

Pacific Northwest Association of Masters Swimmers

CALENDAR OF COMING EVENTS

July 18, Tuesday - PNA Board Meeting at 7:30 PM. All members welcome. Held at Sue Dearborn's, 3401 E. Mercer, Seattle. Info. call Sue 324-4945.

July 22-23, Sat. & Sun. - Long Course meet with No Awards to be held at Mt. Hood Community College, Oregon Entry & details enclosed...

July 29, Sat. - PNA SUMMER SOCIAL - for PNA members and families. Begins at 11AM in Lincoln Park, West Seattle Details enclosed....

Aug. 4, 5, & 6 - Long Course Regionals at Multnomah Athletic Club, Portland Oregon. Details and Entry info. enclosed.....

Aug. 20-30 - 1st World Senior Championships at Toronto. Entries were due by July 4, 1978.

Aug. 31, Sept. 1, 2, & 3 - National AAU Masters Outdoor Long Course Championships at Providence, R.I. Write to: Enid Uhrich, 25 Lafayette Rd., Newton, MA 02162

P.N.A. MASTERS PICNIC Sat. July 29th From 11AM to DUSK (rain or shine)

COME ANYTIME! Plan on eating about 3:30 to 4:00. Fun activities prior....

PLACE: Lincoln Park, West Seattle Picnic Shelter Area #2 (park in lot at south end of park)

BRING: Families --- BRING own meal! BRING soft balls, mitts, volleyballs, bats, etc.... Charcoal broilers will be available.

Colman Pool will be open from Noon to 7PM for those who want to swim!

MAY NATIONALS IN SAN ANTONIO or What's a '11 rain! by Susan Dearborn

Our small band flew into Texas for the yearly event by diverse routes with storm clouds and delays on the way. John Koruga, Tom Long and myself arrived in Denver, simultaneously. Tom tried to stuff his airport sandwich in his bag and run off to get the connecting flight to Texas without us but we found him again. So we continued the trip together and met up with Dawn Musselman at the Ramada Inn and later, Carolyn and Dean Behse and Still later, Jane Chastain and Susan Rittenhaus from Oregon.

After a swim at the motel we dined, located the meet pool and looked in vain for the entry packets with the little gifts we've come to expect greedily at Nationals. No packets, or little things so we stood in long lines to register and in more long lines for event cards. Then we learned that Mr./Mrs. Dahlmann virtually did this meet all by themselves for

GET SET FOR REGIONALS!!! Aug. 4-5-6 (A message from Fred Wiggin, PNA meet Chairman regarding long course meets!)

The summer of '78 bodes ill for PNA long course swimmers. For competition, we must support the OREGON meets. For practice, Colman Pool is available. (Call 935-1903 Colman Pool for info. on times for workout and adult swims).

Due to the insurance problem, PNA has no meet scheduled for Colman Pool this summer and we have been unsuccessful in getting the sponsorship of a Tacoma swim club for a meet there. SO give your support to the Oregon meets.

July 22-23 Mt. Hood and Aug. 4, 5, & 6 at Multnomah Athletic Club, Portland.

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BOARD MEETING HI-LITES

\* Mayor Royer of Seattle wrote and expressed his appreciation for our interest and support for CAPRI and for our recent donation from the Swim-A-Thon of \$5000.

\* New officers for the Oregon Assoc. are: Chairman - Earl Walters and Vice Chrmn: - Chuck Schaumburg.

\* The Enumclaw Meet was very well run and will be kept in mind for a future meet.

\* Persons interested in working out at Colman Pool may contact John Thomas at 747-0431 (Bellevue).

\* Membership for PNA/AAU will be reduced to \$6.50 for the remainder of the year. PNA portion is pro-rata

\* Judy Harrison outlined publicity plans. She requested any black & white negatives of Masters (social type) be submitted to her (no color prints or slides).

\* A summer social is planned with Tom Cooper Tel: 743-9100 (Bothell) Chairman. Joy Rogers and Gretchen were selected to serve on the social committee

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over 500 people! So we stood in line more patiently.

The good news -- Dawn, Carolyn and Tom Long collected a cache of gold medals; Ron Taylor garnered a hoard of thirds and I was pleased with some 5th and things. Meet results and statistics are not out yet. They'll be published as soon as we receive them.

