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## President's Message

By Sally Dillon, PNA President

It is my sincere hope that our extended PNA "family" is weathering the COVID-19 crisis with strength and determination, and that you and your loved ones are doing your best to be safe and maintain good health. It appears that the only PNA members who are finding an opportunity to "get wet" are our brave and bold OW swimmers. Kudos to them (and the creators of "swimming" wetsuits) for finding a way to keep swimming! Likely the rest of us are hitting the sidewalks, streets, trails, yoga mats, and YouTube in order to keep somewhat fit and the pounds off.



I'm making it a point to put on "real pants" every day to make sure they still fit – even though I have nowhere to go! My husband and I live in a continuing care community (along with ~500 others). I'm happy to say that NO residents in our skilled/assisted/memory nursing facility have tested positive – nor have their caregivers. Three of our independent living residents tested positive, were isolated in their apartments, and are either recovered, or getting there. We have incredible management and employees here at Timber Ridge in Issaquah – they're keeping us safe!

In response to Governor Inslee's recent "phased approach to opening businesses and modifying social distancing" list, the PNA Summer LCM meet has been canceled. Efforts were made to see if we could reschedule for August, but a planned temporary closing of KCAC for maintenance made that impossible.

Due to the cancellation of our Spring Championships, the Coach of the Year and Dawn Musselman award presentations have been postponed. We will let you know when we have more information.



*PNA Board Member Steve Peterson modeled safe behavior with his "COUGHY FILTER" before a recent open water swim.*

# FINA Top 10

PNA Historian Walt Reid has compiled and posted lists of the PNA swimmers that made the FINA Masters World Top 10 [LCM](#) and [SCM](#) for 2019. (Check out Walt's comprehensive listings on the [Member Services / Top 10](#) page of the [PNA website!](#))

Congratulations to these PNA swimmers that made the FINA Masters Top10 for 2019!

## SCM individuals

Age	Place	Event	Name	Club	Time
W 25-29	8	50 Free	Joanna W Wu	BWAQ	26.88
W 25-29	5	50 Back	Joanna W Wu	BWAQ	30.02
W 35-39	10	400 Free	Allison L Cox	PSM	4:43.76
W 35-39	8	800 Free	Allison L Cox	PSM	9:52.77
W 45-49	10	400 IM	Lianna M Badran	PSM	5:41.36
W 50-54	5	50 Breast	Mary C Armstrong	PSM	36.31
W 60-64	10	50 Back	Zena H Courtney	BWAQ	37.34
W 60-64	7	100 Back	Zena H Courtney	BWAQ	1:20.91
W 60-64	6	200 Back	Zena H Courtney	BWAQ	2:54.36
W 65-69	1	100 Free	Charlotte M Davis	PSM	1:08.80
W 65-69	3	100 Breast	Charlotte M Davis	PSM	1:32.00
W 65-69	4	100 IM	Charlotte M Davis	PSM	1:22.83
W 65-69	2	200 IM	Charlotte M Davis	PSM	2:56.80
M 50-54	6	200 Free	Mats Nygren	PSM	2:03.90
M 50-54	4	400 Free	Mats Nygren	PSM	4:25.21
M 50-54	8	800 Free	Mats Nygren	PSM	9:23.02
M 55-59	8	400 IM	Daniel L Phillips	PSM	5:20.13
M 65-69	9	50 Free	Donald Graham	PSM	28.32
M 65-69	1	800 Free	Rick Colella	PSM	9:26.94
M 65-69	7	50 Back	Donald Graham	PSM	34.16
M 65-69	9	100 Back	Donald Graham	PSM	1:14.83
M 65-69	1	100 Breast	Rick Colella	PSM	1:11.82
M 65-69	1	50 Fly	Donald Graham	PSM	29.46
M 65-69	1	100 Fly	Rick Colella	PSM	1:05.84
M 65-69	6	100 Fly	Donald Graham	PSM	1:10.22
M 65-69	9	200 Fly	Donald Graham	PSM	3:04.05
M 65-69	1	100 IM	Rick Colella	PSM	1:06.41
M 70-74	9	800 Free	Michael McColly	PSM	11:58.05
M 70-74	6	1500 Free	Steven B Peterson	PSM	22:55.43
M 75-79	9	50 Free	Robert T Pilger	PSM	31.99

Congratulations!

