

PACIFIC NORTHWEST  
ASSOCIATION OF  
MASTERS SWIMMERS

U.S. MASTERS  
SWIMMING IN  
WESTERN  
WASHINGTON

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# The WetSet

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## President's Message

By Sally Dillon, PNA President

I'm encouraged to hear that more of our clubs and workout groups (wogs) are back in the water, in spite of local limitations. At the same time, it is sad to know that some pools are either not open, or not allowing organized Masters practices. Kudos to all - I know everyone is doing their best to keep members safe. That's extremely important!

A reminder - PNA and USMS can offer financial assistance to groups that qualify. Applications for both of these programs should be sent to PNA Treasurer, Arni Litt, at [pnTreasurer@usms.org](mailto:pnTreasurer@usms.org).

USMS COVID-19 Relief Matching-Grant program: Apply to PNA by November 15 using [this form](#). PNA's share of the grant is \$10/member (using your 2019 end-of-year numbers) and USMS will provide \$5 or \$8/member. The amount depends on whether the club or workout group has Gold status and is based on 5/31/20 member numbers.

PNA Club and workout group registration reimbursement program: 2021 club and workout group registration opened on October 1. The club and workout group reps should have received a reminder. PNA will reimburse the entire \$60 for clubs or workout groups (with 8 or more members), who register with USMS by December 31, 2020. Register first, then submit your receipt and [this form](#).

Also, PNA is in need of a new Social Media Coordinator. Isaac Contreras has maintained our Facebook and Twitter accounts for the last few years and his contributions have been greatly appreciated, but he is no longer available to continue in the position. Please contact me at [salswmr@comcast.net](mailto:salswmr@comcast.net) if you are interested in taking on this volunteer position.

Finally, 2021 Individual USMS registrations begin on Sunday, November 1. You've probably received a reminder from the National Office by now and there will be more to come. While I can't foresee when PNA will be again be able to offer sanctioned pool and open water events, I encourage you to be an optimist like me and register with PNA through your club or workout group. As always, the Wiggin Fund is available for those who need financial help with their dues. ([Click here](#) for more information.)

### PNA

9/15 to 11/15—U.S. Masters Swimming 3000/6000-yard ePostal National Championships

### Calendar

1/1 to 2/28—U.S. Masters Swimming 1-hour ePostal National Championships

# USMS Convention

Convention (Annual Meeting) 2020 – *The Zoom Where It Happened, or Welcome to Zoom, Sched, and Slack!*  
by Steve Peterson

Every fall for most of the last twenty years or so I have packed my (swim)suit and bag and flown off to four days of capture, camaraderie, and – usually – controversy, holed up in convention complexes in warm-climate cities to do the business of U.S. Masters Swimming. This year, because of pandemic restrictions, it was a stay-at-home affair conducted via Zoom. This year, I could collaborate with my fellow PNA delegates (Arni Litt, Hugh and Jane Moore, Jim Davidson, Kathy Casey, Linda Chapman, Maddie Sibilia, Sally Dillon, Sarah Welch, Teri White, and Walt Reid) only online. And no rubbing shoulders with delegates from the other disciplines (USA Swimming, USA Diving, USA Synchronized Swimming, USA Water Polo), no early morning workouts, no Hospitality Suite, no Banquet, no **Masters skit...**

As members of the Legislation Committee hashing out 22 proposals to bring to the convention, Jane Moore and I had quickly adapted to Zoom over its eight meetings between March and July. Fortunately, most of those and the Convention meetings as well were kept to an hour each. Mostly.

The USMS National Office did a remarkable job **preparing guides** (“*Using Zoom*,” 20 pages!), materials, and scheduling tools to provide an essentially glitch-free total of 41 (if I counted correctly) Zoom meetings on 20 days between August 5 and September 27. Not all 285 delegates attended all meetings, of course, as some days had three and four opposing sessions to accommodate respective meetings of the 15 standing committees for members and interested parties. But the Finance, Legislation, Rules, and Long Distance forums, where **each committee’s proposals were presented and discussed during one, two, or three sessions each, saw attendances well above 200.**

Designated moderators and speakers led these larger meetings so only their cameras were active; the audio-only **rest of us could “raise our hand” to ask questions or comment. Voting on proposals and for Zone At Large Directors went equally smoothly, with polls presented on screen and results displayed immediately. (For our Northwest Zone Director, Inland Northwest LMSC’s Paige Buehler was elected over PNA’s Maddie Sibilia.)**

The final three meetings, full House of Delegates sessions on the concluding Friday evening and Saturday and **Sunday mornings, were the longest. Friday’s 2-hour and Saturday’s 4-hour ended per schedule, but on Sunday I was Zooming from 9 am until the Seahawks post-game show (5:30 pm!). I think it was delegates’ unexpected challenges to some of those Legislation proposals (who knew?) that added four hours beyond schedule and cut short USMS President Peter Gaudagni’s closing presentation.**

Of a dozen proposed Rules changes, all but two were adopted. One was withdrawn and the other to change relay age groups for yards meets (by age group) to be the same as for meters meets (sum of the ages) was rejected. The

*(Continued on page 3)*



*Resources for delegates included a “Zoom Survival Guide.”*

## USMS convention (cont)

(Continued from page 2)

rest were generally minor, clarifying intents and terminology (e.g., timing, gender).

Thirteen of the 14 Long Distance proposals were adopted. Like Rules, one was withdrawn and the rest were to clarify and simplify Rule Book content. Both LMSC Development Committee proposals made it, one adjusting Arkansas LMSC's boundaries and the other updating Dixie LMSC's name to Southeast per changing political sensitivities...



Those 22 Legislation proposals? Our committee recommended adopting all but two. Those accepted included Glossary addition "gender identity;" a clarification of At Large Director term limits; and shrinking the USMS Board of Directors by removing Past Presidents. But four were defeated, including a hefty reorganization of Part 2 of the Rule Book (which Rules and Long Distance had worked hard on but Legislation thought needed more study) and, unexpectedly, my simple Glossary addition, "heat sheets" (which got tangled up in preferred wording!).

For more detailed information, head to [www.usms.org/volunteer-central/annual-meeting/2020-annual-meeting](http://www.usms.org/volunteer-central/annual-meeting/2020-annual-meeting).

Says President Sally, "This is the longest convention we've ever attended (Aug 30 – Sept 27) and I hope we don't "get" to do it by Zoom again. It is great for our smaller meetings where we can see everyone (except for the "camera shy"), but so unsatisfying for the larger meetings where only a few people are visible. Thank you Maddie [Sibilia] for introducing us to [group-chat tool] Slack. It really helped the time pass and we shared some interesting (and often relevant) information."

Bob Bruce (Oregon): "I agree with you that much of the Convention went smoothly and, in some cases, better than ever. But if I had to endure that final HOD session at my first Convention, I doubt that there would have been 20 ensuing ones. I surely missed the reconnection and networking with my many friends. Zoom and video will not make up for that."

## PNA Progressive Records

PNA Historian Walt Reid has been working on a project to display the PNA SCY record progression. The objective is to display all swims that set PNA Records in chronological order.

The previous practice was to post PNA SCY records as of the end of each year's season. However, with that method, PNA records set during the season were not displayed if those times were bettered before the end of the season.

Reid has completed the progression of records set between 1974 and 2011 using the 325 meet results to build the database. You can find these record progression documents under the Member Services – Records section of the PNA website ([click here](#)).

With the help of PNA Records/Top Ten representative Doug Jelen, Reid plans to expand the list to bring it up to the current date.

