

# The WetSet



U.S. Masters Swimming in Western Washington

Pacific Northwest Association of Masters Swimmers

Volume 33, Issue 4

July/August 2013

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## 2013 Pan-American Masters Championship, Sarasota FL, June 5-13

*Andrea Crashes the Meet; Masters Swimmers Persevere; Español heard everywhere*

By Steve Peterson

Ten PSM swimmers attended the fifth biennial running of this first-ever-on-U.S.-soil event. Charlotte Davis, Janet Getzendaner, Mary Lippold, Mike McColly, Susie Wetstone and Tonya Berg shared a rental house; Jeanne Ensign, Ryan Packer, Frank Warner and I stayed at various motels.

Union Americana de Natacion (UANA), which oversees amateur aquatic sports competition in the Western Hemisphere, responded to USMS's bid to host the synchronized swimming and pool competition at Sarasota YMCA's Selby Aquatic Center and the final-day open water events at "America's #1 Beach" (and I believe



the sign), Siesta Key Beach.

North Americans accounted for 53% of the 1,552 contestants; 44% came from Central and South America; just over 50 swimmers came from the Czech Republic, Kazakhstan, Russia, Rwanda, Switzerland and the Ukraine.

The Y facility is the home pool for the Sarasota Sharks, whose 280 members include our national office personnel<sup>1</sup> as USMS

headquarters is about 20 miles north. The 8-lane 50m with 6-lane 25yd tank, installed by Myrtha Pools 13 years ago, is in pristine condition – it doesn't hurt that Myrtha's U.S. headquarters is here and its USA CEO likes to see it spotless! Just a month before the meet, the Sharks raised some \$50K to replace the aging starting blocks with state-of-the-art units like those at KCAC. Though the main course is 5 feet deep at one end and I heard several complain that it isn't a fast pool (at least for them), nine world records were set during the eight-day run. Interestingly, this was my first long course championship that did not have the high flat walls – I do like those gutters to grab! The locker room (men's anyway) initially appeared too small, save for lots of toilets (yay!). Just one bench served one semicircle of lockers. But the meet schedule, no more than three events per day, assured uncrowded access to stow my stuff, usually in a full-height unit. I'm not sure if it's a South American trait, but those guys took forever using those huge shower stalls for shampooing, drying off and getting dressed.

Andrea – that would be **Tropical Storm Andrea** – dropped in for an unwelcome but brief visit on the second day. Several tornado warnings were issued, torrential rain poured and lightning flashed. She even halted the Men's 400 IM halfway through its 12 heats. I think at least one of the guys stopped at the breast turn – I wonder if I'd take the DQ or request a do-over (!). I adjourned with the house group for lunch and to wait the three-hour delay. While there, we heard a *braak braak* like those "this is a test of the Emergency Warning System" alerts. Charlotte called the homeowner to find out what the source of the house alarm might be; when it happened again I discovered that it was the *emergency weather app* on my new smartphone, warning us to

<sup>1</sup> I enjoy meeting fellow Masters swimmers and was pleased to find threads in common with **Laura Hamel**, Editor-in-Chief of *USMS Swimmer*: finding Masters swimming as we turned 40; writing swim-related articles; having a law-enforcement background (well, my younger son's a police officer); playing in rock bands (she wants to resume singing lead and playing bass in an *Eagles* cover band and I do keyboards and harmonies in a classic rock cover band).

take immediate cover! At that point the rain was going by sideways and water was flowing off the awnings as though a fire main had ruptured on the roof. A day later you wouldn't have known the weather had been any different than typically mostly sunny with occasional overcast and a short afternoon area thunderstorm. (Sarasota gets 65% more sunny days but 40% more rain than Seattle – and Seattle's "comfort index" of 72 beats Sarasota's 28.)

The meet conduct and officiating were superb. The timeline was spot on (save for Andrea's day). I initially thought the meet announcer was computer-generated (think HAL in *2001 – A Space Odyssey*: "I'm sorry, Dave. I'm afraid I can't do that..."). But William G. is their regular MC, recruited for his reassuring, calm tone for both age-group and Masters meets. Also was the DJ for the banquet at the Ringling Museum of Art Sunday night. What was non-human was the repeat of every announcement in Spanish – William simply typed it on his laptop and fed the Google Translate<sup>2</sup> text-to-speech female voice to the PA system. "Where is she?" booth onlookers continually asked.

At the pool and my motel, Spanish was the dominant language heard. Now if those guys could just tune in to our "no diving" rule in the warm-up pool!

PSM had sufficient swimmers to have mounted two teams in each of the relay events that were all held on Sunday. We'd have placed in the top ten (including a potential *gold!*), but I wasn't able to convince enough to give up a whole day to sightsee or just rest up. Since I had the entire weekend swim-free, I took off for Tarpon Springs to stay with a college buddy (he's done *very well*), see how St. Pete had changed in the 40 years since college days (crowded!) and to visit my mother-in-law in the rest home (turning 90).

I could hardly believe I was seeded first in the 200 Breast – obviously, the hemisphere's fast guys opted to be elsewhere! I knew better than to be overly optimistic, reminding me of that during the last 10 meters as hope and strength evaporated. But who'd've thought I'd be bumped to silver, not by a Brazilian or Ecuadorian or American, but a guy from the Czech Republic?! Petr duplicated the feat in the 100 Breast as well, dang it! But I was happy to get close enough to my seed times to bring home a nice metallic souvenir from each of my six races.

