

PACIFIC NORTHWEST
ASSOCIATION OF
MASTERS SWIMMERS

US MASTERS
SWIMMING IN
WESTERN
WASHINGTON

- 1—PNA CHAMPS
- 2—MUSSELMAN AWARD
- 3—SARC MEET
- 4—BEAT THE CLOCK
- 5—NEW SWIMMERS
- 6—BOARD MEETING HIGHLIGHTS
- 7—COACH OF THE YEAR
- 7—NEW RECORDS
- 8—COACHES SPOTLIGHT
- 10—SINK OR SWIM
- 11—EPOSTAL RELAYS
- 12—OPEN WATER SERIES
- 13—WHIDBEY ADVENTURE SWIM
- 14—SWIM DEFIANCE
- 15—FAT SALMON
- 16—PNA CALENDAR
- 16—CONTACT INFO



The WetSet

VOLUME 36, ISSUE 3
MAY-JUNE 2016

PNA Champs a Success!

This year's PNA Champs meet was another rousing success, with 283 swimmers from 35 clubs registered to swim a total of 1146 events.

Lake Washington Masters was the overall winner with 1640 points, followed by large team division rival Blue Wave Aquatics with 1189. Bainbridge Aquatic Masters dominated the medium team division with 619 points, while Skagit Valley Masters Swimming (477) took second, edging out Team Walker International Masters (470) and YMCA Pierce/Kitsap (457).

Top finishers in the small team division were Downtown Bellevue Swim Team (243 points), Sequim Aquatic Recreation Center (204) and Thunderbird Aquatic Masters (198).

Top individual scorers were Allison Cox (GLAD, 30-34), Shannon McIntyre (LWM, 50-54), Zena Courtney (TWIM, 55-59), Larry Wright (DBST, 65-69), and Carol Grisso (YPKC, 70-74), each with 54 points (six 1st place finishes).



A multitude of records fell both days, including five new zone marks by Charlotte Davis (LWM) in the women's 65-69 division, three new zone times by Trever Gray (LWM, 40-44) and three new PNA breaststroke bests by Linda Chapman (LWM, 60-64).

Relay events proved popular with a total of 51 relay teams competing on Saturday and 52 teams on Sunday.

Sunday's highlights included the presentation of the Dawn Musselman Inspirational Swimmer Award to Steve Peterson of YPKC and Coach of the Year Award to April Cheadle of BAM.

Blue Wave Aquatics hosted the meet, which was held April 9-10 at King County Aquatic Center in Seattle. Meet director Steve Freeborn and his crew of referees, timers, and other volunteers ran a smooth, well-organized, on-schedule event enjoyed by swimmers and fans alike.



Steve Peterson Receives Dawn Musselman Inspirational Swimmer Award



Steve accepting his award April 10 - photo by Angela Turley

Steve Peterson, recipient of the 2016 Dawn Musselman Inspirational Swimmer Award, has served as an ambassador for Masters Swimming and PNA for over 30 years. He can be found at nearly every PNA meet – swimming really fast. He has more than 25 Top-10 times in the 65-69 age group alone. Steve swims for YMCA of Pierce & Kitsap Counties (YPKC) and Puget Sound Masters.

But more importantly, our honoree can be found on the deck and in the pool offering encouragement to fellow swimmers.

He reaches out to new faces at a meet, welcomes them to our sport, and follows up by seeking them out at future events. When he asks, "Are you having a good meet?",

he genuinely wants to hear your answer!

Out of the water, our honoree has served PNA for nearly 30 years as a Board member and officer – including four years as President. He is currently a Director on the board, PNA's Webmaster, and advisor to *The Wet-Set*. He has attended more than a dozen USMS national conventions and serves on National committees. On the PNA Board, his reasoned, unflappable guidance has calmed heated debates and helped his colleagues keep in mind that we may disagree in the moment, but we all share the goal of keeping PNA and Masters Swimming strong.

For nearly 20 years, Steve Peterson chaired the selection committee for this award and it is time for PNA to recognize the inspiration Steve continues to give to so many of us.

Steve was nominated by Herb Cook, former PNA Secretary and member of Sequim Aquatic Recreation Center (SARC).



Dawn Musselman (1913-1986)

PNA has presented the Inspirational Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman. As a long-time PNA member, she was a skilled competitor (still holding ten PNA records from 1983–1985 in the 70-74 age group) and always encouraged others to do their best. In her early days she was an Olympics hopeful and in her last days she continued to inspire her teammates until cancer took its toll.

More information on Dawn and previous award winners can be found on SwimPNA.org under *Awards and Recognition* (under *About PNA*).

Photo by
Earl Walter
of Oregon
Masters

SARC Meet, Port Angeles

By Steve Peterson, YKPC

Swimmers traveled sixteen miles further this year than last to attend the Sequim Aquatics Recreation Center's second Masters meet. Lack of funding has temporarily closed SARC's Sequim facility, so Co-Meet Directors Dani Keller and Elizabeth Hogan arranged to relocate the meet to Port Angeles' William Shore Memorial Pool. A relatively warm and sunny, if not breezy, early spring day on the drive up the Olympic Peninsula greeted the nearly 70 competitors who attended.

Four clubs beside PSM were represented, with swimmers from 12 PSM workout groups there. Host team SARC led the way with 15, followed by WWUS (11), BAM (7), and LWM and TACM (5 each).

Those Western Wash U swimmers, five men and six women all between 18 and 23, reminded the rest of us how to have fun at meets!

SARC's Bill King, 82 years young, attended his first meet in three years following a stroke. Cranking out a 44.96 for his 50 yard free, Bill said afterward, "I got my doctor's OK!" Bill elected to skip the 100 Free, if for no other reason than it came pretty quickly after the 50 Free despite a 15-minute break. Welcome back, Bill!

Charlotte Davis wasted no time setting marks in her still new 65-69 age group, with impressive swims in the 50 Free (28.03), 200 Free (2:17.15), and 50 Fly (31.20) – all new PNA, NW Zone, and USMS records. Congratulations, Charlotte!



Examining the [SwimPhone](#) results for those who swam five events reveals these who won all five: Katherine Beirne (SARC, 45-59), Andrea Cortani (SARC, 40-44), Elisha Howard (SARC, 25-29), coach Jason Ridle (SARC, 40-44), and Dennis Sawyer (BAM, 70-74). Honorable mention to Josh Davis (SARC, 25-29), and Tom Walker (TWIM, 65-69), who finished their five nearly as well.