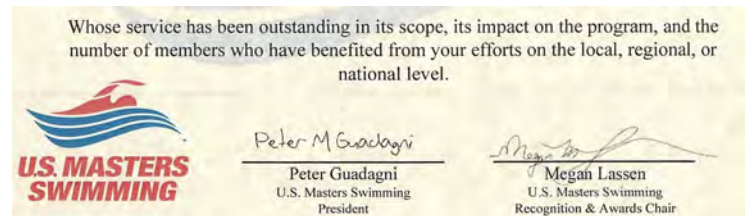
If you have questions, Reid can be contacted at [walt.reid@comcast.net](mailto:walt.reid@comcast.net).

# 2020 USMS Dorothy Donnelly Service Awards

This national award is presented annually at the USMS Annual Meeting. It honors USMS registered individuals whose volunteer service has contributed to the growth, improvement, or success of U.S. Masters Swimming locally, regionally, and/or nationally.

Dot Donnelly was a member of USMS at its inception and she tirelessly served as a coach, meet director, and **ambassador for the organization. She also served as USMS's elected Secretary and subsequently maintained the national office** from her home in Connecticut for many years. Up to 15 volunteers can receive the award in a given year. [Click here](#) to see more about all of the national USMS awards.

Three recipients from PNA were honored during the Annual Meeting, which was held via Zoom during the month of September. The award ceremony was held on Friday, September 25 and you can view the video presentation [at this link](#).



Thomas Harrylock

Tom joined USMS and the Green Lake Aqua Ducks workout group in Seattle more than 25 years ago. The team became a non-profit organization in 2002 and after holding numerous board positions, he became GLAD's President in 2014. While fully engaged in leading the team, he focuses on three priorities: assure and maintain **GLAD's fiscal health, continually build membership, and keep high quality coaching on deck. He watches the team finances carefully, always balancing the small-scale non-profit economic realities with what team members can afford.** Tom worked hard to see that the coaches were fairly compensated and the current head coach has held the position for 13 years. Among other contributions, he navigated on behalf of the team when public school swim teams caused pool schedule changes and he followed through on a tip to switch from indoor public pools to an outdoor private venue that provided more lanes, fresh air, and starry sky.

Lucianne Pugh

Joining the Pacific Northwest LMSC in 2014, Lucianne was a relatively new member when she heard in 2015 that PNA needed a newsletter editor. She volunteered to edit *The WetSet*, which was sent electronically to members in odd-numbered months. **A tax accountant by trade, Lucianne's edition of the newsletter was attractive, enjoyable to read, and distributed in a timely manner!** While not a voting member of the PNA board, Lucianne regularly attends the conference call meetings, engages in discussions, and often volunteers for special projects. For example, she worked on a committee to develop a new logo and also provided a slide show for the Annual Meeting in 2019.

Teri White

Teri volunteered as an official at USMS meets in the Pacific Northwest for more than a decade. Enthusiastic, friendly, and highly competent, she was a welcome presence on the pool deck. In 2015, she agreed to serve on the **PNA board as the Officials Chair. She became a great resource for recruiting officials to volunteer at PNA's meets. Teri made significant contributions to the development of the LMSC's policies for officials and with her encouragement, PNA developed a policy to budget for and reimburse local officials when they travel to work at USMS National meets. During Teri's time as the LMSC Officials Chair, she recruited a number of USA-S officials to work both local and national meets.** She joined the USMS Officials Committee in 2015 and became the chair in 2017. Under her leadership, the USMS Officials Certification program has expanded to include online training and certification. Many USA-S officials are being certified as Masters officials.



# 2020 Open Water Virtual Grand Slam

Bernardo's All Stars were part of the inaugural 2020 Open Water Virtual Grand Slam held May through August. More than 200 swimmers representing 13 countries and 26 states took part in this summer-long, eight-race competition where participants swam and submitted their times.

This new event concept incorporated all the standard triathlon distances: Sprint (800m; 875 yards), Olympic (1500m; 1640 yards), Half (1.93k; 2110 yards) and Full-Distance (3.86k; 4221 yards), wetsuit or non-wetsuit. PSM/All Stars swimmers Amy Wolfe, Diana Hermanson, Steve Rich, and Chad Hagedorn all completed the monumental double Grand Slam, swimming each distance twice, once with a wetsuit and once without. (Full results are available [here](#).)



In addition to the amazing swimming during these trying times, the swimming community created around this event was something special.

*Bernardo's All Stars were recently featured in the Tacoma News Tribune. [Click here](#) to read full article.*

## Coronavirus forces Tacoma swim team into Puget Sound



BY MATT DRISCOLL  
mdriscoll@thenewtribune.com

The water is cold, dark and often rough. The elements can be harsh and unpredictable, from wind and rain to the blanket of wildfire smoke that enveloped the region in early September.

Then, as Chad Hagedorn recalled this week, there are the surprises — like the sewage spills and giant jellyfish.

Over the last six months, Hagedorn and his team have seen it all, he said.

“There are so many



DREW PERINE drew.perine@thenewtribune.com

Once pools were closed due to the pandemic, it took some time to get acclimated to off-season cold-water swimming, but wetsuits and camaraderie have helped keep the Bernardo All Stars warm these past few months. Some of the U.S. Masters Swimming adult team members pose for a photo after a workout in Tacoma's Commencement Bay recently. From left, Jim Cave, Josh Arnold, Patty Smith, coach Chad Hagedorn and Steve Peterson.

# Swim Around Mercer Island

The Legacy Yet Endures! Founders Reunite for the 2020 SAMI!

*By Tom Walker of TWIM (Photos by Carl Haynie)*

The surreal miasma of smoke that kept us all from breathing or even going outside for several days had finally lifted and the 12th SAMI got underway in the wee hours of Sunday, September 20, having been postponed from the preceding Sunday due to the fires that were ravaging many parts of the PNW and beyond.

For the uninitiated, SAMI is the Swim Around Mercer Island, a 13- mile journey circling the enchanted Isle of Mercer. It takes place each year on the first Sunday after Labor Day, so as to avoid the power boats and any other **tricks that the mighty Neptune may have up his sleeve for the unsuspecting freshwater warrior...**

This was indeed at last a reunion of those three founders who first sallied forth together one such Sunday lo these **12 years ago on their quest for immortality. At least that's the only reason I can think of, unless they had nothing** else to do that day!

Just before daybreak, as first light had yet to emerge over the dark expanse of Lake Washington, the parking lot at Enatai Beach Park in Bellevue began to stir with whispers of activity and forms became visible as kayaks and piles of necessary gear were conveyed to the edge of the lake. The amorphous shape of the Magic Island loomed off in the distance, still a shadowy form, and the silent intensity grew as swimmers prepared to assault the bracing challenge ahead, high with the joyous nervousity of it all.

At precisely 7am, Tom Elliott, the mild-mannered creator of this aquatic odyssey, together with the legendary Shannon Singer, Coach of the Skagit Valley Masters, and that unstoppable distance Powerhouse, Dan-The-Man Underbrink of TWIM (hereinafter referred to as DTM), stood ready to launch!

DTM and Shannon started almost in unison and dove into the formidable waters of the Lake with an astonishing enthusiasm and joie de vivre. I watched their beautiful, streamlined strokes as they powered onward like aquatic arrows toward their destiny, kayakers tacking smoothly alongside. They seemed to know exactly where they were **going...**



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## Swim Around Mercer Island (cont)

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Mr. Elliott, the lunatic originally responsible for all of this delightful mayhem, sliced into the water with heroic gusto about 10 minutes later, after bidding a fond farewell to wife Yuko and daughter Kaila and to those of us joining in the Battle Cry from the cliff the above the shore.