In fact, all ten PSM swimmers placed in the top ten for all 40 splashes we swam – half of which were in the top *three*! **Charlotte** fared best, securing five golds in five events. **Mary** won her 50 Free. **Mike** was top-3 in four of five races, beating all his seed times after last year's shoulder surgery. **Tonya** and I, doing the three Breaststrokes, were middle finishers as were **Jeanne** (three Free) and **Janet** (three Backstroke). **Susie** was off to a great start with her 200 and 100 Back, but hit hard in the latter and opted to scratch her 50 Back, 200 IM and 200 Fly. **Ryan** earned 3 – 4 – 5 in his 100 and 50 Free and 50 Fly. Curiously, **Frank** and I, teammates of 20+ years, finished 9<sup>th</sup> in our respective 100 Frees – more long course training needed!

Charlotte commented: "Two Pan-Am Masters thoughts that come to my mind are "wet" and "wild." I was going to Florida for a little

<sup>2</sup>However, volunteer Maria Tomé, the Spanish-born bilingual airline flight attendant who translated for the meet's dual-language printed materials, noted that Google Translate returns 'heat sheets' as 'warming blankets.'

sun, relaxation, great competition and fun with friends. I seemed to get two out of four, not bad! The competition was great and very inspirational, seeing 97-year-old Anne Dunivin [Georgia Masters] swim. I had a great time with my friends. The sun and relaxation part didn't seem to pan out, though. I have never been wetter in my life! Between the torrential downpours, sweating in the heat and swimming in the beautiful 50 m pool, I think I was wet the whole time. The "wild" part was not from partying but the tropical storm and tornado threats starting out the meet. While it did not seem like a "threat," the real thing was blowing through. The entire time was very exciting and something I will forever remember!"

Susie offered: "While I didn't get to swim my 50 back, I got to watch the heat instead, which was a thrill because Maria Rivera from Venezuela set a world record. Afterward, in the midst of the Venezuelan team cheering and celebration, she graciously made time to greet me and to trade caps, giving me a special one printed with her nickname "La Cucu" and the Venezuelan flag. Witnessing her beautiful swim and sharing in her excitement was unforgettable."

*Meet Mobile* is a great free smartphone app that will satisfy any competitor's desire for instant gratification. I first encountered it in Omaha last year on other swimmers' phones; now, having joined the 21<sup>st</sup> century, I can follow results near real time. I was hardly dry from any of my races before my placing and splits were posted – amazing! And it allows you to set Favorite teams and swimmers, so I could quickly find how my PSM mates were doing among the 1500 swimmers there. (I recall writing an article for *The WetSet* maybe thirty years ago about how to find stuff on this new Internet thing...)

No seed times were solicited for the 1k or 3k open water swims so I couldn't tell my potential placing in the latter among the 16 in my age group. I studied *Meet Mobile* the night before, evaluating results any of them might have had in the 100, 200, 400 or 800 Free. Conclusion: a likely fourth place. I arose at 5 am, checked out (leaving that afternoon), had oatmeal at Burger King, picked up a travel-size mouthwash at Walgreens (having heard that a rinse before and after would allay tongue swelling and pain from the salt water) and made my way to the broad white sands of Siesta Beach Park.

Four hundred swimmers from 18 to 83, sent out in two waves for the 1k triangle and four waves for the 3k (thrice around), finished. Three times as many did the 3k as the 1k. I'd never done a dry start before, but running into the shallow, 83-degree Gulf of Mexico surf was certainly less chilling – if not perhaps too hot – than our in-water starts at home. I briefly thought about quitting at the first loop (for a FINA-dictated DQ) but persevered, happily experiencing my typical 'second half went by quicker than the first' feeling.

As I ran up the chute I sensed someone coming up quickly from behind. I made a wobbly dash for it but that age-26 Argentinean female slipped on by! Soon, though, having spotted one age-mate I'd talked with beforehand coming out of the water, I started to think *maybe I won the 65-69...* After the catered lunch at the entertaining but seemingly endless awards ceremony, however, they draped my third bronze medal around my neck. Beautiful day, beautiful beach, beautiful pool, beautiful people, wonderful week – despite my pre-meet trepidation, I, too, enjoyed an unforgettable experience in Florida.

## SINK OR SWIM

### *Confessions of a Masters Swimmer-Traumatized!*

By Skagit Valley Masters Swim Club Member, Greta Perales  
MAY 2013

Picture this, a young naive swimmer...ok a 42-year-old, naive swimmer joins Masters and says with some minor trepidation, "Errrrr I don't kick. I only do freestyle and I am currently in a very committed relationship with my pull buoy

Jump ahead to today's swim session. Said naive swimmer arrives at the Y, clutching her pull buoy and nervously smiling at all the elite swimmers. Warm up begins and the innocent swimmer thinks, free style, I can do this, no worries. Suddenly the tide turns and we are doing breast stroke, butterfly, backstroke, front stroke, side stroke, and at one point some platform diving. Boards are being balanced on our heads and under our feet. I was scared. At one point, the swimmer next to me hit me with his kick board (repeatedly). I did not see this happen, but I know it was him (and he knows it too).

In addition, there appears to be some cult like following for what is known as circle swimming. The more in the lane the better is their motto. And let me tell you, you do not want to try and swim clockwise; I shall not make that mistake again. And what is their fascination with tickling my toes?

I am not lying when I say there was some laughing, some crying, and a little bit of vomiting in the pool today, but that was just my lane buddy Chris. I may have clocked him in the head with my knee while trying to breast stroke. Unfortunately, he was not the one that tried to take me down with the kick board, but his time is coming. In conclusion, I am pretty confident that I am going to need some therapy after this traumatic experience and who knows if my pull buoy will ever recover.

