. BRST		
WALT E REID	69 # 7	1:38.87

RELAYS-WOMEN 200 M. FREE

200-239		
LISA A DAHL	48 # 1	1:59.88
MEGAN D OESTING	36	
DEBBIE A GLASSMAN	56	
SARAH WELCH	62	

RELAYS-WOMEN 400 M. FREE

200-239		
LISA A DAHL	48 # 1	4:34.90N
SARAH WELCH	62	
DEBBIE A GLASSMAN	56	
MEGAN D OESTING	36	



NATIONALS - SPLITS

WOMEN 35-39

50 M. FREE		
MEGAN D OESTING	36 PNA	27.96

WOMEN 45-49

50 M. FREE		
LISA A DAHL	48 PNA	27.85
100 M. FREE		
LISA A DAHL	48 PNA	1:03.77P

WOMEN 50-54

50 M. FREE		
JESSIE J HICKEL	51 PNA	35.70
100 M. FREE		
JESSIE J HICKEL	51 PNA	1:21.84
200 M. FREE		
JESSIE J HICKEL	51 PNA	2:52.86
50 M. FLY		
JESSIE J HICKEL	51 PNA	48.08
100 M. FLY		
JESSIE J HICKEL	51 PNA	1:51.00

WOMEN 55-59

50 M. FREE		
DEBBIE A GLASSMAN	56 PNA	35.31
50 M. FLY		
DEBBIE A GLASSMAN	56 PNA	40.18

WOMEN 60-64

50 M. FREE		
KATHRINE J CASEY	61 PNA	48.65
KATE SUTHERLAND	61 PNA	57.04
100 M. FREE		
KATHRINE J CASEY	61 PNA	1:43.49
KATE SUTHERLAND	61 PNA	2:02.67
200 M. FREE		
KATHRINE J CASEY	61 PNA	3:36.21
KATE SUTHERLAND	61 PNA	4:16.56
400 M. FREE		
KATHRINE J CASEY	61 PNA	7:17.20
KATE SUTHERLAND	61 PNA	8:46.85
800 M. FREE		
KATHRINE J CASEY	61 PNA	14:37.01
50 M. BRST		
KATE SUTHERLAND	61 PNA	1:02.33
100 M. BRST		
KATE SUTHERLAND	61 PNA	2:18.06
50 M. FLY		
SARAH WELCH	62 PNA	42.86
KATHRINE J CASEY	61 PNA	56.47
100 M. FLY		
SARAH WELCH	62 PNA	1:39.95
KATHRINE J CASEY	61 PNA	2:02.78

MEN 40-44

50 M. FREE		
PATRICK J PRESTON	43 PNA	30.60

MEN 65-69

50 M. BRST		
WALT E REID	69 PNA	46.34

PNA Swimmers Make a Showing at Big Shoulders Open Water Swim in Chicago

By Jim Lasersohn

Four swimmers from PNA competed on September 12 in the 19th Annual Big Shoulders. Hosted by Chicago Masters, the event took place in Lake Michigan in the heart of Chicago at Ohio Street beach.

The event also served as the USMS National Open Water 5K Championship.

Brrrrr or Aahhh?

In past races, the water temperature ranged from 60 degrees to 75 degrees. Given Chicago's cooler-than-normal-summer, many swimmers were apprehensive about the day-of-swim temperature (though one swimmer noted that Lake Michigan is not nearly as cold as Lake Washington when Fat Salmon is held).

Wet suits were allowed for Big Shoulders, but to be eligible for the National Champs age group awards in the 5K (1st – 10th), you needed to swim *sans* wetsuit.

"The race organizers sent update emails to all swimmers about water temperature, and they suggested ways to stay warm both during and after the event."

The race organizers sent update e-mails to all swimmers about the lake temperature. They also provided suggestions on staying comfortable during and

after the race — such as wearing two caps for the swim and having post-swim clothing of winter gloves, hat, sweatshirt and sweatpants.

A "Balmy" Water Temperature After All

Fortunately, some warm days pushed the temperature by race time to a relatively comfortable 73 degrees.

The sun was shining and the winds were calm, an ideal mix for an open water event. And swimmers were rewarded with a striking backdrop of the Chicago skyline, a view that included occasional small patches of fog lingering near the tops of the buildings.