The facility was quite fine--a solar heated plant arranged so that men's and women's events could run at the same time. A very small warmup area was available throughout the meet--mid pool. (CONTINUED ON BACK SIDE AT BOTTOM PAGE)



"NOT THE TRIUMPH, BUT THE STRUGGLE..."

The room was dark, so still the night --  
The swimmer tossed and turned 'til light.  
The race was only hours away;  
He trained so long for this one day.

He'd worked on turns, a rapid start,  
He had the wind, he had the heart,  
His stroke was true and very strong,  
He prayed that nothing would go wrong.

He stepped upon the starting block  
And froze as if he were a rock.  
He took his mark and held his start;  
The gun recoiled as did his heart.

Six swimmers left the blocks as one;  
The water exploded, the race begun.  
The kick was good, as was his stroke,  
Too early yet to go for broke.

A negative split he'd need to win;  
To miss a turn would be a sin!  
Stroke after stroke he moved with grace;  
He'd give his all to win this race.

One turn was good and then another;  
He heard the yelling of his brother.  
Now was the time to move it out;  
The crowd went wild, he heard them shout.

And off the wall six came as one;  
It seemed as though they'd just begun.  
He called upon his strength reserve;  
He called upon each muscle and nerve.

His muscles hurt, his lungs did ache;  
He had the stuff that makes one great.  
Inch by inch he moved ahead;  
His arms and legs, they felt like lead.

His mind and heart and a lot of pride;  
Moved him along and kept him in stride.  
He hit the wall and then he knew  
He'd get the ribbon with the blue!

Upon the winner's block he stood  
It was not the winning that was good,  
For soon he was to realize  
The treasures gained as one tries and tries.

The struggle goes with us through life--  
The triumph is replaced with strife;  
The blush of victory, it is said  
Is brief while fleeting to the head.

The struggle gives to life a goal --  
It takes a part and makes it whole;  
A man is rich for all the strife  
For it prepared us all for life.

by Robert L. Wilder, Administrator  
Interagency Committee for Outdoor  
Recreation  
State of Washington  
Tumwater, Washington

APPLICATION FOR PNA/AAU REGISTRATION - 1978 (Includes WET SET Subscription and AAU Fee)

NAME \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_  
TEL: \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_

FREE: \$6.50 make checks payable to: "PNA MASTERS SWIMMERS"  
Insurance covering competition & practice is available for an additional \$1.50,  
add this amount if you wish coverage.

Send this form with payment to: Karen Kohler, 4111 - 133rd S.E., Bellevue 98006  
For information only, call Karen at 746-0284 (Bellevue)

Note: All persons are registered with AAU as "PNA MASTERS SWIMMERS". At your first local meet, you should enter your sub-team name or unattached. Also, the PNA portion of the fee was reduced by \$2 to cover the expenses for the remaining half of 1978 so the current cost is now \$6.50 instead of \$8.50 for membership.

(Continued from Page 1 - by Sue Dearborn)

And we didn't sunburn ourselves to painful redness. And the goodly band of Canadians and a sprinkling of other fine swimmers from around the world participated in good standing, received kudos for placing but the U.S. Nationals medals were awarded to American participants.

The plain reporting--the Nationals' meeting which is open to all was held after a long day's swim during dinner time. Our group opted to go ahead with dinner. The following day's announcements indicated one topic must have been awards for our country participants. We would have liked more sun for our spring outing and would have burned ourselves more, but it alas, of course, poured.

We missed the fine organization and management of the Long Course in Spokane and appreciated, in retrospect, how nice it was with no lines and complete programs. Also missed were announcements of results, new records, and the special excitement that goes along with total poolside coverage. We were told no banquet was possible because price per person would exceed that set for banquets at any suitable place in this city. Perhaps the price scale needs modification for it is always fascinating to meet and socialize clothed with swimmers all over the states and world.

When not swimming we shopped, and walked and dined. Sawn and I spent an hour going round & round some figure eight intersections trying to get back to the motel I was driving. Dawn was laughing. After asking the same station attendant twice, we no longer stopped to ask and the 4th time around the motel materialized. I don't know why it wasn't there the first time. No question we mostly swam well and had a good time. Next year, I'm told, nationals will be in Hawaii. SUNNY HAWAII!!!