Sincerely,  
Greta "I am going back to the kiddie pool" Perales



### Open-Water Sighting

#### *Tips From an Avid OW Swimmer*

By Diana McCandless

(Pictured above swimming a birthday cake to a co-worker earlier in May)

We're off to an early & avid season! I've seen posts [Facebook] from many new OW swimmers, so I'd like to offer some tips on Open Water Sighting:

1) Don't try to breathe & sight at the same time. Breathe to the SIDE, & SIGHT to the FRONT. As you sight to the front, do it right after a breath and drag your

face through the water with your nose underwater and your eyes above the water, looking forward at your target. Don't try to lift your head up so high that you are sighting forward AND breathing at the same time, because this causes extra effort on your back muscles to arch that extra bit. You only need to lift your head up high enough for your eyes to look forward above water and your nose still underwater.

2) Work on bi-lateral breathing. Breathing to both sides (left and right) allows you to look at your surroundings on both sides. Also, it is better for your spine, because it causes your muscular development to be more symmetric than if you are always breathing to just one side. It might be that you want a breath every 2 arm strokes, so start with throwing in an occasional Non-Dominant Side Breathe just once in a while. The following particular combo is how I made the transition:

Left, Right, Breathe....Left, Right, Breathe.....Left, Right, Left, Breathe.....Right, Left, Breathe....Right, Left, Breathe.....Right, Left, Right, Breathe.....

3) Invest in a Swim-Safe buoy bag. These do three things for you:

- A) Increase your visibility to boats;
- B) Provides you with floatation if you get exhausted or just need to clean out your goggles;
- C) You can store things in it and retrieve them during your swim. There are two compartments, one for just the air and one for the objects you wish to carry. I used to carry an old cell-phone inside a ziplock bag, which still works when it's still inside the ziplock. Since the object compartment & airbag are separate, the bag still maintains its buoyancy if you need to open it up in the water to retrieve an item. I prefer the larger size.  
<http://www.ishof.org/safety/ssd.htm>

## June 2013

After a slow and painful journey, I have recovered from my traumatic experience with the Skagit Valley Masters Swim Club. I am not going to lie to you and say that there have not been setbacks. The other day, in fact, another swimmer grabbed and proceeded to use my pull buoy. I had to sneak in later that night and give it a bleach sponge bath, as well as tell it a bed time story, but I digress.

Well today was a day of sheer redemption. Shannon, our beloved and sometimes maniacal swim coach, did something remarkable. She stripped the pool of its lane lines and made it an open water swim session. I swear to God I heard the angels sing and doves cooing overhead. Sure I was the lone woman, or, as I prefer to be called, "delicate flower," in a sea of at least 20-30 men, but I would prevail.

Shannon started us with an open water swim start and indicated that it was not a free for all, but I only listen to half of what she says most of the time, so I only heard free for all. The clothes, I meant gloves, were off and I was out for blood. Elbows were flying, legs were churning and that was just during my happy dance. We were soon off and I was gleefully shoving and mauling my fellow swimmers. The battle was on and I was determined not to be last as usual....and I was not. Redemption. Next was the triathlon start and Shannon said anything goes. I am not going to lie to you, it was glorious. I was shoved, I shoved in return and I felt a fulfillment that only comes from sheer mayhem. Screw the sprint races, the catch up strokes, the IM relays, game on. I am sneaking in to the Y tonight and stealing the lane lines.

Sincerely,  
Greta "Delicate Flower" Perales

## IGLA Champs in Seattle Area This August



**“What are the IGLA Champs and can I participate or help?”** You may have seen this event on the PNA calendar for August 13-18 and asked yourself this very question. The simple answer is “yes.” We welcome all Masters swimmers to compete and help us host this event as well. Read on for more information.

**International Gay and Lesbian Aquatics’ (IGLA) mission** is to promote participation in aquatic sports among lesbians and gay men and friends of our community, and to ensure maintenance of the highest standards for aquatic competitions and international standards for all Gay Games and IGLA Championships. The IGLA Championships have been held annually since 1987 (except for years when the Gay Games is occurring) and has been hosted in a variety of cities in the US, Canada, and Europe. Last year it

was held in Reykjavik, Iceland. PNA’s Club IGLA and Orca Swim Team are proud to be hosting the IGLA Championships this August.

**The swimming competition will be run in dual 25m courses** with a full range of individual and relay events up to the 1500 Free. Other pool events will be water polo, diving, and synchronized swimming. All pool events will take place at Weyerhaeuser King County Aquatic Center in Federal Way (8/13-8/17) while the Open Water (1 & 2 mile) event will take place at Luther Burbank Park on Mercer Island (8/18). Social events throughout the week supplement the busy competition schedule.

**Custom award medallions** are being created by Chris Shulke, a local artist who works for *glassybaby*. All participants will receive a participant medallion and have opportunity to earn medallion awards for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places in their respective events.

**Points are earned** for the swimming portion of the championship and awards are available for IGLA teams in the small, medium, and large categories. We welcome local swimmers to register as “(ORCA) Orca Swim Team” when picking your IGLA Team name during the registration process to help your local IGLA team earn points! Swimmers may also form and register their own IGLA teams or swim unattached.