**He leapt into the water with a wild shout of exultation and without a wetsuit!!! It's just another part of the unbelievable insanity that seems to govern this whole affair. Man/Woman testing the limits of human endurance and getting very wet in the process. What Great Fun!?**

Yes, the 2020 SAMI was indeed underway!

It was all the more poignant because DTM, ever true to his US Marine Corps training, has been swimming this event solo for the past ten years, carrying on the spirit and the ideal. This indomitable resolve we must attribute to the determination summed up by that old adage *Never Mess with a Marine!*



**So yes, this was a reunion of the noblest sort, echoing the Homeric heroes of old...**

We must, of course, offer our kudos as well to the valiant support crew, including kayakers Denise Danosky, who accompanied Ms. Singer, Danny Uyematsu, who seconded Tom, and Mary Underbrink, faithful member of LWM, who once again spent another 8 plus hours paddling alongside her beloved husband, DTM.

And now for the eyewitness accounts from our three mighty Champions:

Tom Elliott:

**I hadn't attempted a full SAMI since 2010. I'm thrilled to be the idea maker and love being called the godfather of the event but Dan has been The SAMI Man for a decade now. Shannon is the Queen.**

I love the anticipated challenge of the SAMI and after completing it twice I decided that future swims would have to be without a wetsuit. I also began swimming less and for years I had diminishing returns. In 2011 I only made it 5 miles, and then I was in China for a couple years. When I returned I only went a mile for a couple years, or not at all.

Then I joined my Masters Swim Team, TWIM! (I need to start paying dues though.) My swim endurance immediately came back and in 2019 I attempted my first half SAMI without a wetsuit and it was easier than I thought.

I was actually signed up for a Spartan Race the day the 2020 SAMI was supposed to happen. I signed up for their hard race, the Beast, because I wanted to push my body to its limit (I miss racing Ironman races!). That was postponed and the next day Shannon was texting me about 2020 SAMI. Sold!

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## Swim Around Mercer Island (cont)

*(Continued from page 7)*

I swim a mile or two in the lake twice a week all summer. A week before the scheduled SAMI I put in 6 miles at Beaver Lake to test my shoulder. Shoulder did well but it was probably in my best interests that SAMI was delayed a week so my shoulder could rest a little bit more for the big day.

Seeing Dan and Shannon was surreal. It had been a decade since the three of us had all attempted a full SAMI together. This year would be the first time all three of us finished, BOOYAH! They are my distance swimming soulmates.

My imagination said a counterclockwise swim, but Dan the SAMI Man said that weather conditions said clockwise. It looked the same as last year to **me but I don't question The SAMI Man here; a** nickname like that is earned.



I started about seven minutes after Dan and Shannon and was chasing them all day. If I could go back and do something different it would have been to start with them. We finished so close that is now apparent to me that we would have swum together all day (except for the arch part of the Mercer Island foot).

The first five miles heading south went smooth and fast. When the water was shallow I felt pretty sure I was moving with a little current; I felt fast. I pulled into Clark after a little more than two hours. Just as I was arriving, Shannon was departing.

The south end of the lake is always fun and the water changed twice while down there. I went from swimming fast to swimming slow to swimming kind of normal. I arrived at Groveland (halfway-ish) after a little more than four total hours. Just like before, Dan and Shannon pulled out just as I arrived. Doh!

The hour before I arrived at Groveland was the hardest for me. I knew my wife and daughter would be at the park to say hello. It would have been the perfect spot to get out, call it a day, and enjoy the half day with them. I also knew that once I completed the next segment to the I-90 Bridge (West Mercer) I would be too close to quit. My left hand had been going numb almost the entire morning (not cold, just weird circulation stuff I go through when I swim fast) and I was concerned what would happen if I kept going. I had already popped two ibuprofen an hour before. **Either way, my hand was feeling better and I hadn't tested my physical limits yet, so we continued on.**

The next segment is a place where Dan and I have differing opinions. Dan likes to hug the shore, but I like to go straight across. Safety vs Speed. I estimate that I save about half a mile using this strategy. I was able to catch up with Shannon because I used this strategy. I passed her as her kayaker was jumping in to swim with Shannon for a spell, just before the bridge. The north end of the island is a lot like the south with the water changing its direction more than once. There were also an unusual number of FAST boats for this time of year. **I guess it was because of the Seahawks night game and the fact that the boaters probably weren't boating** during the smoky times. North end is also tough because you can anticipate how close you are to the end. There are two bays you must cross. The first takes about 20 minutes and the second 40 minutes. The second one is SO hard because you can see Luther Burbank Park and once you get around the north end of the park you can see the bridge and the finish.

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## Swim Around Mercer Island (cont)

*(Continued from page 8)*

But the bend still means an hour of swimming. It was a hard hour. The waves on the lake were high and the swimming was **slow**. I'm also used to the Luther Burbank start/finish (not the new Enatai Boat Launch start) so you still have 40 minutes after Luther Burbank.

Anyways it was a slow haul. My hand had stopped going numb but my shoulders were toast and my chafe on my shoulder and neck was burning. Approaching the bridge was sweet. I didn't know that there are five supports in the water, but I do now! I counted them slowly one by one as I "raced" that last half mile. Go arms, GO!!!

Finishing was sweet. Yuko and Kaila were there to welcome me and I achieved something I didn't know if I could accomplish or not.

Finishing time: Estimated time was 8 Hours 47 Minutes. It was hard, sweet, and super fun.

No-Wetsuit observations: The only time I felt cold in a bad way was at Groveland because I took too long a break, maybe 10 minutes? Stopping for up to two minutes in the water never made me feel cold, but longer than a two-minute break did. On the stretch from Groveland to the bridge the sun finally came out. While not cold, I could feel the warmth on my arms for the half second they were out of the water on each stroke. Later when the sun was strong I could also feel the warmth on my face. Those little split seconds of warmth made a BIG difference.

My nutrition plan: I used an entire liquid diet. All my calories were Perpetuum, an endurance energy drink by Hammer. Each water bottle had 250 calories and 20 ounces of water, both considered to be the upper limits of human water and calorie consumption. I also popped 2-3 Endurolytes an hour, which is like Gatorade in a pill form (without the sugar). I also drank two energy drinks throughout the second half of the event. I credit the energy drink with changing my mindset from **potentially stopping to Let's Do This! Diet plan worked great!**

Now Dan the SAMI Man wants to test those limits further and next year try a Length of Lake Washington (LOLW) - a 20+ mile swim! It cracks me up that LOL is in it. I'm tempted. I still want to attempt an English Channel swim one day and this seems like the next step up in that preparation.

One more interesting thing about the SAMI is my memory of the details of the day. I always seem to remember all the **details of the first half but the second half is always a blur even though the second half takes longer, it's weird**. This year was no different. I think in distance swimming your brain starts going into some kind of survival mode after several hours.

Dan DTM Underbrink:

2020 has very much been a year of disappointments for those of us who look forward to competing in organized events, as well as our daily workouts. COVID-19 concerns were the impetus for many changes in our lives this year. With pools closed everywhere and all swim meets canceled, I was looking forward to lakes getting warm enough to do a little open water swimming. In the interim, I ramped up my running frequency and distance and participated in a number of virtual running events to maintain my fitness level.