Record Number of Participants

A record 713 swimmers participated: 480 in the 5K and 233 in the 2.5K.

Several swimmers in the 5K swam the entire event butterfly; one has done this for 10 consecutive years.

PNA Swimmers Shine

PNA's Kirk Nelson made an impressive showing in the 5K with an 11th place overall and first place in the 35-39 age group, in a time of 1:00:56.

Jim Lasersohn, who competed in the 5K, was 142nd overall and 17th in the 40-44 age group with a time of 1:13:51.

Melissa Kirmayer swam the 5K in a time of 1:16:44, earning ninth in the 40-44 age group and 184th overall.

Matthew Moore, who swam the 2.5K with a wet suit and had a time of 46.26, earned fourth place in the wetsuit division of his age group and 96th overall.

The University of Illinois at Chicago swim teams, which were a major beneficiary of the profits

from the event, provided friendly, helpful volunteers.

Consider attending Big Shoulders next year in Chicago. Watch for the date at www.bigshoulders.org.

Welcome New PNA Swimmers

Kristen Andersen
Loren Ashton
Rob Bechtloff
Briley Boggs
Tim Brockman
Sarah Brockman
Seth Brown
James Collins
Christopher Cortelyou
Rod Cory
Judith Coyle
Carolyn Crinnion
Wilson Defiesta
Jaculin Dougher
Jolee Fairfield
Lynda Fitzpatrick
James Flood
Aristy Gill
Robert Gilmore
Naomi Goldick - Davis
Nelson Hager
Shiela Harvey
John Holliday
Lucy Key
Claudine Kim-Murphy
Susie Larson
Mary Latta
Jessica Lowe
Jon McGillis
Rebecca McMakin
Loreen Milbrath
Ildiko Polyak
Kelly Richards
Travis Shaw
Suna Sullivan
Stan Swanson
Lori Taggart
Branson Veal
Penny White
Paul Wilkins

Swimming Can Help You Live Longer

By Jane Moore, M.D.

Have you ever wondered whether walking, jogging or running is better for you than swimming? Then you'll be interested in a recent study that provides some data on this issue.

From 1980 until 2006, Steven Blair, a PhD and professor of exercise science at the University of South Carolina, worked at the Cooper Clinic in Dallas, Tex., where he led the Aerobics Center Longitudinal Study (ACLS). This study followed more than 40,000 men from the ages of 20 to 90 between 1970 and 2003.

The ACLS produced an enormous amount of data. The number of participants and the length of time they participated is unparalleled. Each participant underwent an extensive medical examination and a standardized maximal exercise treadmill test. Researchers followed the health status of the men in the study for 33 years or until the individual died.

Lower Death Rate for Swimmers

There were many more walkers, joggers, and runners in the study than swimmers and other

"Swimming may increase your longevity even more than walking, jogging and running."

aquatic exercisers. Still, statistics revealed a lower rate of death during the study years for swimmers than for walkers/joggers/runners. All of the exercisers lived



longer than the sedentary, non-exercisers. However, swimming may be superior to walking or running because it can be pursued for a lifetime and is useful in recovery from various types of injuries.

Because the number of swimmers in the study was small — 562 regular swimmers in more than 40,000 participants — responsible researchers are unwilling to conclude that swimming is superior to other forms of exercise. But this much seems to be certain: Swimming is at least as good as running or walking and definitely better than sitting still and doing nothing.

Doing Nothing is Worse Than Carrying Excess Weight

Another interesting result from ACLS: Excess weight is not as big a threat to health as is sedentary behavior. Someone who is obese but fit (based on treadmill performance) is at far less risk of chronic disease and early death than a thin person who is not fit. An unfit person of normal weight is about twice as likely to die as an obese person who exercises regularly.

ACLS findings have been published in the International Journal of Aquatic Research and Education and are summarized online at www.nspf.org, the Website of the National Swimming Pool Foundation.



Ideal Conditions for Lake Padden and a "Youthful" Twist

By Sally Dillon

Two firsts for the 9th Annual Lake Padden open water swim August 1: The race was held in August rather than in July. And it included eight PNS age group swimmers who competed in the 2.5K event.