(Continued on page 3)

# FINA Top 10 (cont)

(Continued from page 2)

## LCM individuals

Age	Place	Event	Name	Club	Time
W 65-69	6	50 Breast	Charlotte M Davis	PSM	43.50
W 65-69	3	100 Breast	Charlotte M Davis	PSM	1:35.28
W 65-69	2	200 Breast	Charlotte M Davis	PSM	3:24.61
M 50-54	10	100 Free	Mats Nygren	PSM	57.60
M 50-54	4	200 Free	Mats Nygren	PSM	2:07.36
M 50-54	7	400 Free	Mats Nygren	PSM	4:33.45
M 65-69	9	50 Free	Rick Colella	PSM	28.41
M 65-69	1	100 Free	Rick Colella	PSM	1:00.86
M 65-69	7	50 Back	Donald Graham	PSM	34.58
M 65-69	1	50 Breast	Rick Colella	PSM	33.66
M 65-69	1	100 Breast	Rick Colella	PSM	1:15.08
M 65-69	3	50 Fly	Rick Colella	PSM	30.15
M 65-69	6	50 Fly	Donald Graham	PSM	30.65
M 65-69	5	100 Fly	Donald Graham	PSM	1:14.03
M 75-79	5	50 Free	Robert T Pilger	PSM	31.61

Nice Job!

## SCM Relays

Age	Place	Event	Club	Time
M 240-279	1	200 Free	PSM	1:49.73 (Rick Colella, Carl Haynie, Brad V Hering, Daniel L Phillips)
M 280-319	7	200 Free	PSM	2:10.44 (Steven B Peterson, Robert T Pilger, William B Hayes, John B Baker)
M 280-319	6	200 Medley	PSM	2:31.92 (Stephen W Fogg, John B Baker, Steven B Peterson, William B Hayes)
Mx 280-319	4	200 Free	PSM	2:17.10 (Rick Colella, Steven B Peterson, Charlotte M Davis, Sarah Welch)

## LCM relays

Age	Place	Event	Club	Time
M 240-279	5	200 Free	PSM	1:56.02 (Daniel L Phillips, Rick Colella, Steven B Peterson, Mats Nygren)
M 240-279	8	200 Medley	PSM	2:09.71 (Mats Nygren, Rick Colella, Daniel L Phillips, Steven B Peterson)

For the complete Top-10 lists, click [here \(SCM\)](#) and [here \(LCM\)](#).



# Seeking old issues of *The WetSet!*

By Sally Dillon

*The WetSet* has been the LSMC's official newsletter since the early 1970s and it wasn't until 2008 that we started using an electronic version. PNA Historian Walt Reid is in the process of archiving copies of *The WetSet* on PNA's website, but sadly, PNA's former long-time Historian Tom Foley passed away about five years ago and the boxes of newsletters and scrapbooks look to be lost.

I am hoping some of our members have been "pack rats" and may have old newsletters stuffed in a box somewhere. If you are one of those members, please consider donating your old issues to PNA so we can scan and post them on the website. You would be doing PNA a huge service!

Please email [walt.reid@comcast.net](mailto:walt.reid@comcast.net) if you have issues to donate. Go to: <https://www.swimpna.org/PNA/wet-set/> to compare what you have to the issues that are missing.

Questions? Feel free to contact me at [salswmr@comcast.net](mailto:salswmr@comcast.net).

## PNA Members Named All-Americans

Congratulations to the PNA members listed below for being named 2019 USMS All-Americans.

To be recognized as attaining USMS All-American status, a swimmer must post the fastest time in an event/age group in at least one course of the three official courses (SCY, SCM, and LCM) as listed in the [USMS Top 10 Tabulation](#) or in one of the recognized [Long Distance Championships](#). For pool events, swimmers may achieve Individual All-American status for the fastest time in individual events or Relay All-American status for the fastest time in relay events.