Many thanks to the volunteers who made this meet a success, including the SARC age groupers, their parents, and others who timed, and of course our dedicated PNS officials.

Postscript: Funding has been secured to reopen the SARC pool under management of the Olympic Peninsula YMCA in September, after installation of a new (\$750k) ventilation system and other facility upgrades. Plan on attending next year's third edition back in Sequim – and taking in excellent food and sightseeing in the area.



Many thanks to meet officials Sharon Prosser and Steve Singhose (stroke & turn), Referee Shellie Hunter, Starter Scott Hunter, and Co-Meet Director Dani Keller.

Beat the Clock Meet, Olympia

By Steve Peterson, YPKC



Don Ellingsen (83) was the most senior competitor

Facility and scheduling issues led to three PNA meets falling in quick succession this year. Two weeks after the "LWM Invitational" (February 21), SARC held its "Old School" meet (March 6), followed 6 days later by Briggs Y's Tenth Annual "Beat The Clock" competition (March 12). BTC didn't seem to suffer for lack of attendance, however, as 83 competitors, the same number as last year, traveled south to Olympia – and from points east (Inland Northwest) and south (Arizona) as well.

Briggs Coach Mel Smith, BTC originator, was on hand this year – not away in Arizona – to greet swimmers and compete. As he's done for many years, he left details of running the meet in the competent hands of Meet Director Mica Marquez and her crew of Briggs Y's age group team and parent volunteers. Mica's informative pre-meet email reminded all that "Relays are fun! ...They can be comprised of people from your workout group or just random people you found in your warm-up lane." (This is generally true in our local meets, in contrast to our annual Championships where workout group/team scores are tallied for team standings, requiring relay members to all be from the same team.)

PSM was the largest of the eight clubs represented. Of PSM's 14 teams at BTC, YPKC fielded the most (14) followed by TWIM (6), BAM (5), SVMS (4), and SSMS (3). No records were set during this meet, but there were many interesting and rewarding swims. YPKC's Don Ellingson (our most senior competitor at 83) said this was his first meet in a year. Don swam the 50, 100, and 200 Back events. Not to be outdone, though staying true to his oath to "never swim the 1650 Fly again" as he'd done at the 2013 BTC, our Top Ten/Records Coordinator Doug Jelen also swam those three backstroke events, topping it off with the 500 – Backstroke (6:12.72).



Tom Fritschen at the start of the 100 free



PNA Board member Jim Davidson in action!

One arbitrary summary of the results would list these five as the meet's top competitors, based on winning each of their five entered events: Jen Carlson (SSMS, 35-59), Cindy Clutter (club MMAC, 55-59), Margaret Hair (club LCN, 60-64), Bill Penn (UNAT, 60-64), and Rondamarie Smith (BWAQ, 45-59). Bill should get the "animal" prize for winning his 500 and 1650 Free plus the 100, 200, and 400 IMs – tallying 1.6 miles! You can easily check all swimmers' performances through [SwimPhone](#).



YPKC at Beat The Clock (L-to-R): Dave Olson, Julia Iyall, Kawika Huston, Mike Kula, Katy Smith, James Rehill, coach Chad Hagedorn, Michele Hagedorn. (Not pictured: Don Ellingson, John Finke, Dave Hannula, Robert Black, Steve Peterson, Amy Wolfe)



BWAQ at Beat The Clock (L-to-R): coach Matt Edde, Wendy Noffke, April Parker, Jean Blackburn, Nellis Kim

Welcome new swimmers!

- Mike Archambault
- Peter Axelson
- Michael Aylesworth
- Scott Babbitt
- Vikas Bahirwani
- Kaia Barth
- Markus Boos
- Samantha Brown
- J Bullock
- Matthew Bushroe
- Sue Campana
- Janice Campbell
- Micah Choi
- John Conway
- Mary Coucoules
- Joshua Davis

- Joseph Dees
- Casey Emily
- Catska Ench
- Michele Etienne
- Jess Feldon
- Lisa Fitch
- Robert Fitzgerald
- Todd Flynn
- Taylor Gilbert
- Allen Goans
- Miriam Gootherts
- Jon Graybill
- Paige Hauber
- Andrew Herten
- Ethan Hozer
- Kelsea Hume

- David Inadomi
- Kimberly Ingram
- Rick Koetje
- Kyle Lepage
- Michael Liedtke
- Samantha Lord
- Sabrina MacVicar
- Jamie Marquis
- Kelly Mayers
- Kathryn Nelson
- Cole Peck
- Alison Peterson
- Kevin Randich
- Bethany Rentz
- Frederick Ross
- Margaret Rottsohl

- Rebecca Roudbari
- Steven Schwartz
- Bryan Setzer
- Julia Shmutser
- Bobby Simon
- Aeron Sinclair
- Erik Solberg
- Deborah Soukup-Irons
- Sarah Jane Spencer
- Lucas Swanson
- Brianna Troksa
- Bill Wadkins
- Sarah Wheatley
- Adrienne Wieber
- Marie Wille
- Kelly Wong



Board Meeting Highlights

PNA President Mike Grimm conducted the 1/26/16 meeting, which was held by teleconference. Registrar Stephanie Hiebert stated that PNA has registered 1179 members, 7 USMS clubs, and 31 USMS workout groups. Treasurer Arni Litt reported that 2015 concluded with a net income of \$4077.66; we had budgeted for a loss of nearly \$12,000. The PNA board has positions that have not been filled, most notably the Club and Team Director position.

Open Water Coordinator Jim Davidson reported that dates have been set for most of the 2016 Open Water events. PNA will be sanctioning five events again this year. The schedule is available on the PNA website. A request to blueSeventy for sponsorship of our Open Water Series was not accepted but the company will provide one wetsuit for a drawing and \$400 in financial support for the Fat Salmon Swim.

PNA Officials Chair Teri White has been selected as a starter for the Greensboro, NC Spring Nationals. The USMS Officials Com-

mittee has asked that meet officials seek financial support for travel and lodging from their "home" LMSC. The board members were surprised to hear that the event hosts do not provide for the officials and agreed to consider a proposal regarding this funding at our March meeting.