**Don’t miss the “Pink Flamingo” that is planned for Saturday, August 17<sup>th</sup>.** Much more elaborate than a costumed relay you may have participated in at one of Orca Swim Team’s meets, the Pink Flamingo at IGLA Champs has become a tradition where teams perform on-deck and in-water routines that include music, costumes, choreography and sometimes even synchronized swimming. The awards granted by a jury for the Pink Flamingo are often the most coveted.

**Registration details** can be found at [www.igla2013.com](http://www.igla2013.com). Register by May 31<sup>st</sup> to qualify for a discounted registration fee. Final registration is due July 20, 2013, for the sports in the pool competition. If you have any questions, please contact Jim Lasersohn, swim meet director: [swimming@igla2013.com](mailto:swimming@igla2013.com). Those wishing to participate in only the Open Water competition on Sunday, August 18 (without incurring the main IGLA Championships fee) can register via the entry instructions on the next page.

**Want to help or have a group that can help?** We have lots of opportunities to help and welcome it. We are looking for groups who can bring a team of people to do stopwatch (backup) timing as a fundraising opportunity. We also need volunteers as officials, timers, announcers, awards distribution, clerk of course/check-in, and hospitality for the swim meet. If you have experience with diving, water polo, or synchronized swimming, we can also use your help with roles in those areas. Please contact [swimming@igla2013.com](mailto:swimming@igla2013.com) if you can help with any of the above areas

**Fat Salmon Open Water Swim**  
3.2 miles  
**Saturday, July 20, 2013**  
**Sanctioned by PNA for USMS Inc. #363-W002**  
**Hosted by: Green Lake AquaDucks**

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

**COURSE:** This is a point to point swim. See [website](#) for [map](#) and details. Water temp ranges between 60° & 70°. Portable toilets are starting line; showers and toilets at the bathhouse at the city park check-in and finish location.

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

**RACE DIRECTOR:** Liz Rosen, 206-973-9075 between 5-8 PM PDT [only](#) or [racedirector@fatsalmonswim.com](mailto:racedirector@fatsalmonswim.com).

**ELIGIBILITY:** Open to all 2013 registered USMS or MSC swimmers 18 and above as of 7/20/13. Swimmers not registered may sign up online for a \$20 One-Event USMS registration. Non-PNA swimmers must provide a copy of their Masters membership card at check-in.

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

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

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

**ENTRY FEES:** \$50 before June 10, \$65 June 11 – July 11. [Online entries only!](#) No race day or paper entries accepted.

**ENTRY DEADLINE:** Online registration opens May 1 and closes July 11 at 11:59 PM PDT, however the race may fill up ahead of close date. [The race sold out in 4 days in 2012!](#)

**ONLINE ENTRY:** go to <http://www.fatsalmonswim.com> to register.

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

**DIRECTIONS:** See [Fat Salmon website](#)

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

**ADDITIONAL INFORMATION:** Available on the race website at <http://www.fatsalmonswim.com>

**2013 IGLA Championship Open Water Swim**  
1-mile and 2-mile swims  
**August 18<sup>th</sup>, 2013**  
**Sanctioned by PNA for USMS Inc. #363-W001**  
**Hosted by: CLUB IGLA & ORCA SWIM TEAM**

**LOCATION:** Luther Burbank Park Swim Area, 2040 84<sup>th</sup> Ave. SE, Mercer Island, WA 98040

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

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

**RACE DIRECTOR:** Meghan Meinerz, 919-672-8542 or [megmeinerz@gmail.com](mailto:megmeinerz@gmail.com)

**ELIGIBILITY:** Open to all 2013 USMS or foreign registered swimmers 18 years of age and above as of 8/18/13. Non-members may pay a \$20 one-event USMS registration and all non-PNA members must provide a current copy of their Masters registration.

**RULES:** Current USMS rules govern this event. Neoprene wetsuits are allowed. Time limit: swimmers more than 250 yards from the finish at 11:00 AM will be removed.

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

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

**ENTRY FEES:** \$50 by July 20<sup>th</sup>. Registration will increase to \$60 on July 21<sup>st</sup> and through race day. Only 300 entries will be accepted.

**ENTRY DEADLINE:** Online registration closes at 11:59 PM PDT on August 15. The availability of race-day entries will be posted at: <http://www.IGLA2013.com/open-water-swim/>

**ONLINE ENTRY:** Link to registration:  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=2135&smid=4828](https://www.clubassistant.com/club/meet_information.cfm?c=2135&smid=4828)

**PAPER ENTRIES:** Not accepted except for race-day registration, if space is available. See above.

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

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

## **Amateur on Set! Want Better Sunscreen?**

**By The WetSet Editor, Chericka Ashmann-Rice**

We didn't have to wait for July 5<sup>th</sup> to welcome the sunshine that nearly all Washingtonians look forward to while enduring the long, dark and wet winter months! Summer arrived in a fury after a week worth of showers drenched the entire state which gave us no time to gradually expose our skin to the sun and build up our Vitamin D for protection against sunburn. If you have fair skin you may have turned the page already. Wait, come back! Did you know you can build up your resistance to sunburn from the inside out? As open water season goes full force I thought I might share some information about skin protection through food ingestion.

I didn't wear sunscreen for a majority of my life because each time I tried it my skin would become painfully irritated. I also didn't wear make-up for the same reason so I just assumed I had sensitive skin. I eventually discovered natural sunscreens and make-up; although, I'm still not in the habit of applying either one. Ken reminds me to apply sunscreen with a nudge at the beach and a wave of a sunscreen stick. I quickly run over my cheekbones, long nose and the corners of my eyes before hitting the waves and then I just forget about reapplying after hours out in the surf. Okay, so, I was blessed with an olive skin tone from my Native American and Italian ancestry but I have suffered from at least a few sunburns that I can recall. So, why haven't I burned every time without sunscreen?