Every year for the last decade, I have done the SAMI. This unsanctioned swim has very much become the high point of my

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## Swim Around Mercer Island (cont)

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fitness efforts every year. I suspected that 2020 would present additional challenges over previous years and was I ever right! A late-May/early-June start in the lakes would be my first swimming since mid-March. I began getting in a few swims at Martha Lake and a few swims at Lake Padden (with Shannon). My longest swim of the summer was a **6-mile at American Lake with Bernardo's All-Stars**. The YMCA finally re-opened in late July with 40-minute lap swim sessions and I have been getting those accomplished three days per week.

In early August, I sent an email to TWIM (and to five or six others who had expressed interest) asking for potential swimmers and volunteers. The results were as many as six possible swimmers and two volunteers. One of the volunteers would bring a boat and the other would provide land-based support. Saturday, September 12th was the date chosen for the swim.

Then it seemed that about half of the state burned down and unfavorable winds carried a completely unhealthy level of smoke into our area. On Friday, September 11, I had to send out email canceling the swim and re-scheduling to Sunday, September 20 – IF the air quality improved sufficiently. It was a pretty stressful week, waiting to see if the smoke would lessen! Finally, on Friday, the air quality started improving enough to consider doing the swim. Shannon had been planning to make her attempt on Friday, but thunderstorms were forecast so she canceled and asked to join my group.

**An assessment of the “group” at that point had only me as 100% sure to be there. Tom Elliot had safety kayaker uncertainties, and other swimmers and both volunteers had to drop out due to schedule conflicts and other concerns. I was completely unsure who would be there the morning of the swim! I was getting messages from Shannon about the sorts of problems that always seemed to occur right before an event. (She lost her phone in the river. One of her kayakers fell ill...)**

I arrived at the start point, Enatai Beach in Bellevue, at about 5:50 am. My kayaker Mary arrived with me. Shannon was already there, as well as Tom Walker and Carl Haynie, who came to document the SAMI start and support the swimmers. **We began unloading and getting our kayak and gear down to the lake. Shannon's kayaker, Denise, arrived a few minutes later. Tom arrived a little while later with his support group (wife Yuko and daughter Kaila). Finally, Tom's kayaker Danny arrived. This completed our group: three swimmers and their safety kayakers.**

Shannon and Tom swam with me during my first SAMI in 2010, and this was the first time all three of us were making the swim together in eleven years!

It is always a day-of-swim assessment, which direction to make the swim. This was my fourth start from Enatai and the first time that there has not been a morning wind from the south. The wind had always forced me to choose a counterclockwise direction before, so this year I was pleased to be able to change it up and head out clockwise. As long as the end of this swim always seems, I think it seems worse when swimming counterclockwise, because you can see the end more than three hours before you finish!



Kayaks and swimmers got into the water just a few minutes after 7 am. We swam straight across the East Channel and

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## Swim Around Mercer Island (cont)

*(Continued from page 10)*

turned south along the opposite shore. The air temperature was about 58 degrees and the water temperature was about 69 degrees. The skies were overcast, but there was no rain. The water was very smooth and I felt like we made very good time down to Clarke Beach, which is my first break for food and drink when I do the swim in this direction. I took a 12-minute break – still in the water – to eat and drink.



Shannon, Tom, and I all do our nutrition a little differently, but we all agree that swimmers need to take nutrition during this swim. Shannon and Tom do all (or mostly) liquids, where I prefer taking in whole food. I observe an almost exclusively ketogenic diet these days, but the SAMI is the one time I allow myself to stray from that just a bit. I figure the SAMI is going to easily burn any carbs I take in. I had a banana, a piece of cheese, some meat bars, a liquid supplement I take (Univera Xtra) and some water. Tom stops to drink his supplements I think, while Shannon has her liquids (soup, water, coffee) available to grab off the kayak while she is still swimming.

Shannon swam by about the time I was getting ready to start swimming again. Tom had started a few minutes behind us, so he was just approaching Clarke Beach as I was leaving. We swam around the south end of the island and headed north to Groveland Beach. Groveland is just about halfway around, and I think I had been in the water for about 4 hours 10 minutes when I arrived there for my second 12-minute nutrition break. Shannon swam past again while I was preparing to head back out, and Tom was swimming in just as I was leaving Groveland. I got pretty cold during that break, and I am super-impressed that Tom was able to swim his SAMI without a wetsuit! It probably took me 15 minutes of hard swimming to get warmed up, waves, aches again.

When I am swimming the SAMI, my overall time is of interest, of course, but speed is not my primary concern. I think that **one needs to get into a steady, sustainable pace, and evaluate how one's body is feeling throughout the swim. I find that when I am at good pace to complete the swim, my arms are starting to tire at the halfway point, yes; but my core feels relaxed and I am breathing easily as I swim. I equate it to running at a steady pace. One's legs begin to feel the work, but the body is relaxed, and breathing is easy.** If I start feeling winded or start feeling tight in places besides the working muscle group, then it is time to ease back on speed so as to preserve energy for the long haul. Also, conditions can be variable at different times during the day and on different sectors of the swim, so it is important to preserve some energy in case one has to battle unfavorable lake conditions (wind, rain, waves, etc.) later in the swim day.

Mentally, this swim can be daunting. I think that there all sorts of opportunities for self-doubt with the SAMI. Often, this swim can be more about mental toughness than physical toughness. It starts before the swim, with internal questions: Am I ready? Are conditions going to be ok? One has to adopt a positive attitude going into the swim. I cannot do anything about what the conditions might be, so I try not to dwell on that. I know I am as ready as I can be because I do not skip workouts and I pursue every opportunity to compete. If competition opportunities are unavailable, then I substitute, lately with the aforementioned virtual races.

The other place that mental doubts can creep in and defeat a swimmer is during the swim. Conditions can get too cold, too windy, or too rough. The body can develop aches and pains or become fatigued. These can all lead to negative feelings

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## Swim Around Mercer Island (cont)

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and can defeat one in the swim. Yes, cold, wind, roughness, pains, panic attacks, tiredness, and injuries are all real things, and any of these can be very real reasons to stop. The mental balancing act is this: Am I in a dangerous or unsustainable condition which requires me to pull out, or am I just in a state of discomfort that I can work through without danger or injury? If one is mentally negative, it can be difficult to even form that question. It is helpful to think through these issues in advance. It is helpful to establish some mental positives for yourself prior to the swim.

Here are some mental positives: Setting a goal and achieving it is going to feel great. I am going to be outdoors, all day, in some of the most beautiful nature in the world. I am going to see amazing things from a perspective that very few get to share. I am curious to see what has changed since last year. I love the feel of the lake moving around underneath me. The lake is so huge, but I am fully supported by it. My food choices are good, and I am going to enjoy eating during the swim and feeling the way that good food supports my body, even when I put great demands on that body. It will be fun to celebrate after we are done.

At the same time one is drawing strength from positive mental thoughts and avoiding negative thinking, one must also partake of a very healthy dose of reasonableness, and always have an eye to safety. As much as I want to finish my SAMI every year, the lake is no place for a do-or-die attitude. If conditions become unsafe or a swimmer becomes too tired or injured to continue, the swimmer must be prepared to pull out. There must be some thought in advance, as to what stopping would look like. My safety kayak is a two-man kayak, so if I ever need to pull out, my plan is to get into the kayak with Mary. As an example of thinking this out in advance, this means that I need to assess conditions and make decisions early enough, that I still have enough energy to pull myself into the kayak or **get to shore for a pickup. I have practiced getting into the kayak from the water. If such a maneuver is in one's plan,** then it should be practiced so that one will know what is required to execute the plan.

Anyway, back to the swim: I finally got warmed up again, swimming northbound on the west side of the island. A light breeze was beginning to pick up, so some very light chop had developed, as we approached the north end of the island. The breeze was in the same direction as the swim, so swimmers and kayakers were getting a mild push. At about 12:10 pm, five hours into the swim, we began to get sun breaks, and within about 30 minutes we were swimming and kayaking in full sunshine. The I-90 floating bridge was visible ahead.