### Pool

Joanna Wu	25-29	BWAQ
Erin McPeak	35-39	PSM
Mary Armstrong	50-54	PSM
Charlotte Davis	65-59	PSM
Stella Preissler	70-74	PSM
Mats Nygren	50-54	PSM
Carl Haynie	55-59	PSM
Daniel Phillips	55-59	PSM
Rick Colella	65-69	PSM
Donald Graham	65-69	PSM
Dan Kirkland	70-74	PSM
Dick Peterson	80-84	PSM

### Long Distance

Katy Smith	35-39	PSM (All-Star Team)
Chad Hagedorn	45-49	PSM
Scott Lautman	65-69	BWAQ



# The Bernardo's All-Stars Never Say.....Dry!

By Chad Hagedorn, Masters coach, Tacoma Center YMCA

That U.S. Masters swim team from Tacoma with the hot pink team swimsuits (part of YPKC) has been complying with the social distancing directive while rebelling against the fact that all pools are closed. Since early April, those who are game have been swimming up to an hour thrice weekly in the Salish Sea with water temperatures ranging from the mid-40s to mid-50s. What started with three swimmers has quickly evolved - there are well over a dozen swimmers in the rotation and the ranks are growing with every swim!



Chad Hagedorn and Steve Peterson



Tristan Fields suiting up and ready to go!

COVID-19 social distancing protocols are being observed along with additional open water safety measures (Counterclockwise loops! And stay out of the center!) for the folks braving the chilly water and curious seals. It's an incredibly passionate and supportive group. If you're in the area, feel free to join in!

Located on the water's edge at the south end of Ruston Way, Jack Hyde Park on Commencement Bay has a sandy beach and is nestled in a cove perfect for swimming laps. There is easy and free parking on the other side of the street less than 25 yards from the beach. More photos and swim details available at [www.swimbull.com](http://www.swimbull.com) / 253-332-5985.



April 17's Magnificent Seven approach the water.

## Welcome New Swimmers!

Bartlow, Joseph  
 Bone, Micaela  
 Brandzel, Susan  
 Crowley, Angela  
 Cziesla, Marcus  
 DeBree, Marielle  
 DiEnno, Laurie  
 Dunford, Patricia  
 Fenster, Colin

Garcia, Sheldon  
 Gebow, Gael  
 George, Dallas  
 Goldstick, Terry  
 Hunt, Stephanie  
 Inman, Jerry  
 Inwards, Simone  
 Katz, Michael  
 Kulinna, Lee

Lamb, Zachary  
 Larson, Karin  
 Lashley, Austin  
 Lau, Vincent  
 Martin, Lauren  
 Mays, James  
 O'Connell, Clare  
 Pickett, Jake  
 Porter, Katelyn

Rogers, Jimmie  
 Schoenbohm, Laurel  
 Semsey, Jennifer  
 Skains, Dorinda  
 Taylor, Jodie  
 Zaleski, Douglas

# Open Water Season Update

Just like everything else these days, the schedule for the PNA Open Water Season is up in the air. Here is the latest information available from organizers of this summer's events. Please monitor the websites for the different events to get the most up-to-date information. In the meantime, stay safe and hope for the best.

## *Swim Defiance*

Due to the unsure time frame of the COVID-19 virus shutdown, Swim Defiance has been canceled for 2020. We will focus our efforts on Last Gasp of Summer and be back in full swing next year with both races!

For up-to-date info, follow Swim Defiance on Facebook or check the website at <http://www.swimdefiance.com/>.

## *Whidbey Adventure Swim*

Due to COVID-19 restrictions and the governor's decision not to allow group gatherings >50 until July 12, we have made the tough decision to cancel this year's race. We feel this is the best and safest decision for us all.

If you preregistered for the race, you will be receiving an email from us regarding your registration fees.

<https://swpaf.org/whidbeyadventureswim/>

## *Fat Salmon*

The 2020 Fat Salmon Open Water Swim was scheduled for Saturday, July 11th, but has been canceled due to Governor Inslee's four-phase plan of easing lockdown restrictions.

This was scheduled to be the 21st year of this 3.2-mile Lake Washington shoreline swim from I-90 to Madison Park Beach in Seattle.

For the most up-to-date information, please visit [www.fatsalmonswim.com](http://www.fatsalmonswim.com).

## *Aly Fell Memorial Open Water Swim*

Still on schedule for August 29th. Keep watching <http://www.alyfellmemorialopenwaterswim.com/> for up-to-date information.