PNA has purchased 40 Accusplit watches, replacing the older ones that are used for meets. We will also continue to offer financial support to PNA members wishing to attend the Adult Learn to Swim Clinics, as was done last year. Finally, Puget Sound Masters president Lisa Dahl announced that PSM is planning to submit a bid for hosting a national championship. Bids for 2018 will be accepted at the USMS Convention in September.

Complete minutes for Board meetings can be found at <http://www.swimpna.org/w/PNA/more/?artid=3471>

Skagit Valley Masters Swimmers coaches Chris Foster, Shannon Singer, and Kerry Ness at PNA Champs. All three swam the distance trifecta of the 500-, 1000-, and 1650-yard freestyles. SVMS edged out TWIM and YPKC for second place in the Medium Team division.



April Cheadle, Coach of the Year 2016



April accepting her award April 10 -
photo by Angela Turley

April Cheadle has coached Bainbridge Aquatic Masters since 2010 and is a US Masters Swimming Level 3 certified coach. Her previous awards include PNA Coach of the Year (2013) and the USMS Kerry O'Brien Coaching Award (2014). Under her leadership, BAM's membership has risen from 70 to 126. Because of this growth April has added practices, including a second Saturday practice, dry land workouts, and open water practices.

April fosters a community of support, which makes every swimmer feel welcome and enriched by their swimming experience. To quote Tom, one of the team members who nominated April, "BAM members care deeply about April because she cares so deeply about them. People often remark how swimming with April is the most interesting, fun, and satisfying part of their day. April is not only welcoming and fun, but she makes swimming remarkably satisfying by helping each and every swimmer engage in their workouts and improve."

April can be seen at the meets on deck, tablet in hand, video recording her swimmers events, and talking with each one of them about their swims. Each of her swimmers values her expertise. She has led Puget Sound Masters to two USMS National Championships.

Other PNA contributions include attending convention and helping her team host meets, including BAMfest in October.

At PNA Champs

W 50-54 400 IM - Shannon McIntyre 5:07.37
W 50-54 500 Free - Shannon McIntyre 5:35.06
W 50-54 400 IM - Ellen Reynolds 4:43.11 - (Zone, USMS)
W 50-54 200 Free - Ellen Reynolds 1:58.34 - (Zone, USMS)
W 60-64 200 Breast - Linda Chapman 3:00.11
W 60-64 50 Breast - Linda Chapman 36.77
W 60-64 100 Breast - Linda Chapman 1:21.60
W 65-69 50 Free - Charlotte Davis 27.84 - (Zone, USMS)
W 65-69 1000 Free - Charlotte Davis 12:30.97 - (Zone, USMS)
W 65-69 500 Free - Charlotte Davis 6:03.86 - (Zone, USMS)
W 65-59 100 Fly - Charlotte Davis 1:11.69 - (Zone)
W 65-69 50 Fly - Charlotte Davis 29.91 - (Zone, USMS)
W 70-74 200 Breast - Ginger Pierson 3:22.09 - (Zone)
W 70-74 50 Breast - Ginger Pierson 42.06 - (Zone)
W 70-74 100 Breast - Ginger Pierson 1:33.40 - (Zone)
M 25-29 200 Breast - Jakub Kotynia 2:04.25 - (Zone)
M 35-39 200 IM - Brian Wisniewski 1:59.56
M 35-39 200 Free - Brian Wisniewski 1:45.03
M 40-44 200 IM - Trever Gray 1:55.47 - (Zone)
M 40-44 100 Fly - Trever Gray 51.32 - (Zone)
M 40-44 50 Fly - Trever Gray 23.43 - (Zone)
M 45-49 200 IM - Todd Doherty 2:07.92
M 70-74 1000 Free - Michael McColly 13:05.84
M 75-79 50 Free - Ronald Jones 31.69

New records set!

At Lake Washington meet

W30-34 50 Free - Erica Cenci 24.83
W30-34 100 Free - Erica Cenci 53.68
W30-34 200 Free - Erica Cenci 1:55.02 - (Zone)
W30-34 100 IM - Erica Cenci 1:01.29 - (Zone)
M40-44 100 Back - Trever Gray 51.81
M40-44 50 Breast - Trever Gray 27.41 - (Zone)
M45-49 50 Breast - Vince Carmosino 28.57
M55-59 100 Back - Carl Haynie PSM 59.54

At SARC meet

W65-69 50 Free - Charlotte Davis 28.03 - (Zone, USMS)
W65-69 200 Free - Charlotte Davis 2:17.15 - (Zone, USMS)
W65-69 50 Fly - Charlotte Davis 31.20 - (Zone, USMS)

Coaches Spotlight

With Tom Walker of TWIM

Today our spotlight shines on a Coach who actually tries her best to avoid it! Becca Watson, the Head Coach of Lake Washington Masters, has built a legendary and exemplary Masters Program which is a model for us all and for Masters swimming writ large. She has been kind enough to share some of her insights and experiences with us.

TW: Becca, thanks so much for granting this interview. It is huge for all of

us. First of all, what is your coaching philosophy?

BW: Coaching philosophy... that is a hard one! This whole article could be about the 'whats' and 'whys' of what I do. I believe in helping every individual, of

every level, be the best they can be. I train a team of individuals, each of whom has individual goals and their own reasons for being there. Our swimmers have a wide variety of swimming experiences and backgrounds. I believe that every individual, and every lane, should get 'their workout.'

For me, that means don't worry about what any other lane is doing. Do your workout, at your level. Do intervals and volumes that are appropriate for your current swimming level, abilities and goals. In order to be our best, I believe we need to train specifically, train hard, and do workouts that are appropriate for us. We need to be comfortable with being uncomfortable. Everything I do has a purpose. I believe in training at high intensities with specific focus. In short, I do not believe in garbage yardage. And in general, I never count yards. Anyone who has ever swum for me knows if you ask me for the total workout yardage, I won't know it. I write for the specifics of each set, and each focus. How far we go is irrelevant to me through most of the season, but not all of it.

I am also big on technique. I am very interested how each person moves and their individual motor patterns. I want to unlock each individual's potential by finding the most efficient and effective technique based on their needs. We can train as hard as we want but without strong technique we will always limit our

full potential.