That's the same question I asked myself when preparing this article. Reflections from water can enhance UV exposure which is why we tan much more while swimming. I wondered, since healthy diets prevent and cure disease, if any research existed concerning foods and sunburn prevention. Furthermore, was my body signaling me to eat these foods resulting in protection from the sun? Good old Google confirmed it. If you are active like my family, exploring the outdoors, enjoying sporting events, spending a lot of time on the beach and in the water where sunscreen eventually dissolves leaving you with less protection, consider your diet.

Through researching articles on the internet I found that foods high in flavonoids, lycopene, vitamin K, vitamin C and omega-3 fatty acids are linked to sunburn protection. I was also pleased to learn that I don't have to do anything special because these are foods I consume regularly. You might be consuming them as well and maybe you don't burn either! The human body is intriguing and I've always responded to signals when choosing what to eat. It looks like at least some of the foods I crave serve a good purpose like sliced, chilled tomatoes with a bit of iodized salt on top on hot summer days. This regimen has worked for me; however, this is a personal opinion and not medical advice and I am not advocating abandoning external sun protection. But you might consider consuming or avoiding more of the foods listed below this summer (as research suggests)... or even before going on a tropical holiday during the rainy season in order to prime your skin for the sun:

### **CONSUME:**

**Tomatoes, Dark Leafy Greens,  
Parsley, Chocolate, Watermelon, Blueberries  
Green Tea, Butter, Salmon,  
Broccoli, Almonds, Shrimp, Trout, Avocado**

### **AVOID:**

**Parsnips, Spicy Mustards, Celery,  
Lime, Mango, Citrus Fruits or Juices,  
Carrots, Dill, Fennel,  
Polyunsaturated Vegetable Oil**

There you have it! There are also foods you can eat or apply to your skin if you do become burned and foods that prevent wrinkling like the almighty beet-a personal favorite! Google it and start eating to protect and preserve yourself and the skin you swim in. Pair your eating habits with natural sunscreen to avoid harsh chemicals and you should be able to enjoy the sunshine with less worry about damaging your skin and developing skin cancer. I'm off to enjoy this beautiful weather with my family. See you on deck!



**AquaRun and Swim For A Child**

2K &amp; 4K open water swims

Sunday, August 25, 2013

Sanctioned by PNA for USMS Inc. #pending

**LOCATION:** Les Davis Marine Park, Commencement Bay, Tacoma, WA**COURSE:** 2K triangular course (2 laps for longer swim). Water temp is est. at 58-62 degrees. Tents provided for changing rooms and water jugs provided for rinsing. Portable restrooms at start/finish area; other restrooms open at Les Davis Pier.**TIME:** Check In opens at 8:00 AM; **Mandatory** Competitor Safety Meeting at 9:00 AM; both events start at 9:35 AM.**RACE DIRECTOR:** Zena Courtney, 253-927-3695, cell 253-730-9827  
[zenacourtney@hotmail.com](mailto:zenacourtney@hotmail.com)**ELIGIBILITY:** Open to all 2013 registered USMS or MSC swimmers 18 and above as of 8/25/13. Swimmers not registered may sign up online for a \$20 One-Event USMS registration. Non-PNA swimmers must provide a copy of their Masters membership card.**RULES:** Current USMS rules will govern this event. Neoprene wetsuits are required. Time limits are enforced for both swims: 2K – 1 hour, 4K – 2 hours**SAFETY:** Lifeguards and safety boats will monitor the entire course. Body marking required on hands. Competitors must wear the color-coded race caps and race chip provided by the host. \$20 charge for chips that are lost.**AWARDS:** T-shirts in male/female styling and caps to all competitors, special awards in a random drawing after the last person finishes to participants and volunteers. Heyer Glass Fish Art ([www.glassfishart.com](http://www.glassfishart.com)) for 1<sup>st</sup> overall male and female in each event. 1<sup>st</sup>-3<sup>rd</sup> place vintage awards will be presented to men and women in age groups 18-24, 25-29 . . . 80+. Post race refreshments will be available.**ENTRY FEES:** \$55 before 8/24, \$65 for late or race day entries.**ONLINE ENTRY:** At <http://www.clubassistant.com/meets.cfm>  
Registration closes at 11:59 pm PDT August 24.**RESULTS:** Preliminary results available on race day and final results posted at [www.aquarunforachild.org](http://www.aquarunforachild.org) the next day..**DIRECTIONS:** *Southbound:* I-5 S from Seattle to I-705 N exit and merge onto I-705 N. *Northbound:* I-5 N from Olympia, take right lane WA-7 South/I-705 N exit toward Pacific Ave/City Center. Keep left at the fork, follow signs for **City Center** and merge onto I-705 N. *Continuing on from both directions:* Just past downtown, exit to left onto **Schuster Pkwy**. Stay left at Y in road toward 'Waterfront', becomes **Ruston Way** after overpass. Proceed to **Les Davis Marine Park** and turn left (south) on **Dale Street** to **N Waterview Street**. Park on N Waterview to left and right. Please do not park in Lobster Shop restaurant AT ALL.**LODGING:** Silver Cloud Inn Tacoma (253) 272-1300, Best Western Tacoma Dome (253) 272-7737.**South Whidbey Island Masters****Whidbey Adventure Swim**