## Support Your Coaches!

We all have a lot going on in this unusual and stressful time and many may be out of work. But we must not forget our coaches!

The closure has had a direct financial impact on our coaches. Many are paid by the workout and those workouts have been suspended. Some may have sick leave and paid time off, but these do not cover income for extended time. Check with your team to see what they are doing for your coach!

For instance, one group (the Green Lake Aqua Ducks) allowed monthly and quarterly dues payers who were

due a refund for time closed to donate that refund back to help pay their coach. Many also sent extra donations, so GLAD will be able to keep their coach paid for several months.

We all know that not everyone can support their coach and may need help themselves. If you're in a tough place financially when the pools reopen, check with your team to see if there is help available, such as free or reduced fees.

Just don't stay home. When we can all swim again, GET OUT THERE AND SWIM!

# Adult Learn-to-Swim Success Story!

By Chad Hagedorn, Masters coach, Tacoma Center YMCA

I have a special story. An eager (but fearful) woman named Casandra came to us to learn how to swim. And she did. And consistently shows up to practices. She even did Hell Week with us and lived her dreams!

“My dream has been to learn how to swim,” noted new swimmer Casandra Batdorf.



“I took lessons as a child but feared drowning, so I never progressed. I told myself that once I learned, I wanted to go swim with the dolphins.



Casandra Batdorf

“Well this dream finally came true on February 7, 2020 during a trip to Florida. I got the opportunity to interact, kiss, hug, and shake the dolphin’s fins/hand. It was such a wonderful experience that I will never, ever forget. Thank you, [Coaches] Chad and Katy [Smith] for helping me make my dream a reality. You are both great instructors and your swimming classes are top notch. I’ve learned so much. Thank you!”

## Board Member Spotlight - Walt Reid



Name: Walt Reid  
Birth year: 1940

Current PNA position: Historian (formerly long-time PNA Top-10 and Records Chair)

Significant other: Kathy Casey, married 30 years and met her swimming; she was my Masters Coach at Ft. Steilacoom Masters.

# years a member of USMS: 42 years! Joined Masters Swimming for the exercise. Swam in high school and a little in college, so was interested in the competition.

# years a member of PNA: 42 years  
Born and lived in the Northwest all my life.

Competition: I was an active competitor, but I have rarely competed in recent years. I no longer swim because I

have developed an allergy to the chlorine (skin rash). My first year in Masters I was in the 35-39-year age group. I do want to do at least one meet in my new age group (80-84). I last competed in South Korea at the FINA World Championships. Since 1992, I have been the official FINA Masters Recorder. I was required to be present at the meet, so I entered a few events.

What do you do for fun that doesn’t involve the pool or OW? I have had a cabin near Mt. Rainier for the last 40 years. Keeping it maintained does occupy some of my time. Also, Kathy has inherited her “family” wheat farm in Palouse, Washington. We spend a lot of time keeping it maintained.

Why do you volunteer for PNA? I wanted to serve as the Historian. Most of my years with PNA were spent preparing meet results, records and Top 10. It was before the internet so I had a lot of old data in paper form. As Historian, I now have the opportunity to make sure this data is saved and available to all members.

# Swimmer Spotlight

Karlyn Pipes - A Champion for Our Time  
 With Tom Walker of TWIM

Yes indeed, *The Spotlight* is still shining, because it is the Light of the Spirit that unites us as Masters Swimmers, not only here in the PNA, but everywhere. It is a spirit that cannot be overcome and a Light that cannot be dimmed.

We stand in solidarity with all swimmers throughout the world today, who like us, must stand apart from that which we love the most.

And yet, this is an opportunity for all of us to step back and reflect, not just about swimming, but also about many of the things that are important to us in our daily lives. I think this hiatus will help us all see, through refreshed eyes, how much swimming really means to us. I think it will help us rejoice ever more gladly when once again we can reenter that watery Heaven we so passionately crave and cry Hallelujah at the top of our lungs!!!!

I first met Karlyn Pipes a few years back at a meet up north hosted by Coach Cal, and after we had exchanged a few customary pleasantries, she immediately launched into an in-water analysis of my stroke.

I found out later that this is the way she rolls.....