Just south of the floating bridge, there is a potential break spot called Caulkins Landing. It is just a tiny park on the lake shore at the end of a street. As I approached this, I was feeling really well-nourished, so I only paused for a drink of water. Somewhere around Caulkins Landing I swam over a very strange sight: a sunken lawn chair, in about 12 feet of water. The really odd thing was a drowned garden gnome tied to this chair and floating upward toward the surface! Next, we traveled under the floating bridge and into the water at the north end of the island.

We had seen very limited boat traffic all day, but this changed as soon as we got north of I-90. There were quite a **few boats in the north part of the course. This is where a swimmer's safety kayaker becomes particularly critical,** keeping the boaters away from their swimmer. It is also prudent for swimmers to wear high-visibility swim caps and swim with a high-visibility tow float. The boats created occasional large rolling waves, but nothing too exciting. As the end of the swim approached, getting around the north end of the island felt like a long haul. Coming around the north end of Luther Burbank Park, the I-90 East Channel Bridge was visible and less than an hour away!

As I approached the bridge, I was feeling pretty hungry, having skipped my third food break, but this was only a

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## Swim Around Mercer Island (cont)

(Continued from page 12)

minor concern with the end in sight. I swam under the bridge, turned left, and headed for the Enatai Beach finish line. I pulled up on shore at 8 hours 43 minutes. Tom and Shannon were both in just a few minutes later. I sat by the kayak and had some food and water while I watched them swim in. It is great that we were all able to complete the swim and again, I am amazed that Tom did it without a wetsuit!

Afterwards, we packed up our gear and our kayaks and headed out for a celebration dinner. It was a great day on the lake with some truly great swimming friends. Huge thanks to Mary for being my safety kayaker all day!

Shannon Singer:

Unlike my intrepid fellow SAMI swimmers, Dan "the Man" Underbrink and Tom "FoS-Founder of SAMI" Elliott, I'm partial to making my assault on the island the first Friday after Labor Day. There are vastly fewer boats, the water is still warm, and that makes it easier for me to find the Zen space I need to make 8 or 9 hours of swimming feel like just a long workout. But in case y'all didn't poke your noses outside between about the 6th and the 19th, we had some air quality issues.



So, after canceling two scheduled solo attempts on the 11th and 18th, I decided to give up my vision of swimming on a weekday and join in with Dan and Tom on Sunday, 9/20. This was hard for me. Having them in the water was fun and reassuring from a social standpoint, but I had trouble turning off that competitive "try to keep up" mentality to just swim my own pace. I'd been battling tendonitis in both shoulders for a month and really wanted to be able to walk away from the swim without any permanent damage or an injury that would take a year to heal. I mostly succeeded, I think.

The first five miles, roughly to the south end of the island, were easy. Groveland at 6.7 miles, on the other hand, seemed to take forever. Then I found my Zen until we hit the west span of I 90, roughly the 9-mile point, where I remember thinking "Hmmm....I could hop up on the interstate and chop off about 3 miles of this thing!" The north end of the island is always the hardest for me. It's often "boat soup" and navigating wakes coming at you from all directions isn't exactly the ideal way to spend the last four miles of a 13-mile swim.



But the SAMI gods were merciful and the final four weren't too bad. As I rounded the northeast corner of the island up by Luther Burbank Park, I had a glorious flashback to our first SAMI in 2009. It was at that point where Tom Elliott and Kelly (Jensen) Howell caught me (I had started an hour before them), and I had enough left in me to draft Tom to a simultaneous finish. That was not to be this year, however.

Both Dan and Tom finished ahead of me, although I believe we were all within about 20 minutes of each other. My final time was 8:57; 8:38 if you count just the circumnavigation and not the across and back to the start/finish at Enatai Beach.

Next year? I'm proposing the LOLW swim: Length of Lake Washington. A little over 20 miles. Who's with me?

# Why Winter Swim?

By Guila Muir, PNA member; Founder, Say Yes to Life Swims

Open water swimming has gone mainstream. In the old days, bystanders often informed us “You’re crazy!” as we struggled to pull on our pants. Now we hear “I’d like to do that. How do I start?”

It’s not a jaw-dropping surprise to see another swimmer in the water, and etiquette no longer demands that we stop and chat. The number of fluorescent swim buoys I see bobbing in previously un-swum areas astounds me.

But what about the next frontier - swimming into the fall and winter? Here’s the lowdown.

## Temperature Considerations

In early Fall, Lake Washington remains warmer than Puget Sound, measuring approximately 58-61° Fahrenheit. Starting in November, Lake Washington temperatures plunge. They can reach a low of 40° before April. Smaller lakes often register even lower temperatures.

Puget Sound temperatures fluctuate between 45° and 50° F during the coldest months. Factoring in cold air and wind makes winter swimming an entirely different sport than summer swimming.

## How Cold is Too Cold? How Long is Too Long?

Water conducts heat away from the body 25 times faster than air. If you’ve ever seen a miserable swimmer wracked by paroxysmal shudders, unable to focus, walk, or talk, you’ve seen dangerous hypothermia in action.

These five guidelines will help you avoid being that person.

- Acclimate with repeated short exposures.
- **Accept that everyone is different. There is no universal “right amount of time or distance” to use as a yardstick.**
- Know that your acclimatization, body mass, what you ate for breakfast, hormone levels, emotional state, and other factors play a part in your reactions to cold water. What was true yesterday may not be true today.
- **If you shiver while in the water, get out immediately.** Shivering helps you warm up once you’re dry, but indicates a dangerous level of cold before then.
- **Be even more cautious when it’s windy.** Wind reduces your temperature amazingly fast, especially when your skin is wet.



For winter swimming, a general, guiding principle is simply “be conservative.” Remember that you’re not trying to prove anything. This is supposed to be fun.

For excellent info about hypothermia, watch [this video](#) from the South End Rowing Club in San Francisco.

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## Why Winter Swim? (cont)

(Continued from page 14)

### Equipment

Extra neoprene is good: wetsuit, booties, gloves, cap. (Consider doing what the Europeans do and wear a wooly hat over your cap.) If you swim “skin”—wetsuit-free—just your suit, a swim buoy, goggles, and a bright cap (plus your suit!) will do. Silicone earplugs are a MUST for many. And don't forget a towel or two.

### Warm Up After Your Swim

What to Wear & Eat: Dry yourself ASAP and dress from the top down: put your knit cap on first. Then, layer up with thick socks, warm shoes, and sweaters/jacket/parka. Drink something warm and consider eating something sweet. Doughnuts definitely fit the bill.

What to Do: Stand on something to prevent further heat loss while you dress. Do squats, burpees, or jumping jacks. Then find a warm place to sit. Do not drive until your brain feels normal again—possibly as much as 30-45 minutes after you exit the water. Consider yourself impaired until then.

### Swim Smart!

The rush of feel-good hormones after a swim is highly addictive, to be celebrated and enjoyed. But remember: If open water swimming is inherently risky, doing so in winter is even more so.

**Obey your internal voice when it tells you to get out. Warm up fast. You'll build immunity, reduce your risk of heart disease, and maybe even increase your libido... (but only cold-water swimmers know for sure).**

Happy swimming!



## Silver Seals 1-Mile Swim

The Silver Seals Start an Annual Tradition!