1.2 &amp; 2.4-mile open water swims

Saturday, September 14, 2013

Sanctioned by PNA for USMS Inc. #363-W003

**LOCATION:** Seawall Park— along the shore of the Saratoga Passage in Langley, WA on Whidbey Island.**COURSE:** The course is an equilateral triangular of .6-mile sides, which will be swum in a clockwise direction; 1.2 milers swim 2 laps, 2.4 milers swim 4 laps. Estimated water temperature of less than 60 degrees. Temp at the first buoy in 2011 was 57. Outdoor showers and changing tents will be provided. Public showers available nearby at Phil Simon Park next to Langley Marina at the foot of Wharf Street.**TIME:** Check In at 11:30-12:45; Mandatory Safety Meeting for all competitors at 12:45 PM; both events start at ~1:15 PM.**RACE DIRECTOR:** Jean Fankhauser at 360-579-4438 or [info@swhidbey.org](mailto:info@swhidbey.org). For more details go to the registration page: [https://www.clubassistant.com/club/form/register\\_now.cfm?c=1729&smd=4875](https://www.clubassistant.com/club/form/register_now.cfm?c=1729&smd=4875)**ELIGIBILITY:** Open to all 2013 registered USMS or MSC swimmers 18 and above as of 9/14/13. Swimmers not registered may sign up online for a \$20 One-Event USMS registration. Non-PNA swimmers must provide a copy of their Masters membership card.**RULES:** Current USMS rules will govern this event. Wetsuits are required. Note: there is a strictly enforced time limit of 30-minutes for 1.2 milers to finish one lap and 50-minutes time limit for 2.4 milers to finish two laps.**SAFETY:** Lifeguards and safety boats will monitor the entire course. Body marking is required on both hands. The official cap provided by the race host must be worn during the swim.**AWARDS:** No participation awards. Caps to all registered competitors. Unique cap colors for each event. T-shirts available – order online. A raffle for participants will take place during post-race festivities.**ENTRY FEES:** \$45 (US or Canadian) before September 3; \$55 for late or race-day entries. Paper entries will be accepted on race day only.**DEADLINE:** Registration closes on September 3 at 11:59 pm PDT.**RESULTS:** Preliminary results will be posted 15 minutes after the finish of the last swimmer and will be posted on the Whidbey Adventure Swim website.**DIRECTIONS:** From the Clinton Ferry, travel northbound on SR 525. Turn north onto Langley Rd and travel to town. Location is Seawall Park at 1<sup>st</sup> Street and Anthes.**LODGING:** [www.visitlangley.com/lodging](http://www.visitlangley.com/lodging) for lodging ideas.**ADDITIONAL INFORMATION:** Public parking is available at the corner of 3<sup>rd</sup> St. and Anthes, across from the Langley United Methodist Church.

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## MASTERS CALENDAR

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### LOCAL/REGIONAL POOL EVENTS

**August 23-25, 2013**

**MEET:**

[NW Zone - LCM](#)

Mt. Hood CC, Gresham, OR

**October 5, 2013**

**MEET:**

[BAMFest-SCY](#)

Bainbridge Island, WA

[More info: Erin Thomasson](#)

### LOCAL/REGIONAL OPEN WATER

**July 20, 2013**

**OPEN WATER:**

[14th Annual Fat Salmon](#)

Lake Washington, Seattle

Registration Opens May 1

**August 17, 2013**

**OPEN WATER:**

[28th Ann. Emerald City OW](#)

Seward Park, Lake WA

*Not PNA Sanctioned/Recognized*

### LOCAL/REGIONAL OPEN WATER

**September 14, 2013**

**OPEN WATER:**

[Whidbey Island Adventure Swim](#)

Saratoga Passage (salt water)

Langley, WA

**September 21, 2013**

**OPEN WATER:**

[Last Gasp of Summer III](#)

Angle Lake Park

Seatac, WA

### NATIONAL EVENTS

**July 20-25, 2013**

**MEET:**

[Nat'l Sr Games \(50+\) SCY](#)

Cleveland, OH

**Aug 7-11, 2013**

**MEET:**

[USMS LCM Nat'l Champs](#)

Mission Viejo, CA

**August 18, 2013**

**OPEN WATER:**

[IGLA Championship OW Swim](#)

Luther Burbank Park, Lk WA

Mercer Island

**August 25, 2013**

**OPEN WATER:**

[Aqua Run for a Child #4](#)

Les Davis Marine Park

Tacoma

### INTERNATIONAL EVENTS

**August 13-18**

**MEET & OW**

[IGLA Championships](#)

WKCAC, Federal Way, WA

### PNA BOARD MEETINGS

**August 27, 2013**

**PNA Board Meeting**

6:45pm

Jeanne Ensign's, Seattle

Good Luck to PNA Swimmers traveling to Mission Viejo to compete at:  
2013 Marriot U.S. Masters Swimming LCM Summer National Championship!!!  
August 7-11-Watch Live at [OSMS.ORG](#)

**Last Gasp of Summer  
1 & 2-mile open water swims  
Saturday, September 21, 2013  
Sanctioned by PNA for USMS Inc. 363-W005**

**LOCATION:** Angle Lake, Seatac, WA

**COURSE:** One-mile rectangular course marked with large buoys. Estimated water temp – high 60's. Restrooms, changing area and outdoor shower are available.

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

**RACE DIRECTOR:** Mike Murphy, 206-316-0234, swimoff1@gmail.com.

**ELIGIBILITY:** Open to all 2013 registered USMS or MSC swimmers 18 and above as of 9/21/13. Swimmers not registered may sign up for a \$20 One-Event USMS registration. Non-PNA LMSC swimmers must provide a copy of their Masters membership card.