I still vividly remember my feeling of astonishment when I felt an immediate change in my strokes, for the better! I realized right then and there that this lady knows what she's talking about! That began a delightful friendship that has allowed me to get to know this truly remarkable individual.

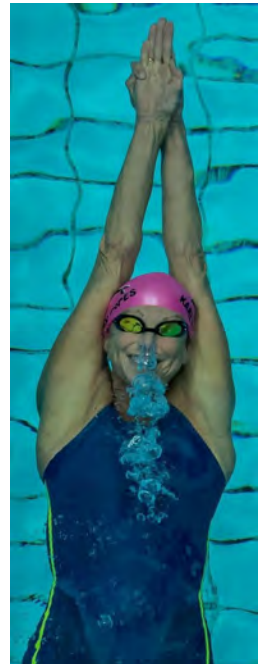
Is she an incredibly gifted swimmer? Is she an aquatic legend? The answer, of course, is yes to both, but there is something about her that goes beyond those things and informs them. And that is an unquenchable courage and determination.

After a titanic battle with alcoholism, which nearly destroyed her life, she responded in the end by taking ownership and moving that ownership out to the world around her, changing lives with her positive energy. She has taken this magnetic belief in herself and established a brand that today takes her around the world, teaching thousands of swimmers who have flocked to her clinics.

So, this interview is a very timely one, because it reminds us of the irrepressible power that lives within all of us.

TW: Karlyn, you've been a Masters swimmer for a long time. What enticed you to swim masters?

KP: In 1973, my mom Adrienne Pipes went to a Masters swim meet at Palomar College. I sat behind the



*(Continued on page 9)*



## Swimmer Spotlight (cont)

(Continued from page 8)

blocks and volunteered as a timer, completely amazed that these “old” people could swim, let alone get up on the blocks and dive in! It was life changing. But to be honest, the real hook was watching as the participants won gold, silver, and bronze medals for their efforts. I thought to myself “Wow, Karlyn, if you swim Masters, you can earn medals for the rest of your life.” I was in!



TW: Amen! Since 1993, it looks you have been going “full force”, breaking over 233 FINA Masters world records and setting over 400 USMS national records along the way. You broke your first FINA Masters WR in 1987 in the LC 400 IM. Then, your life took a sharp nosedive, resulting in hospitalization due to acute alcoholism. When you resurfaced out of detox in 1993, did you have ANY idea this is would happen?

KP: Not a clue. When I was released from rehab, my main focus was simply to improve my health. I had literally drunk for over 4000 days straight, so my body needed a lot of healing. The mental healing came from attending Alcoholics Anonymous meetings. The physical healing came from getting back in the water. I was grateful that the water accepted me back, no questions asked. It didn't yell at me or remind me of what a screw-up I had become. The water just said, “Come in Karlyn, I promise I'll make you feel better.” And it did! However, I was so sick I could barely swim 300 meters. But every day I would add 100 or 200 meters more, and soon I was well enough to join Coronado Masters.

I remember stepping up on the blocks at my first meet. I felt heavy. I was carrying the weight of the lost opportunities and wasted potential of my youth. I realized that if I wanted to swim and enjoy it, I would need to jettison those negative thoughts. I dived in, swam my heart out, and hit the wall with the biggest smile on my face. I didn't realize how much I had missed that “finish-line” feeling. I was grateful I had been given the gift of a do-over. Months went by, I didn't drink, and I was having fun and swimming fast. It wasn't long before I was breaking records. It gave me a wonderful high. I was riding this wave and enjoying every minute of it. The people, the racing, training - everything! When you think about, we are extremely blessed to have Masters swimming (AKA adult swim team). Not only are we offered the “Fountain of Youth,” we are given a stage on which to “perform.” Otherwise we would just be a bunch of lap swimmers!

TW: So, what is the secret to your longevity in the sport?

KP: I think the key to making swimming a lifetime sport is adaptability and not taking yourself too seriously. I learned that the hard way. For many years, I enjoyed swimming in its purest form. I loved the water and it loved me back. We had a great relationship. Then it started becoming more about the records. I was training hard and racing so often that I didn't really notice when my relationship with the water had changed.

I now *demand* something from the water.