Cheered on by families and friends, a bunch of swimmers over the age of 60, including PNA member Guila Muir, completed the inaugural “Silver Seals of the Salish Sea” 1-mile swim at Alki on October 25th. Water temperature was 52° and air temp approximately 38° (factoring in wind chill). Due to COVID restrictions, the event was limited in size.

See you for a larger 2nd annual event in 2021!



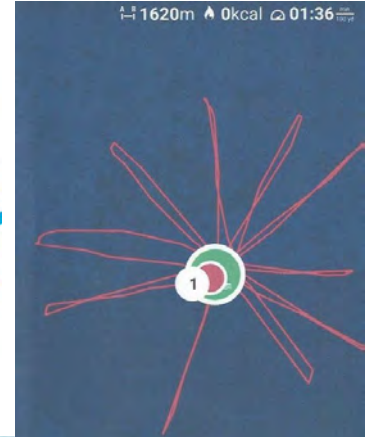


# Last Splash of Summer

The Last Splash of Summer (previously known as The Last Gasp of Summer) went virtual this year, due to COVID-19. The event had 58 swimmers sign up, ranging in age from 9 to 72 years old. The rules were simple: you swam the event on your own and turned in your time as well as your GPS map. Swimmers earned an honorable mention for creativity by creating swim art.

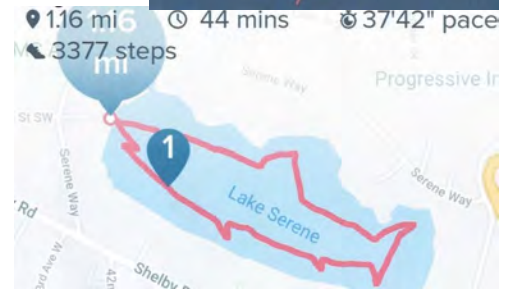
Certificates of Achievement for Artistic and Aquatic Talent went to:

- Margo Marsh-Limm, 1 Mile, Shark
- Wendy Polidori, 1 Mile, Pikachu
- Mary Lippold, 1 Mile, Starburst
- Scott Matthews, 2 Mile, Boomerang
- Eleanor Smith, 2 Mile, Sea Serpent



Overall winners for each event (18+ years of age):

- 500 Yard Wetsuit - Nellis Kim 8:25 | Gregory Henzel 9:13
- 500 Yard No Wetsuit - Loretta Johnson 12:33 | Daniel Phillips 6:37
- 1 Mile Wetsuit - Mary Lippold 28:05 | Michael Falette 28:02
- 1 Mile No Wetsuit - Elizabeth Lucco 30:43 | Henry Lucco 18:54
- 2 Mile Wetsuit - Mary Layzer 58:41 | Stephen Freeborn 1:31:05
- 2 Mile No Wetsuit - Lynn Gross 57:13 | Daniel Phillips 56:15
- 5 Mile Wetsuit - Katlyn Smethurst 2:34:56
- 5 Mile No Wetsuit - Jackson Ludwig 2:27:43



Feedback from swimmers was positive. They loved planning out their swims before swimming and were excited that **Last Splash of Summer wasn't cancelled when so many other events were. Blue Wave Aquatics enjoyed hosting Last Splash of Summer** and is discussing keeping a virtual swim on the lineup in the future.

Thank you to everyone that participated! Pictures, comments and stories may be posted on the Blue Wave Aquatics Facebook page or emailed to [lastsplashofsummer@bluewave-aquatics.com](mailto:lastsplashofsummer@bluewave-aquatics.com).



[Click here](#) for full results and [click here](#) for the Last Splash of Summer Facebook page.



# 3000/6000 ePostal National Championship

By Sally Dillon, PNA Postal Coordinator

A rare USMS-sanctioned competition is currently taking place. The annual USMS 3000/6000-yd ePostal would be a great way to engage swimmers in a group activity. The cost to enter is only \$12 and a 3000 yard/meter swim will be a good challenge as we near the end of pandemic-affected 2020!

The event can be swum in any 25-yard or 25-meter pool and must be completed by November 15. With most pools only available for 60 minutes or less, it might be challenging to swim 6000, but the 3000 would be doable for most of us. Details of this event can be found [here](#).

Participants must have someone count their laps and record their splits at each 50. An official form is available [at this link](#). **Clubs put together relays, using the results from members who enter the individual events. If you're a Puget Sound Masters member and wish to be included in a relay, send your entry confirmation to me at [salswmr@comcast.net](mailto:salswmr@comcast.net).** There is no charge to be on a relay.

**Looking ahead to 2021... the USMS 1-Hour ePostal National Championship** begins in January and runs through February. A full hour, plus time to warm up and warm down, may be difficult to arrange. Keep it in mind as you start thinking about activities and schedules for the new year!

## Where to Outdoor Swim?

Here are some outdoor swimming locations recommended by members of the PSM group Bernardo's All Stars:

- American Lake is beautiful lake with two public access parks just a couple minutes south of Tacoma. It has a 6-mile circumference and a tiny inhabited island called Silcox Island in the center. There is also a great lagoon area on the south side which has some interesting twists and turns.
- Commencement Bay (part of the Puget Sound). Jack Hyde Park is literally right off of downtown Tacoma and has a great cove in which Masters swimmers are often seen doing laps. Browns Point and Vashon Island are both in the vicinity. **It's not uncommon for swimmers to take the ferry over to Vashon and then swim back to Owen Beach** - about 1.5 miles.
- Kopachuck State Park to Cutts Island is a fairly challenging (but also very fun!) swim about 30 minutes west of Tacoma. Swimmers load up a lunch in their swim buoys and swim over for a picnic lunch. Cutts Island State Park is a public recreation area park comprising the entirety of two-acre Cutts Island in Carr Inlet in Pierce County. The island sits one half-mile offshore from Kopachuck State Park and is accessible only by water or occasionally by sandbar at extremely low tide.
- Angle Lake is a small but a super clean lake in the SeaTac area which is the middle point between Tacoma and Seattle. It has about a 2-mile perimeter, with little to no boating.

# Swimmer Spotlight

The Art of Swimming

An Interview with Coach Todd Doherty

By Tom Walker of TWIM

Early one fine morning a few years back, as I plowed through the water on my seemingly eternal quest to somehow and someday master the art of swimming, I espied Coach Doherty pacing the deck with swim camera in hand as he tutored a protégé there in the outside lane who turned out to be his lovely daughter Lindsey. He was indeed at that moment teaching this selfsame Art in the most scientific of ways, and I felt an instant blaze of recognition, a connection to a place where I long to go.

I thought to myself, Wow, this guy is really serious!

**I think I had already known Todd for quite a while back then but it's really hard to say, because I seem to have known him forever, much like I know many of you, and it's hard to tell where it all began, faces from a wonderful, mystical, watery past that seem to emerge more clearly over time in the seamless continuum of an endless meet, filled with the joy and glory of Masters swimming. But I digress...**

**This encounter grew into a continuing conversation and I began to form an appreciation of Todd's commitment to his Art. I was blessed to be on hand for a Family Doherty swim clinic and I got a real feel for how deep his passion is for the water and for our sport. It was Standing - or should I say Swimming - Room Only, as the Family presented an amazing Freestyle clinic for a throng of eager students.**

I say Family Doherty because it was Coach Todd and his two marvelous mermaids, in the form of daughters Anna the Younger and Lindsey the aforementioned, who helped Dad conduct nearly the entire session in the pool and who sped dolphin-like underwater, fleet like arrows from Poseidon, from swimmer to swimmer to offer personalized attention. It was a huge hit!