Finally, at the core of my philosophy is: do what you can, when you can, because you can! As an injured athlete for more than half my life, I know this lesson all too well. As Masters swimmers we need to embrace and celebrate the things we can do, and do them simply because we can! Life will throw us ups and downs, with some healthy times, and sometimes when our bodies fail us. Regardless of what may inhibit us, I think it is important to embrace and find our abilities. Life will just pass you by if you sit on the sidelines long enough to let it.



L-to-R: Rick Colella, Paloma Dinkel, coach Becca Watson, Cijeh Yung, Chris Conroy

TW: You are so right on that score. How did you become involved in Masters Coaching?

BW: Prior to moving to Washington I was a senior age group coach for Sun Devil Aquatics in Arizona. In addition, I was

involved in teaching adult lessons with Sun Devil Masters [now Swim Devil Masters]. Following my arrival in Seattle in 2009, I was offered the opportunity to start a Masters team in nearby Kirkland. I took the job, we established Lake Washington Masters, and the rest is history.

TW: Yes, and a glorious history indeed! How long have you been a Masters Coach, Becca?

BW: I began coaching Masters in the fall of 2009.

TW: So what motivates you to be a Masters Coach and what do you most enjoy about the experience?

BW: My motivation comes from my natural competitiveness. Because I could not reach my own athletic potential due to various injuries, my competitive outlet became helping each member of my team reach their goals, whatever they may be. Coaching allows me to follow my passion and fuel my competitive drive! I swear, sometimes I get more excited about how well my swimmers' races went than they do!

TW: That is truly awesome! What do you think is important about a Masters Swimming program?

BW: I think Masters swimming offers people a multitude of

things. The most obvious is swimming, but for most of us it is more than that. It is our community, our friends, our family. Masters offers a safe place away from our stressors, where people can get a great workout, share laughs, and just be themselves. I think the team aspect and a place to belong, in addition to the water, and a great workout is the best thing Masters Swimming provides for people.

TW: Becca, what do you think is important for people to know about you as a Coach and your team? How many swimmers are currently in your program?

BW: I am competitive and my team is competitive. We train hard and play harder. We currently have about 100 active members with various swimming interests and goals. I try to make sure that each individual that I train can compete at their best level, reach their peak performance, achieve the goals that they set, and get everything they can out of their time with us. Also, I think it is important to be a community. Community both in and out of the pool is huge part of LWM and, I believe, a huge part about what makes Masters swimming so fun!

TW: Indeed! And here is the ever popular question. How do you write your workouts?

BW: Unfortunately, no one ever likes this answer... I write on the fly each and every morning before workout... I often have an idea about what I want to do, or what we need to work on, but who attends, lane crowding, how tired we look, and other factors can really dictate what we do on any given day. I figure the sets out during warm up or shortly after. The one thing I can say is I like patterns. They are easy to follow and help keep things interesting.

TW: I love that creative part! And how do you plan your season?

BW: I base our training cycles around a few key events such as PNA's, SCY and LCM National Championships, e-Postals, and open water season. Because our athletes have various reasons for being a part of the program, I try to make sure everyone benefits from the annual training cycles.

TW: Yes! How do you balance the different needs of your swimmers? You have triathletes, open water swimmers, competitive swimmers and those that swim for fitness, all on one team at the same time!

BW: I have found that the training cycle that I have settled into generally benefits all of my competitive, fitness, and open water swimmers, as well as my triathletes. With the variety of workouts and training intensity, I try to ensure that everyone has an opportunity to get a great workout. So far, it seems

like everyone benefits!

TW: Yes indeed again Becca! Whatever you're doing seems to work big time! What do you feel is important for a Masters coach to understand about working with adults?



BW: Once they are in the water they all act like 15 year olds! At least my team does! Really, I think coaching adults and kids is the same. They need to know they are important and you are invested. And most importantly, adults like to be challenged! Don't be afraid to give them challenging sets, and push the limits! Working hard is what keeps them coming back, in my opinion.

TW: Sounds like you're saying that Masters swimming brings out the child in us Becca! What surprises you about working with adults?

BW: How much I love it! I was very wary about no longer working with teenagers and moving to adults. After coaching Masters for these past few years, I don't know that I would ever go back! It's so much fun, very rewarding, and adult breakthroughs and improvements are very rewarding for me as a coach. It's true that making changes or making improvements can be so much harder for adults than for younger swimmers. But that's why I, and my swimmers, find it so rewarding when they reach their goals or make breakthroughs.

TW: Yes again! So how has Masters coaching affected and informed your life?

BW: I think the community part of my team has had the greatest impact for me. When I moved here I did not know anyone. I needed a community of people to hang out with, so we added a social aspect to the team. Turns out that we all won! They needed the same things I did. Our swimming community has had such a positive impact on my life. I have developed so many important and wonderful relationships through coaching Masters. It is definitely the friendships that have had the greatest impact for me. This team has become like family to me, and I am very lucky to have them!

TW: And they are incredibly fortunate to have you! What are

continued on page 11

Sink or Swim

By Greta Perales, SVMS

I have been volunteering at the spring PNA meets for the past four years and have always avoided being a counter for the 500 and 1650 races. I pride myself on looking busy or slightly nauseous whenever someone is scouting the sidelines. It is not that I cannot count, it is rather that I don't want to. Don't get me wrong, I love volunteering; however, I know my limitations. I truly cannot be trusted to maintain the intense focus needed to turn the flaps at the right time. The mind wanders, my mind wanders a lot.

(Right now I am actually thinking about how I hate black licorice but love black licorice jelly beans.)

This April my streak was broken. Our team had fewer swimmers than normal, which meant fewer counters. I was initially roped into the 500 and was able to power through the entire heat. It helped that my swimmer was swift and focused. Plus, I knew he would hound me until the end of my days if I messed up. The man scares me. He is always pleasant and helpful, which cannot be good for his mental health. He is probably one bad lap counter away from losing it. I do not want to be responsible for another person going around the bend. Two is enough for me.



Next up: the dreaded 1650. And we were again short on counters. Not only would I have to pay attention for three times the distance, but I would have to wrestle that stinking counter board within an inch of its life. And.....*I was counting for the same damn guy!*

Crap, this was not going to end well.