It wasn't until many years later, while I was working the 12-steps of AA, that I realized that my racing and performing was just an attempt to cover up my insecurities about growing up in an alcoholic home and then becoming one myself.

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## Swimmer Spotlight (cont)

(Continued from page 9)

If I swam fast, I wasn't a screw-up after all, right?

Once I realized that my self-worth was not based on my performance, I felt a huge weight lift off my shoulders. I didn't need to prove myself all the time. I could just be me, and that was enough. Once I took the pressure off, I fell back in love with the water. We've been "together" ever since, and I don't see us breaking up any time soon.

TW: It's clearly a case of True Love! In a way, you sort of "stepped off the blocks" in your attitude towards racing and record breaking. What did you do to reinvent yourself?

KP: I decided to pursue activities that gave *back* to the sport of swimming instead of taking from it. I began writing a column for *Swimming World magazine* called the Pool's Edge, which offered advice on technique, training and motivation. I filmed two instructional DVDs with Go Swim. I began to give inspirational talks to swim teams and businesses. In 2015, I co-wrote my memoir with Tito Morales entitled *The Do-Over, My Journey from the Depths of Addiction to World Champion Swimmer* ([available on Amazon](#)).

Along the way I discovered that my real love is teaching! I love helping others reach their goals. When I am teaching, I feel like I am On Purpose.

TW: Yes. Your "Faster Freestyle" technique is very different than the traditional freestyle many of us have learned. Share with us how it evolved.

KP: I agree, the techniques I teach are very different from what many swimmers and coaches have been taught over the years. I used to swim like that, too! However, I have had two very significant influences that have altered the course of both my swimming and teaching career.

First, I read an article in 2000 published by *Swimming World Magazine* entitled "The New Australian Crawl" by the late Ron Johnson (which is still available online if you google it). I went to the pool that day and changed my stroke. I went from the traditional "S" pull with a long stroke "finish," to a "high-elbow catch", with shorter pull and longer reach. Immediately my times dropped in both freestyle and butterfly.

Second, in 2006 I installed an Endless Pool at my home in Kona, Hawaii. While I love training in my Endless Pool, the real benefit has been the freedom to experiment with a variety of techniques to see what combination makes me swim faster and more efficiently. How can I prove it? Well, unless I change the speed of the current, my "new stroke" makes me bump into the front of the pool because I'm swimming faster. Conversely, I can also figure out what techniques can cause me to be less efficient and slower because I get pushed to the back of the pool. It's science! What I learn in the Endless Pool is what I teach to my students. SWIM TIP...the LESS you do, the FASTER you swim.

TW: I like the sound of that! So, what do you think has been your greatest achievement over the past five years?

KP: For over 15 years I have had a dream of offering Aloha Swim Camps. I actually moved from San Diego to Kona because of the beautiful year-round open water swimming. The water is warm, crystal-clear and we have

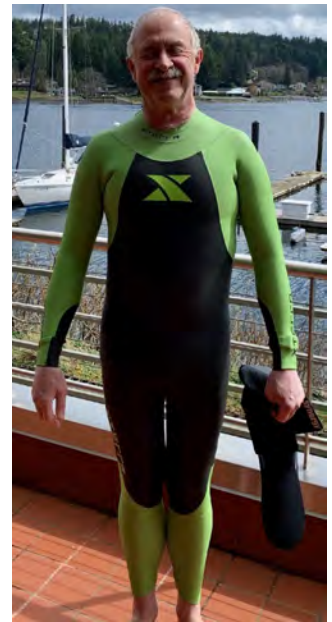
(Continued on page 11)



# Gig Harbor Swimmer Completes 100 in 100

Congratulations to YPKC team member Dave Condon for getting to the 100-mile mark in 100 days in spite of all the pools closing down! Dave has been swimming recently in the Gig Harbor harbor. Here's a recent message and photo:

"After yesterday I am at 99.65 miles. Will finish today [April 20], a little chafed after yesterday. I had the company of a seal swimming next to me for the whole swim. When I finished, he/she hopped onto the float next to my boat and looked longingly up towards my condo while I grilled dinner."