**You've probably seen the Sound of Music by now and this was like the Sound of Swimming!**

Coach Todd is actually a pretty quiet guy though and seems to prefer to do his talking in the pool and in the energy he pours into his coaching, teaching, and volunteering. He is also truly a Master Stroke Technician who revels in fashioning a stroke in the same way that a sculptor, with chisel in hand, judiciously molds his creation into its final form.

He has been very actively involved for the last few years in *SPLASHForward*, a movement and an organization leading the efforts to finally bring a 50-meter pool to the Eastside. His vision is not only to see the fulfillment of this long-cherished dream of ours, but also to provide a consistent impetus for a community awareness that will bring more modern, quality facilities to this pool-starved village in which we dwell.



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## Swimmer Spotlight (cont)

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His commitment to and love and passion for swimming make him a true Exemplar, one who lives the values that animate and guide us all as United State Masters Swimmers.

You might even say that he has found the True North, that place in the aquatic soul to which our journey ever tends...

TW: How, when, and why did you start swimming?

TD: I first learned to swim when I was three and I actually still remember that first lesson, if you can believe it. I was **screaming my head off because I didn't want to go into the water. Somehow, I got started with lessons and ended up loving it... so much that I kept doing lessons until I was seven, when I joined a summer swim team back in Ohio.**

TW: Tell us about your career as a swimmer.

TD: **It's funny to think about swimming as a career, when you start so young, but I started competing on that summer swim team back in Ohio at age seven.**

That lasted until 11, when my family moved to Michigan, and they discovered a local year-round swim team near our house.

**I was hooked and swam all year, through the age group years in Michigan. Something that's really interesting is my age group team in Michigan was called the Seahawks! Little did I know I would eventually be living in Seattle.**

**I loved everything about swimming growing up... training, racing, my friends, the trips to other states, cities, and pools... summer season outside, and even the winter months in some real dungeon pools!**

I was very fortunate to grow up swimming in Michigan, because so many schools had pools attached to them. Plus, the major universities had 50-meter pools (like Michigan State, Michigan, Eastern Michigan, etc.), and cities had 50-meter community pools. And of course, with that many facility options, that attracts swimmers, so competition was fierce. But even with all of the swimmers in Michigan, they were all amazing people, and many are still friends today.

After age group swimming in Michigan, I was recruited by several colleges and ended up at Ball State University in Indiana.

I selected BSU mostly for their International Business program, but the campus life seemed amazing, and the swim team just felt **right. They didn't have a fancy 50-meter pool like other universities in the mid-west, but the coach was amazing, and I liked their scientific approach to swimming, versus pounding-out the yardage. In addition, BSU Swimming was Division 1, but a smaller school, so I knew I would be a starter each year. I didn't want to get swallowed-up in a big program and get burned out.**

**I wasn't a national-level swimmer back in my college years. Yes, I went to our conference champs and qualified for USA Sectionals in the summers while working, but was never fast enough for US**

**Nationals or Trials, which would have been amazing; didn't bother me, because I simply enjoyed swimming, racing, and coaching.**

From college, I only took a couple years off to begin my work career, when I joined Masters at the Bellevue Club. Eventually **I would start coaching Masters part time at BC while continuing my career in technology, which is still what I do today... coaching and working in technology. I like to call swimming my "analog life" and the full-time job my "digital life."**

I ended up coaching at four different Mid-Lakes summer teams, Lake Washington High School for four seasons, and private



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## Swimmer Spotlight (cont)

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lessons along the way, while still coaching at BC.

**These days, I'm still coaching at the Bellevue Club a few days a week and continuing some private lessons.**

TW: Who were your mentors and those who inspired you along the way?

TD: My parents would come first as early mentors and supporters of my swimming career. They were never swimmers themselves, but they were always there for me through the years of early practices and road trips. We moved to Seattle while I was at Ball State, so I had to drive back and forth every year to school, which was its own adventure. I immediately got into swimming in the Seattle area during the summer vacation months after meeting Klaas Schenk in 1990. He was an amazing mentor and got me started lifeguarding at the Bellevue Club, **training with the team, and also coaching at the Samena Club. I'm sure Klaas has touched the lives of many swimmers in the Seattle area.**

Other key mentors of mine growing up would have to be my age group coach and my high school coach. They were both very different people, but what I remember is they made swimming fun, rewarding, and taught me how to be **disciplined, professional, and a good teammate... which has carried me not only through my swimming career, but my corporate career as well.**

TW: When did you start swimming and coaching USMS?

TD: **I didn't delay after college. I only took about two years off from college before starting to compete with USMS.** My first USMS Nationals were in Ft. Lauderdale Florida. **I loved it! So much fun. I've been attending many USMS Nationals ever since,** in the top 10 most years, and finally won my first individual national championship in 200-meter breaststroke in 2016 in the 45-49 age group. That was exciting. For coaching, as I got into my late 20s, more opportunities opened-up at the Bellevue Club to be a Masters coaching sub, and eventually took over more mornings each week. I really enjoy creating fun, yet challenging workouts, seeing the swimmers each morning, helping with stroke technique, and also introducing new swimmers to the benefits of Masters Swimming.

TW: Why is swimming important to you?

TD: **It's an extended family, to be honest. Not just locally where I have so many friends of all ages, but also nationally. I travel a lot and I always search for a pool and Masters program when I travel. I'm not always successful finding a team to train with,** but when I do, the Masters swimmers are just as friendly, inviting, and supportive as the Masters swimmers here in the Seattle area.

**In addition to the family and friends aspect to the sport, it's something all of us can continue doing at any age. The learning never stops and you can take the sport wherever you want to go... very competitive, not competitive, fitness, casual, whatever. I love going to swim meets and practices and being able to swim with not only swimmers my own age, but younger and older. We're all here for the same reason and it's in our blood.**

TW: What do you think USMS offers us as swimmers?

TD: **For many years, USMS has been promoting what I was just talking about...just how rewarding Masters swimming is for a wide range of swimmers, and how you can really make friends for a lifetime. I highly recommend**



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## Swimmer Spotlight (cont)

(Continued from page 20)

it and will often tell people that haven't been into swimming for years, that it's not all about competition, or if you've gained a few pounds. It doesn't matter. It's difficult to explain until you're in it, but you understand when you do.

TW: You have been actively involved in bringing a 50-meter pool to the Eastside for quite some time now. Tell us about that and where you are with it now.

TD: SPLASHForward is the organization leading the efforts to get a 50-meter pool and community facility to the Eastside for a few years now. Their president Susan Pappalardo and the team's efforts have been amazing, especially with the Bellevue City Council and their support. I highly recommend everyone visit [splashforward.org](http://splashforward.org) and check out all the latest progress to get a facility approved, funded, and built. Also consider finding a way to volunteer.

TW: What is your vision for the future, both for yourself as a swimmer and PNA?

TD: My vision and wish is to see a major swimming facility built on the Eastside, and in fact, I would like to see several new facilities built around Seattle. It's unbelievable that a metro city as large as Seattle only has a handful of basic, 6-lane lap pools that were built around 1970. Except for the King County Aquatic Center in Federal Way, the entire area is starved for swimming facilities, places for learn-to-swim programs, and adequate pools for our kids to use and compete. In so many cities across the US, and in the world for that matter... small, medium, and large cities alike are all building new swimming facilities. These new facilities are not just 6-lane lap pools; they are major community centers with water parks, slides, 50-meter competition pools, and diving areas. Seattle has so much wealth that we can easily do more to achieve a better vision of swimming outlets like the rest of the country.

TW: Do you have any NORMAL interests?