I did a little light stretching, down dog, warrior 1-16 and I was set. My swimmer came out fast. I was flipping the counter boards like a champ. Did I mention he likes his counter to stand on the side of the pool? Argh....I managed to snag the false start line at least five times with my counter board within the first five minutes.

Ok, counter board had been beaten into submission when I realized I was hungry. Why don't swim meets have vendors like at the Mariners games? Boy, a beer and hot dog would be good right now. Oh crap, *I am pretty sure I forgot to switch the board!* Ok, the gal next to him is two laps behind, so I will just casually flip the board. Double crap, the guy counting next to me (yes, two people like side counters) caught me. *Don't mess with me buddy, I am more scared of my gentle-natured swimmer than you.* My glare and slight lip snarl appeared to be working. Better yet, the back-up timer was on the same page as me.

Unless I am guaranteed a beer and a dog next year, I will be pulling people off the street to count for our team. The stress, the abnormally long handle of the counter board, and the false start line are too much for a delicate flower such as myself to handle. I am going to go find my trusted pool buoy and settle in for a nap.

Sincerely,

Greta "*I have no idea what lap you are on*" Perales

2016 Speedo USMS 1-hr ePostal National Championship Relays

Puget Sound Masters and Blue Wave Aquatics entered relays for this event by combining the results of individual swims. PSM fielded 12 relays and all but one earned medals with “top 6” finishes, including three first places and four seconds. The mixed 65+ relay set a new national record with 17,605 yards and the men’s 65+ relay broke the existing national record while placing second behind a Ventura, CA team. The women’s 65+ and men’s 55+ relays also took first in their age groups, helping PSM to place 3rd overall in the Medium Club division. The BWAQ 35+ women’s and 45+ mixed teams each placed 11th.

Go to: <http://www.usms.org/longdist/ldnats16/> for complete event results.

Women

6th (35+) - Michelle McRae, Shelby Wiegand, Ellen Ella (PSM) - 12,840 yds
 11th (35+) - Judy Williams, Kimberly Wood, Michelle Menkens (BWAQ) - 10,570 yds
 10th (45+) - Mary Armstrong, Wendy Polidori, Elizabeth Lucco (PSM) - 13,005 yds
 6th (55+) - Sheila Moore, Elizabeth Kassen, Wanda Bolerjack (PSM) - 11,750 yds
 1st (65+) - Toni LeClercq, Suzanne Dills, Sally Dillon (PSM) - 11,560 yds

Men

5th (25+) - Michael Scott, Johnny VanVelthuyzen, Isaac Contreras Sandoval (PSM) - 13,395 yds
 2nd (45+) - Mats Nygren, David Kays, Jayson Sowers (PSM) - 14,850 yds
 1st (55+) - Jeffrey Piette, Lars Durban, Michael Fitzgerald (PSM) - 13,660 yds
 2nd (65+) - Alan Bell, Dan Kirkland, Steve Peterson (PSM) - 13,805 yds

Mixed

6th (25+) - Ellen Ella, Shelby Wiegand, Johnny VanVelthuyzen, Isaac Contreras Sandoval (PSM) - 17,765 yds
 2nd (45+) - Elizabeth Lucco, Mary Armstrong, Mats Nygren, David Kays (PSM) - 19,270 yds
 11th (45+) - Michelle Menkens, Judy Williams, Daniel Smith, Eric Durban (BWAQ) - 16,510 yds
 2nd (55+) - Elizabeth Kassen, Sheila Moore, Lars Durban, Michael Fitzgerald (PSM) - 17,245 yds
 1st (65+) - Suzanne Dills, Toni LeClercq, Alan Bell, Dan Kirkland (PSM) - 17,605 yds

Coaches Spotlight (continued from page 9)

your future goals as a Masters Coach?

BW: I think just doing what I can to keep everyone moving forward, making changes, and defying the odds. I think my favorite thing is going against the grain. In theory as we age, we are also supposed to be slowing down, and currently we are still defying that. My goal is to continue to be creative, and figure out what I need to do to help my swimmers continue to get faster even as they get older!! Or at least help them slow down the (theoretical) slowing process! “Thee who slows the slowest, wins!”

TW: Lastly, Becca, how do you envision the future of Masters swimming?

BW: Again, another hard one for me. My program and I are slightly outside of the Master’s norm. Masters Swimming has

nearly 60,000 members according to USMS, and only about 25 percent of those members compete. About 60% of my program competes in Masters at some level – local, national, and international. In addition, nearly 75% or more enter triathlons, e-Postals, open water swims, and various other events. We are competitive! I don’t really know what the future holds for Masters swimming, but for me it probably will involve lots of socializing and lots of competition!

Reference: http://www.usms.org/gettingstarted/faq.php?utm_campaign=top_nav&utm_medium=about_usms

TW: I’m down for all of that! Thank you again Becca! This has been an inspirational conversation for me.

2016 PNA Open Water Series



June 11 - The series starts with the Whidbey Island Adventure Swim. The race includes a 1.2- and 2.4-mile race off the shores of Langley, WA. The course follows a rectangular path beginning and ending at Seawall Park. Both distances follow the same course, with the 1.2-milers swimming one lap and the 2.4-milers swimming two laps. <http://ow.swhidbey.org>

June 26 - The second event is Swim Defiance, which re-enacts the 1926 Dalco Passage crossing. The race location is Owen Beach in Point Defiance Park on Commencement Bay in Tacoma, WA. There is a clockwise 5k triangular course swim beginning and ending at Owens Beach and one-way 3k linear course swim from Vashon Is to Owens Beach. <http://www.swimdefiance.com>



July 16 - Next is the Fat Salmon Open Water Swim. It's a 3.2-mile race along the Seattle shoreline of Lake Washington. The course runs South-to-North, generally between the I-90 and 520 floating bridges. The race starts at the Day Street Boat Ramp directly beneath I-90 and finishes at Madison Park. www.fatsalmonswim.com/



August 6 - Next is the Aly Fell Memorial Open Water Invitational held at Lake Padden in Bellingham, WA. Four distances will be offered over a 2.5k course - 10k, 5k, 2.5k, and .5 mile.