Overall, 95 swimmers swam the 2.5K and 5K courses. The event was dual-sanctioned, so youngsters from PNS could enjoy the thrill of open water swimming.

Conditions were fabulous: The weather was HOT and the water temperature in the mid-70's.

Fastest Folks

The fastest male and female Masters in the 2.5K event were Scott Austin (34:34) and Val Hadd (36:41). In the 5K, the fastest were Thomas Grandine (1:05:35) and Kimberly Jeter (1:12:53).

The fastest male and female youth swimmers in the 2.5K event were Donovan Brogan, 18 (34:33) and Aly Fell, 15 (35:25).

Plan to swim the 10th Annual Lake Padden event next year! Conditions may vary from this year's, but the venue is great for camping, and it will be fun to watch as PNS participation grows. Check out the artist's rendering at www.b-m-s-c.org/lakepadden.html.

(Author's sad postscript: Days after the event, Aly (Alyssa Victoria Yvonne Fell) was tragically killed in an auto accident. Read about her wonderful life at www.legacy.com/obituaries/bellinghamheald/obituary.aspx?page=lifestory&pid=131028328#).

Your Vote Needed to Help Modernize PNA Bylaws

By Constitution and Bylaws Committee Chair Jane Moore

When you renew your USMS registration for 2010, we will ask you to vote on changes to the PNA bylaws.

In the early 1970s, PNA's founders created a constitution and bylaws. Today, most organizations operate only with bylaws. Over the past two years, the PNA board has thoroughly reviewed the existing constitution and bylaws. We are now presenting proposed changes for your approval.

Because there are a large number of changes, we are asking for approval of the entire package. This package would repeal the current constitution and bylaws and replace these two documents with the new bylaws. You can review the current and proposed documents on-line at <http://www.swimpna.org/pdf/misc/PNAbylawscurrent.pdf> and <http://www.swimpna.org/pdf/misc/PNAbylawsrev2009.pdf>.



There are few substantive changes in the proposed bylaws. Much of what is proposed involves changing wording to (a) increase clarity and (b) make the bylaws consistent with current USMS requirements and state laws. Changes include:

- The immediate past-president would become a voting member of the board. This will provide continuity to the board.
- The required number of

board meetings would change from ten per year to four. The current board has concluded that it can be as effective, and probably even more effective, by reducing the number of meetings.

- The committee structure changes. Currently, some standing committees consist of a single person who does all the work. The new bylaws will reduce the number of standing committees. Coordinators appointed by the president and approved by the board will replace the remaining committees.
- Notices and ballots may be distributed electronically and ballots may be returned by electronic means.

If you have questions or concerns, please feel free to contact me at swimmore@comcast.net or to contact another PNA board member.

Changes to the current constitution require a two-thirds majority of 25% of the membership. Changes to the bylaws require a simple majority of 30% of the membership.

To make sure we meet these standards, you will be asked to vote on repealing the constitution and changes to the PNA bylaws when you renew your USMS registration. For your registration to be complete, you must vote to approve, disapprove, or abstain.

**Thanks
for
your
Vote!!!**

Summary of PNA Board Meeting in July 2009



A summary of activity at the July 28 meeting of the PNA board, as reported in the minutes:

Awards: Sarah Welch reported that Awards Committee Chair Kelly Crandell had restocked the awards inventory at a cost of \$1,267.50. Sarah recommended increasing the awards budget by \$900 to cover the purchase.

Club/Team Development: Board members enthusiastically supported inviting Mel Goldstein, club development coordinator for USMS, to meet with PNA and YMCA members in Seattle in early 2010.

Northwest Zone: Steve Peterson reported that Wes Edwards will remain chair of the NW Zone, and the Utah LMSC is interested in hosting the Zone Championship meet in 2010. Sarah reported that PNA and Oregon Masters each contributed \$500 to assist five representatives from smaller LMSCs in attending the USMS Convention in Chicago, Sept. 16-20.

Open Water: Jeanne Ensign reported 283 swimmers participated in the Fat Salmon open water swim in Lake Washington on July 18.



(Continued from page 1)

Fat Salmon

Rick Ferrero
 Kevin Hegge
 Kim Clough
 Scott Leopold
 Tatyana Mishel
 Paula Terhaar
 Larry DeGroen

Many thanks as well to the heaps of volunteers and swimmers who pitched in day of race. They were instrumental from set-up to cleanup, to getting the race started on time to making/keeping all the swimmers very happy!