TD: Normal interests? I'm afraid not many of us have normal interests these days, but before COVID, my primary interests were my two daughters, who were both in swimming until recently, who really loved the sport as well. I hope they both find ways back to the sport again in their lives, and who knows; maybe they can compete with dad again someday! One of my daughters, Lindsey, started her own swimming YouTube channel and Anna produced some videos as well, where I helped them with drill details, then they produced and posted the videos with amazing commentary. Check it out at [SwimLifeGuru.com](http://SwimLifeGuru.com).

Besides supporting my girls, my career has taken me around the world for the past 14 years, which I'm missing a lot right now during COVID, but I'm hopeful we'll get closer to normal in the coming months to resume some of that travel. Unfortunately, I don't think we'll ever get back to 2019 levels for many years.

TW: Any parting thoughts?

TD: My final thought is to not let being out of shape, an injury, not wanting to compete, or anything else keep you out of the water if you want to swim again. USMS and local Masters swim programs are inviting, supportive, and truly a rewarding experience, which is much better than swimming alone, and something you can do for the rest of your life.



# In Memoriam

## PNA Swimmers Who've Passed Away

by Steve Peterson

Inevitable as it is, we're always surprised or shocked or certainly saddened by the passing of friends and family members. One consequence (benefit?) of attending the annual Convention is viewing the always well-done video presentation listing those Masters members who have passed since the previous Convention. You can view this year's 105 names and photos at [this link](#).

The U.S. Masters Swimming website does have a compendium of known members who are deceased, but it's not that easy to find: [www.usms.org/reg/deceased.php](http://www.usms.org/reg/deceased.php). Once there, you can apply filters to this tool to narrow and sort your search.

The six PNA members shown in this year's memoriam video are:

Name	Residence	Date of Death	Age	USMS Honors	Other
Joan Adkisson	Bellevue	5/19/20	55		
Dora Coffelt	Anacortes	11/13/19	84	Top 10 (8)	
Bob Dorse	Seattle	8/15/19	87	Top 10 (34), All American (1)	U.S. Army
Dave Drum	Port Hadlock, Poulsbo	6/11/20	84	Top 10 (142!), All American (5), Record Holder	2 <sup>nd</sup> generation Marine Colonel
Gordon Hally	Seattle	2/7/20	83	Top 10 (2)	
Jim Miles	Bellevue	8/8/20	75	Top 10 (2)	

Excerpts from their respective obituaries: (click on their name for the full obituary)

[Joan Patricia Adkisson](#) attended Bellevue's Somerset Elementary, Tye Junior High, and Newport High. Joan went on to college at Texas Tech on a swimming scholarship earned after three years of competitive swimming for Newport. She spent a year at Texas Tech before transferring to the University of Washington where she was a member of Tri Delta Sorority.



[Dora Eva \(Bach\) Coffelt](#) was born in East Prussia in January 1935. She was a national U.S. Masters Swimming records holder, an award-winning Fiber Artist, practicing Yoga Student, licensed beautician in two countries, and member of Skagit Valley and Whidbey Weavers Guilds. "A fond memory is her trying to teach our kids how to stand on their heads, she made it look so easy."

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## In Memoriam (cont)

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**Robert Oscar Dorse** Bob was a downhill skier and played singles tennis throughout his life, but his first and last sport was swimming. He swam competitively until he was 86 years old. He holds many records with the Pacific Northwest Masters Swimmers and won a National Championship in his final year of competition. His accomplishments and dedication were an inspiration to many. In addition to many Letters to the Editor submitted to the Seattle Times, Bob published his memoirs, *Bob's Tales*, which recounted his passion for life, politics, swimming, and family. His relentless positive attitude, his dedication to keeping fit, his strong political opinions, and his never-ending energy will be sorely missed.



**David Sanford Drum** Dave was many things, but two stood out: he was a Marine and a swimmer. He swam for his Wilson High School swim team and his relay won a national title. At UCLA he was on the swim and water polo teams. Summers were spent as a Huntington Beach lifeguard. Dave competed with U.S. Masters Swimming until his late 70s, setting many local records and garnering five All American titles. He trained in a pool, often with a coach, during the week. On weekends he bodysurfed with his water dog Harli or competed in ocean races. He joined hardy folks doing open water swims all year, even when the water was 55° (no wet suits!). When traveling, he'd ask locals about the "swimming hole," be it a lake or stream or YMCA. In Washington, Dave's ocean adventures diminished, but he took occasional dips into nearby waters and looked forward to an annual summer swim across the Hood Canal near Hoodsport with friends.

**Gordon Craig Hally** Gordy spent his formative years on Long Island and New Jersey. After graduating from Westfield High School in 1954, he earned his BA in Liberal Arts and Humanities at Dartmouth College and his MBA at The Tuck School of Business. At Dartmouth, Gordy was a member of Chi Phi fraternity and lettered in swimming. Living and working in Corona del Mar CA for over 20 years, Gordy and Jill routinely swam together along the beach in China Cove and Gordon continued his passion for competitive swimming by competing in the local Masters swimming program, where he held records in the butterfly for his age bracket. After retiring, they moved to the Pacific Northwest, living between homes in Seattle and La Connor.



**James Martin Miles** Jim grew up in Redwood City CA and graduated from Sequoia High School where he was an All-American swimmer. He earned a BA in Political Science from the University of California, Berkeley where he was a member of the Cal Bears water polo team. He then graduated from the University of Wisconsin Law School and subsequently was admitted to practice before the U.S. Supreme Court, 1973. During high school and college summers, Jim coached youth swim teams; in later years, he was a Masters swimmer and triathlete. He coached the Hawks/Wailers Mercer Island High School rec soccer team for the '88 season. He retired as attorney with the U. S. Dept. of Health & Human Services, specializing in civil rights and Native American law.

# Board Meeting Highlights

September 20, 2020

- After passing in an email vote in **August, PNA's Covid-19 Relief** program is underway and in addition to publicity in the recent issue of *The WetSet*, a message was also sent to the club/workout group contacts.
- Financial Report:
  - Total income through Aug 2020 is \$19,473
  - Net income is \$9,472
  - Total Assets are \$68,946
- Current membership is 1,454 (730 female, 724 male).
- Jim Davidson (Open Water chair) has started polling people about dates for potential Open Water events in 2021.
- Historian Walt Reid has uploaded 75 old WetSets from 2000-2007 as well as all past records through 2011. He and Doug Jelen are working to complete the PNA record history from 2012-2020.
- The board voted to reimburse any club or workout group of 8 swimmers or more their 2021 registration fee if they register by Dec 31, 2020 if USMS votes to not cover 2021 club and workout registration fees.

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 - open  
 Webmaster - Steve Peterson

Next meeting  
 Saturday, 11/7/20 (time TBD)

## Social Media Coordinator needed!

PNA is in need of a Social Media Coordinator.

Our first Social Media Coordinator, Isaac Contreras, has maintained our Facebook and Twitter accounts for the last few years and his contributions have been greatly appreciated. Unfortunately, Isaac is no longer available to continue in the position, so PNA is seeking a new coordinator.

Please contact Sally Dillon at [salswmr@comcast.net](mailto:salswmr@comcast.net) if you are interested in taking on this volunteer position.

## Shore Pool Reopens

Shore Aquatic Center in Port Angeles (previously known as William Shore Memorial Pool) has reopened after an extensive \$20 million remodel. The facility approximately doubled in size to about 30,000 square feet and includes four bodies of water: a 6-lane lap pool, an exercise pool, a kids' activity pool, and a spa. The facility grounds include an outdoor kids' playground area.

[Click here](#) for their webpage and [here](#) for their Facebook page.



From Facebook.