September 17 - The series finishes with the Last Gasp of Summer. This race takes place at Angle Lake in Seatac, Washington and includes 1- and 2-mile races on a rectangular course. One-milers swim one lap, two-milers swim two laps. www.lastgaspopfsummer.com/

Enter more than one event and compete for The Open Water Series High Point Awards!

We will be tracking finishes again this year for the Open Water High Point awards. The 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 PNA-sanctioned events. The more events swum, the more points accumulated. Points will be awarded to the top 10 PNA registered finishers in each event. 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. See the PNA website for rules.

Win a *blueseventy* Reaction Wet Suit

Each race entry will earn you one ticket into the drawing for a *blueseventy* Reaction Wetsuit (either full or sleeveless at the winner's preference).



Whidbey Adventure Swim
1.2 & 2.4 mile open-water swims
Saturday June 11th, 10 AM
Sanctioned by PNA for USMS, Inc. 366-W001
Hosted by SWIM: South Whidbey Island Masters

Location: Seawall Park, Langley, Whidbey Island, WA.

Schedule:

8:00-9:30am: Pre-race check-in; 9:30am MANDATORY meeting for all swimmers; 10:00am estimated start time for both swim groups.

Course: 1.2 mile rectangular course beginning and ending at Seawall Park, with 2.4 mile swimmers doing two laps. See website for map and details.

Safety: Lifeguards, motor boats, paddleboards, and kayaks located along course perimeter.

Wetsuits are required. Water temperatures will be 55–60 deg. Swimmers must wear swim caps provided, and attend pre-race meeting.

Start your open-water race season with us!

Saturday June 11, 10 AM

- 1.2 and 2.4 mile distances
- Post-race brunch and raffle
- Never-last guaranteed!

More info at:
whidbeyadventureswim.org



Entry fee: \$45 by June 9; \$55 late or day-of.

Online Registration: Open March 1st; late reg after June 9. Click the "Register" link on our website: <http://www.whidbeyadventureswim.org>.

Eligibility: 18 years of age or older on race day; USMS or other national swim registration for current year, or \$22 One-Event USMS registration fee.

Rules: Current USMS rules will govern the event. Wetsuits are required. Swimmers must wear swim caps and hand markings given at registration.

Results: Posted at the race after completion of final event, and available on the website the following day.

Directions, ferry info, and pre- and post-race activities available on our site: <http://www.whidbeyadventureswim.org>.



Registration opens March 1st!



Swim Defiance
3K and 5K Open Water Swims
Sunday, June 26, 2016
Sanctioned by PNA for USMS Inc. TBD
Hosted by: Blue Wave Aquatics

LOCATION: Owen Beach, Point Defiance Park, Commencement Bay, Tacoma, WA

EVENTS: 3K swim OR 5K swim

COURSE: Re-enacts the 1926 Dalco Passage crossing. Out and back 5K triangular course swim OR one-way 3K linear course. Water temp is est. at 56-60 °F. Water jugs provided for rinsing at finish. Metro Parks restrooms at start/finish area.

TIMELINE: 7:15 AM: Check-In

8:15 AM: **Mandatory Competitor Safety Meeting**

8:50AM: 5K swim starts

9:40AM: 3K swim starts after ferry ride to Vashon Island

RACE DIRECTOR: Zena Courtney, cell 206-651-0823, hm 253-927-3695, zenacourtney@hotmail.com

ELIGIBILITY: Open to all 2016 registered Masters swimmers (USMS or MSC) 18 and older as of Jun 26, 2016. Competitors not registered may sign up for a \$22 One-Event USMS registration. Non-PNA USMS registered swimmers must submit a copy of their 2016 registration card to the race registrar.

RULES: Current USMS rules will govern this event. Neoprene wetsuits and race provided caps are required, unless swimmer has pre-approval, email race director for exemption form. Time limits are enforced as follows: 3K – 2 hour limit, 5K – 2:50 limit.

SAFETY: Lifeguards and safety boats will monitor the entire course. Body marking required on hands. **Competitors must wear a high visibility buoy**, the color-coded race cap; 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. A random drawing of customized prizes for participants and volunteers will be held while waiting for the last person to finish. Custom event awards for male and female in each event. 1st-3rd place vintage medals will be presented to men and women in age groups 18-24, 25-29 . . . 80+. Scrumptious post race refreshments will be available.

ENTRY FEES: Early Bird Discount: March 1-April 1, 2016.

\$72 3K/ short course swim w/ferry

\$83 5K/ long course swim

Add \$15 for day of race entries. NO sales tax in 2016!

ENTRY DEADLINE: Race registration closes at 11:59 pm Pacific on Thursday, 6/23/15.

ONLINE ENTRIES ONLY:

https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=7409.

RESULTS: Preliminary results available on race day and final results posted at <http://www.swimdefiance.com> the next day.

DIRECTIONS: **FROM SEATTLE:** Take I-5 SOUTH to Tacoma. Take exit 132B for WA-16 west toward Bremerton. Stay on WA-16 for approximately 3 miles to Exit 3 for 6th Ave toward WA-163 N/Ruston. Turn left onto 6th Ave. Take the 1st right onto N Pearl St. Go 3.2 miles on N Pearl Street to stop sign at Pt. Defiance Park entrance. Continue straight through intersection onto N Waterfront Dr. As it curves past Pagoda, stay in right lane and follow directions to the Zoo. Pass the Zoo turn off and the road becomes Five Mile Rd. Continue straight past

Rhododendron Gardens. Turn right onto Owens Beach Rd. and follow down windy hill. Destination is at bottom. Park in the lot.

FROM OLYMPIA: Take I-5 NORTH to Tacoma (about 26 miles). Take exit 132 for S 38th St. Keep left at the fork, follow signs for Washington 16W (WA-16)/Gig Harbor/Bremerton for 1.0 mi. Keep left to continue on WA-16 west for about 3.0 mi to Exit 3/6th Ave toward WA-163 N/Ruston. Continue using directions from Seattle (**red text**).

LODGING:

Silver Cloud Inn, Tacoma Waterfront, 2317 Ruston Way, Tacoma, WA; (253) 272-1300; www.silvercloudinn.com, 5mi.

Hotel Murano, 1320 Broadway, Tacoma, WA; (253) 238-8000; www.hotelmurano.com, 7mi.