## Swimmer Spotlight (cont)

(Continued from page 10)

an abundance of tropical fish, turtles, dolphins, and even whales in the winter months. Well, that dream finally became a reality this year when I hosted two camps in January and February. We had an amazing experience and my campers all agreed: the camp was much more than just swimming. It was life changing. I hope to offer more Aloha Swim Camps later this year and for sure in 2021.

TW: The world is going through some very challenging times right now with the COVID-19 pandemic. Do you have any advice for our readers?

KP: In the past three years I have had two surgeries that kept me out of the water for months at a time. I feared I was going to go crazy. Sadly, my fear was coming from the fact that I had a considerable "investment" in my swimming fitness, and I didn't want to lose it.

I struggled after the surgeries with some "stinking thinking" and found myself getting depressed. Besides not being able to swim, I also wasn't allowed to create any ear pressure, so that meant no yoga, no weights, and nothing that would put my head below my waist. More depression!

I found that I was focusing (read: obsessing) on what I *couldn't* do, instead of focusing on what I *could* do. I could WALK! So, I became a walker: sometimes once a day for a mile or two, sometimes twice. Once I became a walker, I started noticing how much beauty there is right outside my door. I discovered that there are seven types of fruit growing on my street. I met my neighbors and petted cats and dogs. I walked in the sunshine, I walked in the rain. I walked morning, noon, and night and each time I saw my street and neighborhood in a different light. It ended up being a wonderful experience that I never would've had if I was swimming.

When I was allowed to go back in the water, it sure felt great, but it also felt weird: familiar but different. Maybe I was different. I realized that maybe my brain and body NEEDED that break out of the water. I also realized that the better I am at reframing ANY situation, the happier I am.

# Board Meeting Summary

March 8 conference call:

- Checking account balance (as of Feb 2020): \$13,530
- Savings account balance (as of Feb 2020): \$57,298
- Membership: 1348 (665 female, 683 male)
- WWU Viking Invitational was successful. The WWU group did a great job pulling everything together. Special kudos to Meet Director Marysia Smith who did everything well!
- Last Gasp of Summer organizers have decided to run their open water event on August 29, which is the sanctioned date for the Aly Fell Memorial Swim. Last Gasp of Summer will not apply for a sanction.
- After discussing estimated income and expenses of the event, the Board decided to proceed with a bid to host the 2022 National Masters LC Championships, even though the event may incur a financial loss.
- Upcoming meet dates:
  - PNA LCM - July 19 (tentative)
  - TACM - September 29 (tentative)
  - BAMFest - October 10
  - SAM Masters Meet - November 8
  - PSM SCM - November 22

## PNA Voting Board Members

President - Sally Dillon  
 Vice President - Linda Chapman  
 Secretary - Jay Pearson  
 Treasurer - Arni Litt  
 At-Large Director - Kathy Casey  
 At-Large Director - Todd Doherty  
 Bylaws - Hugh Moore  
 Meets - Linda Chapman  
 Membership - Stephanie Hiebert

Open Water - Jim Davidson  
 Appointed Director - Bob DeWard  
 Appointed Director - Maddie Sibilia  
 Club Director - Kim Boggs  
 Club Director - Doug Jelen  
 Club/Coach Coordinator - Steve Peterson

## Coordinators/Standing Committees

Awards - Kerry Ness  
 Coaches – Kathleen Brooks  
 Fitness/Clinics – Wade Praeger  
 Newsletter - Lucianne Pugh  
 Officiating - David Baer  
 Postal - Sally Dillon  
 Records/Top Ten - Doug Jelen  
 Social Media - Isaac Contreras Sandoval  
 Webmaster - Steve Peterson

## USMS 1-Hour ePostal Swim

A small contingent of PSM swimmers competed in the U.S. Masters Swimming 1-Hour ePostal National Championship. Top Ten finishes were achieved by 5 of the 6 swimmers.

Michelle McRae	(45)	4360 yds	8th place
Renee Quistorf	(56)	3955 yds	27th place
Andrea Hunt	(72)	3525 yds	4th place
Johnny Van Velthuyzen	(41)	4740 yds	6th place
Lars Durban	(63)	4685 yds	3rd place
James Bowditch	(83)	2424 yds	7th place

The 35+ mixed relay team of Durban, McRae, Quistorf, and Van Velthuyzen took 3rd place with total of 17,740 yards.