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

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

**AWARDS:** Participation awards (Cinch bag) for all swimmers. Water bottles awarded to 1<sup>st</sup> male/female finishers in each age group of each event (wetsuit/non-wetsuit awarded separately). Overall male/female winners for each event receive gift cards.

**ENTRY FEES:** \$50 before Sept. 1, \$60 Sept. 1-20. Online entries only except on race day (\$70-cash or check IF space available). Entry limit = 300 swimmers.

**ENTRY DEADLINE:** Online registration will close September 19, 11:59 PDT.

**ONLINE ENTRY:** at

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1449&smid=4720](https://www.ClubAssistant.com/club/meet_information.cfm?c=1449&smid=4720)

**RESULTS:** Preliminary results available on race day and final results posted on BUDU Racing, BlueWave Aquatics.com, Club Assistant SwimPhone, and PNA website after the event.

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

**ADDITIONAL INFORMATION:** A picnic lunch will be provided to all swimmers; family members can join the picnic for a small donation. <http://lastgaspoftsummer.com/>

### PNA OPEN WATER “HIGH POINT” AWARDS

At PNA’s June meeting, the Board funded a new program for open water swimming. Our LMSC has sanctioned 5 events this year:

Fat Salmon in Lake Washington (Madison Park) - July 20  
IGLA championship in Lake Washington (Mercer Island) - August 20  
Aqua Run in Commencement Bay (Tacoma) – August 25  
Whidbey Adventure Swim in Sarasota Passage (Langley) – September 15  
Last Gasp in Angle Lake (Seatac) – September 21

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

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

# Welcome New Swimmers!

## Bainbridge Aquatic Masters

Nancy Shertlef

## Blue Wave Aquatics

Maria Baird

Jeff Cavin

Karen Easterday

Leah Freeborn

Curtis Hebron

Tuyet Luu

Mackenzie Marrs

Michael Marrs

Thai Nguyen

Trish Nguyen

Robert Rivera

Gail Stribling Geldien

Devon Teets

Trang Vu

Craig Woods

## Central Area Aquatics Team

Bodil Rosenhagen

Patricia Scott

Jilani Zeribi

Karen Zeribi

## Green Lake Aqua Ducks

Frankie Harms

Thomas Hawn

## Husky Masters Swim Team

Jordan Charles

Sergey Mozharov

Clare Vaughn

Sarah Webster

## Lake Washington Masters

Mark Overby

## Orca Swim Team

Zach Corleissen

## PRO Sports Club

Katy Harris

## Queen Anne Swim Club

Benford Bennett

## PSM Unattached

Rebecca Adamson

Leanne Chattey

Michelle de Vera

Helen Silver

Beth Steen

Wendi White

## Unattached

Ben Harris

Fernanda Ho

Michelle Ho

Wesley Toller

## Washington Athletic Club

Lee-Lee Miao

## YMCA of Pierce and Kitsap Counties

Kasey Dorcas

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

## Announcements

### *Who's inviting me to swim with them next?!*

Have a swimming story that needs to be told?

Email me: [The WetSet Editor](#)

Every story deserves to be told!

### **Are you a USMS registered coach with a PNA registered team?**

**Post contact info for private lessons and clinics here for free!!!**

### **Masters Swimming at Colman!**

Saturday mornings 6:30 - 8 am from May 25

through Aug 31. Schedule posted at [www.gladswim.com](http://www.gladswim.com). All USMS-registered swimmers welcome. Drop in fee \$10 for everyone. All lanes, 50 meters. New this summer: guest coaches from other area Masters teams. For directions to Colman Pool <http://www.seattle.gov/parks/aquatics/colman.htm#/directions>

Welcome new Masters Swim Team: The

Sting Ray Swim Team (SRST). Contact:

Ben Olszewski at

[Coachben220@gmail.com](mailto:Coachben220@gmail.com) 425-736-5600

## PNA Board Meeting highlights – May 21, 2013

**Finance:** The one-time allocation of \$10K was disbursed to PSM and BWAQ proportionately per/swimmer as agreed upon last December. Current assets are \$49,932.42.

**Meets:** Meet attendance is slightly ahead of 2012. The loss of two meets hosted by the North Whidbey and Orca teams is regrettable but fortunately, the SPCC "Pneumonia Open" was met with great enthusiasm. The board approved a policy that "non PNA-registered teams and associated scores shall not appear on official Team Scores report from PNA Champs".

The complete minutes for 5/21/13 are posted on the PNA website.

## PNA Board Meeting highlights – June 18, 2013

**Finance:** Current assets are \$38,22.89

**Membership:** Total registered swimmers in PNA = 1498. BWAQ has 265 and PSM has 1203 members. 30 swimmers are unattached to a club.

**Open Water:** The board approved funds to support high-point awards for the open water season. Swimmers competing in two or more of the PNA sanctioned events (there are 5 total) will receive points for their finish places and be scored against each other (by age group and gender) at the end of the season. Awards will go to the top two finishers in each age group.

**PNA Standing Policies:** The board has been reviewing and revising the PNA policies throughout the past year. One section remains – Membership Policies – and it was deferred until the August meeting. All other policy changes were approved as a group.

The complete minutes for the 6/18/12 meeting will be posted after the August meeting, when they are voted upon for approval.