Best Western Plus, Tacoma Dome Hotel, 2611 East E Street, Tacoma, WA; (800) 780-7234; www.book.bestwestern.com; 8mi.

Courtyard Tacoma Downtown, 1516 Commerce St, Tacoma WA; 253-591-9100; www.marriott.com/hotels/travel/seatd-courtyard-tacoma-downtown; 7mi.

Holiday Inn Express and Suites, 2102 S C St, Tacoma, WA; 253-272-2434; www.hiexpress.com/hotels/us/en/reservation; 8 mi

ADDITIONAL INFORMATION: The 5K electronic chipped swim is on a triangular course that starts in the water at Owen Beach between two orange triangular buoys, proceeds north toward Vashon Island, makes two right hand turns around the outside of two tall yellow cylindrical buoys at 1.5 miles, and then heads south back to Owen Beach. The 3K swimmers will carpool from the finish area to walk on the 9:15 AM Tahlequah (a state ferry), and enjoy a 15 minute ride to Vashon Island. Upon arrival, they enter water at the beach just west of the ferry terminal for the start at approximate 9:40 AM. All swimmers will finish with a run up the beach across a timing mat.

Swim Defiance, Tacoma, WA / Sunday, June 26, 2016

08:50AM Start Time/Owens Beach Long Course: 5K Swim (both ways)

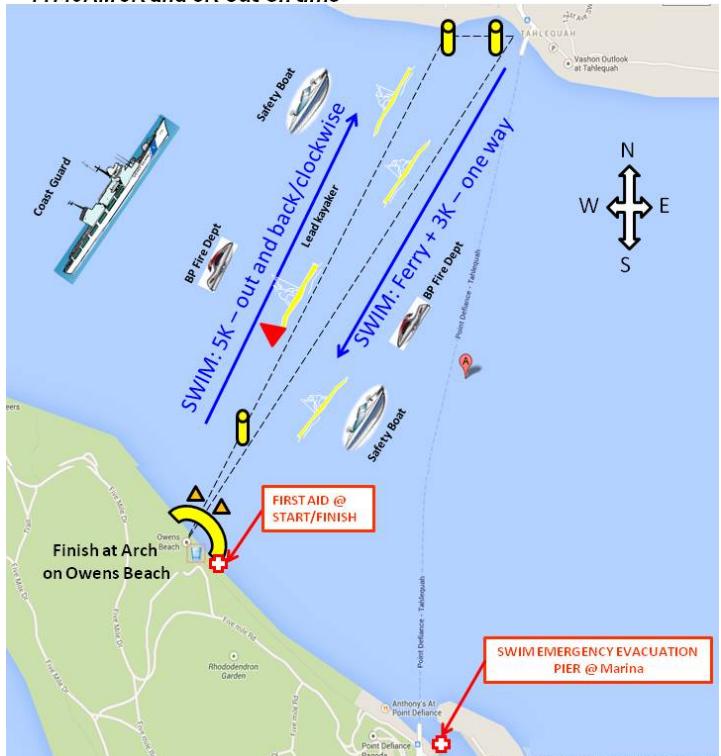
08:55AM Carpool/walk to Pt Defiance (walk-on) ferry

09:15AM Ferry leaves to Tahlequah, Vashon Island (15 min crossing)

09:34AM Peak Slack High Tide

09:40AM Start Time/Vashon Island Short Course: 3K Swim (one way)

11:40AM 3K and 5K Cut-off time

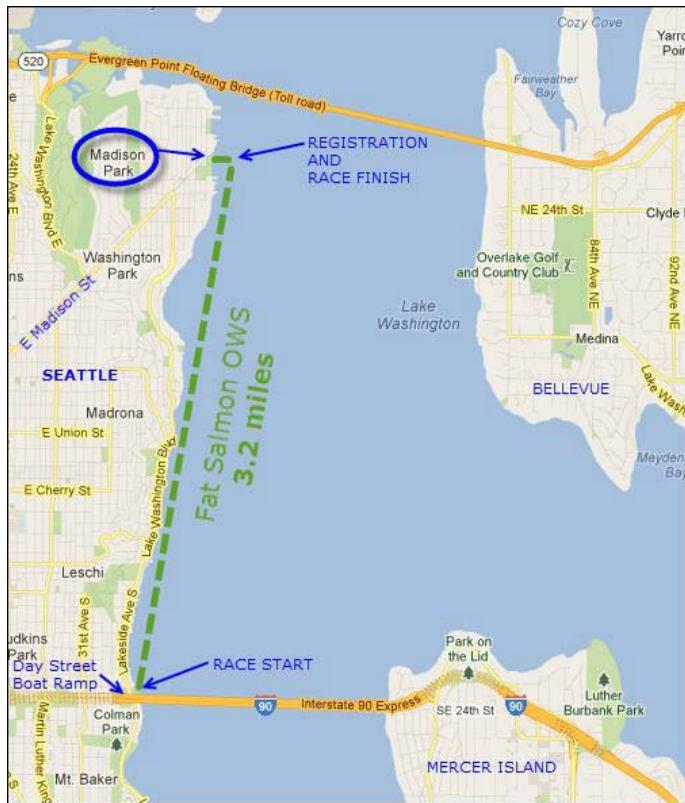




Fat Salmon Open Water Swim
SWIM DISTANCES: 3.2 miles
DAY AND DATE: Saturday July 16th 2016
SANCTIONED BY PNA for USMS Inc. #TBD
HOSTED BY: Orca Swim Team

LOCATION: Lake Washington from Day Street Park to Madison Park along the western shore of the lake.

COURSE: In water start immediately offshore from Day Street boat launch, finish across timing mats on shore at Madison Park; participants will need to ascend 4 stairs at the completion of this race. Water temperatures are typically in the high 60s or low 70s during the summer but can vary significantly; be prepared for a cold swim. Course will follow the western shore of the lake in a straight line marked with buoys approximately every $\frac{1}{2}$ mile.



TIME:

- 6:15 AM Swimmer Check in opens**
- 7:15 AM Swimmer Check in closes**
- 7:30 AM Mandatory swimmer Safety Briefing**
- 7:45 AM Swimmers depart for Day Street via carpools**
- 8:15 AM Race start; swimmers will be sent off in 5 separate waves scheduled every 3 minutes.**

RACE DIRECTOR:

Meg Meinerz
919.672.8542
racedirector@fatsalmonswim.com

ELIGIBILITY: Open to all 2016 registered Masters swimmers (USMS or MSC) 18 and above as of **7/16/16**. Competitors not registered may sign up for a \$22 One-Event USMS registration. Non-PNA registered swimmers must provide proof of their Masters membership card at check-in.