Our local sponsors who donated food, drinks, prizes, and swim caps to were AWESOME! Their generosity is truly amazing.

spud!

Clif Bar
 Essential Baking
 Great Harvest
 Madison Park Starbucks
 Red Apple Market
 Speedy Reedy
 City Fish

Tune up for Next Postal Swim

How about a fall tune-up for the January One Hour Postal Swim?

The last postal championships for 2009 — USMS 3000 & 6000-Yard Postal National Championships — are currently running, and you have until November 15 to compete one or both of the swims.

The swims must be done in a 25-yard pool. But that's significantly easier than the summer's



Eddie Switaj, winner and new record holder of the 3-mile swim, holds up his first-place trophy — a fat salmon, of course.

Last, but not least, thanks to the fantastic swimmers who show up year after year. Where would we be without you?

Cheers to our epic Summer of '09 season of outdoor swimming.

postal events, which require 50-meter pools.

You'll find complete entry information on the USMS Web site at usms.org/longdist. Go to 2009 championships to download the entry form and split sheet. **You can enter this event online.**

Once again, Sally Dillon will put together relay teams for PNA swimmers. If you complete one or both of these swims, please send a photocopy of your split sheet to Sally.

You can contact her at salswmr@comcast.net or phone her at (425) 961-0023 for more information.

USMS and ISHOF Endowment Funds Need Your Help

Every year, you have an opportunity at registration time to add to your registration fee a contribution for the USMS Endowment Fund and the ISHOF (International Swimming Hall of Fame) Endowment Fund.

USMS Endowment Fund

Just \$1 from each of us has the potential to add \$50,000 annually to further adult swimming opportunities, sports medicine research, education and outreach through grants. See www.usms.org/admin/lmschb/lmsc_hb_endowment.pdf.

ISHOF Endowment Fund

Promotes the benefits and importance of swimming as a key to fitness, good health, quality of life and the water safety of children through operation of ISHOF, a dynamic shrine dedicated to the history, memory and recognition of famous swimmers. [Http://www.ishof.org](http://www.ishof.org).

Please consider making a tax-deductible donation to one or both of these funds.

To subscribe to *The WetSet* or change your mailing address Contact Arni Litt, PNA Registrar, PO Box 12172, Seattle, WA

(Continued from page 2)

Leading Off

Harbor (Nov. 22). And while you're there, be sure to thank NWM's Ron Rhinehart for stepping in as our new editor of *The WetSet*.

SANCTIONED BY PNA FOR USMS INC. SANCTION# 369-008

FIRST ANNUAL WHIDBEY ISLAND SCM MEET

HOSTED BY THE NORTH WHIDBEY MASTERS

Events Order (#3)	
#	Event
Sunday, November 22, 2009	
1	400 Free
break	
2	200 Free Relay
3	200 Fly
4	200 Back
5	50 Breast
6	100 Free
break	
7	200 Mixed Free Relay
8	200 IM
9	50 Fly
10	100 Back
11	200 Breast
12	50 Free
13	400 IM
14	200 Medley Relay
break	
15	100 Fly
16	50 Back
17	100 Breast
18	200 Free
19	100 IM
20	200 Mixed Medley Relay
break	
21	1500 Free

Directions

From North or Southbound I-5 take exit 230 for WA-20 toward Anacortes, stay left on WA-20 toward Whidbey Island. In Oak Harbor turn east (left) onto Whidbey Avenue. Turn right after 1/2 mile onto SE Jerome. Turn right at second parking lot.

From South Whidbey follow WA-20 north. In Oak Harbor turn east (right) onto Whidbey Avenue. Turn right after 1/2 mile onto SE Jerome. Turn right at second parking lot..