**The Sharing Pool**  
**Open Water Swimming In**  
**Turkey**  
By Robert Pilger

On my three week hiking and sightseeing trip to Turkey this May, I was planning to do some swimming during my time on the "Turquoise Coast". The conditions did not disappoint and although not having coral and colorful fish like Hawaii, the numerous bays and islands of limestone, plus the waters clarity, and "sunken dwellings and artifacts" made up for this. I even happened to stay at a Hotel near where a swimming "tour group" was lodging called Swim Trek. They were a group of about 15 swimmers mainly from the U.K. but included some Americans and Europeans. Check out their website, as their guide said they run tours to numerous destinations worldwide for open water enthusiasts.



Of course the big draw in this part of the world is the swim between Asia and Europe (The Hellespont Swim) across the Dardanelles. This is the narrow finger of water that connects the Mediterranean to the Sea of Marmaris and then through the Bosphorus to the Black Sea. There is a constant current running out from the Black sea (due to the major rivers of Europe and Asia, including Russia) draining into the Black Sea, and the evaporation from the Mediterranean and Aegean Seas. This is reversed for the Straits of Gibraltar. Hence making these swims involves some planning. Lynn Sherr in her book "Swim" describes the classic Hellespont Swim in detail, if you desire more information.

There is also a swim in late June during the Lycia Festival from Kas, Turkey where I stayed for two days to the Greek island of Meis (Megisti in Greek) of about 5 km. You see, this whole region has been the subject of settlement and conquest from the third and fourth centuries BC to present, and during recent history there was a Greek –Turkish War from 1919 to 1923, settled with the Lausanne Conference giving the Island to Italy. During WWII the British took control and the Paris Peace Treaty of 1947 gave it to Greece. So, this swim was begun to help celebrate better relations between Turkey and Greece who have had a rather contentious past.



**GIL YOUNG MEMORIAL LCM MEET/ NORTHWEST ZONE/OREGON CHAMPS  
LONG COURSE METERS MEET: Deadline is August 13<sup>th</sup>!!!**  
[http://www.swimoregon.org/forms/meets/13\\_LCM%20Zones-Young.pdf](http://www.swimoregon.org/forms/meets/13_LCM%20Zones-Young.pdf)

Please contact [The WetSet Editor](#) if you plan on attending this meet so that we can organize a team and form relays if the interest is there!

**The WetSet Editor**

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[thenameiscash@gmail.com](mailto:thenameiscash@gmail.com)

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**Vacant At-Large Position**

**[Rep needed!]**

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**Database Support**

Jon Walker



# Pacific Northwest Association of Masters Swimmers (PNA)

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>

## 2013 Membership Application

New Swimmer       Returning USMS Swimmer, ID if available \_\_\_\_\_

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_  
 Last \_\_\_\_\_ First \_\_\_\_\_ Initial \_\_\_\_\_ Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_  
 Address: \_\_\_\_\_ Age: \_\_\_\_\_  Male       Female  
 Street or box number \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip+4 \_\_\_\_\_ E-Mail: \_\_\_\_\_  
 Home Phone (\_\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_\_) \_\_\_\_\_

**FIRST** choose a CLUB Affiliation:

- Puget Sound Masters (**PSM**) [formerly PNA]
- Blue Wave Aquatics (**BWAQ**)
- Unattached to a Club (**UNAT**)

**THEN** choose a TEAM Affiliation (PSM only): \_\_\_\_\_

See team list on next page for team acronym.

Choose membership level A or B below  
for **11/01/2012 thru 12/31/2013**.

<b>A. Regular:</b>	<b>\$46</b>	
<b>B. Need-based or Seniors (65 &amp; over):</b>	<b>\$37</b>	
<i>Optional Donations:</i>		
USMS Swimming Saves Lives	\$	
International Swimming Hall of Fame	\$	
Pacific NW Association (PNA) Support	\$	
<b>TOTAL</b>		\$

Make check payable to: **PNA**

Questions: (206) 849-1387 or [pnaRegistrar@usms.org](mailto:pnaRegistrar@usms.org)

Mail check & form to: Arni Litt, Registrar  
PO Box 12172  
Seattle, WA 98102-0172

**Please check all that apply:**

- Masters Coach
- Certified Official
- YMCA
- USA Swimming
- USA Triathlon

**Swimming Saves Lives Foundation**

Focuses its resources on the vital lifesaving and lifetime benefits of swimming. Just \$1 from each of us has the potential to add \$55,000 annually to further adult swimming opportunities, sports medicine research, education and outreach through grants. See <http://www.usms.org/giving/>

**International Swimming Hall of Fame (ISHOF)**

Is dedicated to the recognition of the famous swimmers, divers, water polo players, synchronized swimmers, and persons involved in life saving activities and education, throughout the world. <http://www.ishof.org/about/>

**Pacific Northwest Association of Masters Swimmers**

Supports clinics, education, [The WetSet](#), and future projects. The Senior and Need-based discount is funded in part by donations.

**Please consider making a tax-deductible donation to these entities.**

A link to the PNA newsletter *The WetSet* will be sent by email 6 times/year unless you check here  to have *The WetSet* sent by U.S. Postal Mail.

PNA always needs volunteers to help with meets, clinics, committees and much more.

Check here to volunteer and someone will contact you about how you could make a difference.

**2013 Annual Fee:**

Of your membership fee \$33 is sent to USMS and \$13 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication Swimmer Magazine. 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 \_\_\_\_\_

(this page is blank on purpose – we could have used *your* article here!)

(another blank page on purpose – we could have inserted your article here!)

Pacific Northwest Association of Masters Swimmers  
PO Box 12172  
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