RULES: Current USMS rules will govern this event. Wetsuits and full-body swimsuits are allowed in the wetsuit division. No additional devices to help speed, pace, buoyancy, or endurance are allowed (such as webbed gloves, fins, snorkels, etc.).

Swimmers will have 2 hours to complete this event; any swimmer more than 250 yards from shore at 1:40 minutes will be pulled from the course.

SAFETY: Lifeguards and safety boats will monitor the entire course. All participants MUST attend the safety meeting. Kayaks will assist with escorting swimmers along course and provide assistance in event of an emergency.

AWARDS: All participants to receive a T-shirt as participation award; age group awards will be provided with ribbons and top finishers from each gender and age division will be provided. Top finishers will be awarded a full salmon with 2nd and 3rd place receiving salmon-associated prizes.

ENTRY FEES:

- \$65 early – May 1st to May 31st
- \$75 on time - June 1st to June 30th
- \$85 late – July 1st to July 12th

ENTRY DEADLINE: Online entry only! It opens May 1st at 12:00 (midnight) PST; closes on July 10th at 11:59PST.

ONLINE ENTRY: Link TBD

PAPER ENTRIES: Not accepted

RESULTS: Posted in person at race site; will be electronically posted to www.fatsalmonswim.com/results as they are collated.

DIRECTIONS: Checkin + safety meeting at Madison Park Beach (43rd and Madison; from i5 exit at Madison ave and continue east until it terminates at 43rd). Beware parking is limited in this area due to residential congestion; we recommend carpooling when possible. Swim start is accessible via carpool, located at Day Street Park (1400 Lakeside Ave) and can be found from the start by following Lake Washington Blvd south to the I90 bridge; the park is located immediately underneath this bridge. Parking will be limited in this area as well, please carpool when possible.

ADDITIONAL INFORMATION: Please stay after the event and support the great Madison Park businesses that help sponsor this event! Sponsoring organizations can be found on our website at <http://www.fatsalmonswim.com>

LINKS: <http://www.fatsalmonswim.com>

PNA Calendar

POOL EVENTS:

- 8/17 to 8/21 – [USMS LCM National Championships](#), Mt Hood CC, Gresham, OR
10/8 – [BAMFest 16](#), Bainbridge Island, WA
11/12 to 11/13 – NW Zone SCM Championship, Coeur D'Alene, ID
11/19 to 11/20 SCM Meet (PSM host), Federal Way, WA

USMS FITNESS EVENTS (all year)

- USMS [Go the Distance](#)
USMS [Check-Off Challenge](#)

PNA SANCTIONED OPEN WATER

- 6/11 – [Whidbey Island Adventure Swim](#), Seawall Park, Langley, WA
6/26 – [Swim Defiance](#), Tacoma, WA
7/16 – [Fat Salmon](#), Seattle, WA
7/30 – NW Zone OW Championship, Elk Lake, OR (near Bend, OR)
8/6 – [Aly Fell Memorial OW Invite](#), Lake Padden, Bellingham, WA
9/17 – [Last Gasp of Summer](#), Angle Lake Park, Seatac, WA

NON-PNA SANCTIONED OPEN WATER

- 5/21 – [Swimtastic: All Things Open Water Dryland Clinic](#), Seattle, WA
6/10 – [Friday Night Swim Races #1](#), Lake Meridian Park, Seattle, WA
6/15 – [Wednesday Evening Stress Relief Open Water Swim](#), Lake Washington, Seattle, WA
6/22 – [Wednesday Evening Stress Relief Open Water Swim](#), Lake Washington, Seattle, WA
6/26 – [Green Lake OW Swim](#), Green Lake Park, Seattle, WA
7/4 – [Martha Lake OW Swim](#), Martha Lake, Lynnwood, WA
7/9 – [Tubby Trout Open Water 5K](#), Lake Washington, Seattle, WA
7/15 – [Friday Night Swim Races #2](#), Lake Meridian Park, Seattle, WA
7/17 – [Island Adventure Open Water Swim](#), Lake Washington, Seattle, WA
8/20 – [33rd Annual Emerald City OW Swim](#), Andrews Bay, Seward Park, Lake Washington, Seattle, WA
8/21 – [Park to Park Swim](#), Matthews Beach, Seattle, WA
8/27 – [YMCA Wildcat Lake OW Swim](#), Wildcat Lake Park, Bremerton, WA
9/10 – [Swim Across America](#), Luther Burbank Park, Mercer Island, WA
9/18 – [Saltwater Open Water Swim Series NW](#), outside Seattle WA
9/25 – [Mercer Island Open Water 6K](#), Mercer Island, WA
10/2 – [Aqua Fresca Open Water Challenge](#), Lake Washington, Seattle, WA
10/15 – [Awesome Alki Open Water Ocean Swim](#), Seattle WA

[Search USMS Calendar of Events](#)

PNA Board meetings

- 5/24 - Conference Call, 6:30-8:30pm
7/12 - Zena Courtney's house, Tacoma, 6:30-8:30pm

CONTACT US

PNA Voting Board Members

- President - Mike Grimm
Vice President - Zena Courtney
Secretary - Sally Dillon
Treasurer - Arni Litt
Past President - Lisa Dahl
At-Large Director - Kathy Casey
Bylaws - Jane Moore
Meets - Linda Chapman
Membership - Stephanie Hiebert
Open Water - Jim Davidson
Appointed Director - Hugh Moore
Appointed Director - Steve Peterson
Club Director - Kim Boggs
Club Director - Sarah Welch
Club/Coach Coordinator - vacant

Coordinators/Standing Committees

- Awards - Kerry Ness
Coaches - Matthew Edde
Fitness - Sarah Welch
Newsletter - Lucianne Pugh
Officiating - Teri White
Postal - Sally Dillon
Records/Top Ten - Doug Jelen
Webmaster - Steve Peterson

Renew your USMS Membership!

[ONLINE](#) or [PAPER FORM](#)