Date: Sunday, November 22, 2009
Time: Warm-Up: 9:00 AM. Meet starts at 10:00 AM
Location: John Vanderzicht Memorial Pool
 85 SE Jerome St
 Oak Harbor, WA 98277
 (360) 675-7665
Meet Director: Jim McCleery
 jim.mccleery@usms.org
 (360) 632-5595
Facility: Six lane, 25 m course. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1-5 will be used for competition.
Rules: Current USMS Rules will govern the meet.
Eligibility: Open to all USMS & MSC registered swimmers 18 and above as of 11/22/09. **Include a copy of your Masters registration card if you are not a PNA member.**
Seeding: All events other than the 400 Free and the 1500 Free will be pre-seeded slow to fast.
Relays: Deck-enter relays at the meet. Mixed relays require two men and two women. Mark your relay entry card carefully with proper aggregate age group (e.g. 160-199) to ensure correct intent and results.
Check-In: Positive check-in required for 400 & 1500 free. Deadline for 400 free is 9:40 am. Deadline for 1500 free is 12:30 pm. Swimmers who do not check in by the deadline may be scratched from the event.

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES

FIRST ANNUAL WHIDBEY ISLAND SCM MEET

MEET ENTRY FORM: **November 22, 2009** Meet Sanction #369-008

Hosted by the North Whidbey Masters

NAME: _____ M F AGE: _____

ADDRESS: _____

E-MAIL ADDRESS: _____

PHONE: _____ BIRTH DATE: _____ USMS #: _____

CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

EMERGENCY CONTACT: _____

EMERGENCY PHONE NUMBER: _____

AGE GROUP (determined by your age as of December 31, 2009):

18 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59

60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: five EVENTS PER DAY plus relays. Check if your first Masters meet.

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 13 US or Canadian (includes LMSC & timing surcharges)

Individual Events: _____ \$1 per event. No charge for relays.
 No charge for need-based seniors (65 & over)

Total: \$ _____

Please make checks payable to:	NWAC
Mail this entry form and fees to:	Jim McCleery
	485 SW Bayshore Drive, Apt. D203
	Oak Harbor, WA 98277
Questions:	jim.mccleery@usms.org 360-632-5595
Entries must be received by Wednesday, November 11. NO race day entries accepted.	

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.

SIGNED: _____ DATE: _____



U.S. MASTERS SWIMMING

**Pacific Northwest Association of Masters Swimmers
TWO WAYS TO BECOME A MEMBER**

You may fill out the paper form below and mail it with a check or register online with a credit card at <https://www.clubassistant.com/club/USMS.cfm?L=36> or through the link for online registration at www.swimpna.org and follow the instructions.

2009 Membership Application*

New Swimmer

Returning USMS Swimmer

(Old Number if available _____)

Please print clearly and fill out the entire form. Register with the same name you will use for competition. If your name has changed, please include old and new names.

Name: _____ Birth date: _____
Last First Initial Month Day Year

Address: _____ Age: _____ Male Female (circle one)
Street or box number

City State Zip+4 E-Mail: _____
please-please print carefully

1st Phone: (____) _____ cell, home, work

A link to the PNA newsletter, The WetSet, will be sent by email, unless you choose to have The WetSet sent by US Postal Mail.

2nd Phone: (____) _____ cell, home, work

Send The WetSet newsletter by US Postal Mail
I am interested helping the PNA committee

Coach , Certified Official , YMCA , USA Swimming , USA Triathlon

CLUB: **Pacific NW Aquatics – 001 (PNA) AND Team:** _____
or **Unattached** or **Unattached**

Membership 09/01/2009 – 12/31/2009

(*If you membership number starts with 369 you are already registered through 12/31/2009)

Regular End of Year Registration \$25

Make check payable to: **PNA**
Mail to: PNA Registrar, Arni H. Litt,
P O Box 12172
Seattle, WA 98102-0172

Optional Donations:

USMS Endowment Fund \$ _____
International Swimmers Hall of Fame \$ _____
TOTAL \$ _____

Questions: (206) 849-1387

pnaRegistrar@usms.org

2009 Annual Fee: Of your membership fee \$25 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication. (There is no discount for those not wishing to receive the national publication.)

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, THE 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** _____

The United States Masters Swimming Policy on the privacy of member information is at: www.usms.org/admin/privacy.shtml

Remember to check out your LMSC website at www.swimpna.org and the USMS website at www.usms.org for information, updates, and changes.

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

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**Inside this
issue:**

- *Article about Fat Salmon, front page.*
- *Article and results for Long Course Nationals, page 4.*
- *Article on why swimming can make you live longer, page 7.*