

the

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS

WET SET



THE PNA NEWSLETTER

PRESIDENT

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UPCOMING BOARD MEETINGS

JANUARY - TBA

* * * * *

VOLUME 12 - NUMBER 1

JANUARY, 1992

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United States Masters Swimming, Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc.



P N A MEET SCHEDULE

JANUARY 23		TAC MASTERS- short course meters	ANACORTES
FEBRUARY 6		GREENLAKE AQUADUCKS	SEATTLE WA.
MARCH 14	#2	BANGOR SWIM TEAM	POULSBO WA.
APRIL 3-5		CHAMPS -TBA	
APRIL 23-25		ZONES	FEDERAL WAY
JUNE ?		FEDERAL WAY MASTERS	FEDERAL WAY
	* * *	* * * * *	* * *

OREGON MEET SCHEDULE

JANUARY 23		TUALATIN HILLS PENTATHALON	BEAVERTON OR.
FEBRUARY 27	#4	UNIVERSITY OF OREGON LEIGHTON POOL	EUGENE OR.
MARCH 13-14	#1	LINCOLN CITY COMMUNITY POOL S.C.M.	LINCOLN CITY OR.
APRIL 9-11	#2	OREGON MASTERS ASSOC. CHAMPS	PORTLAND OR.
JUNE ?	#4	TUALATIN HILLS LONG COURSE	BEAVERTON OR
JULY 24-25		N.W. ZONE LONG COURSE CHAMPS	GRESHAM OR.
	* * *	* * * * *	* * *

INLAND EMPIRE

JANUARY 9-10		SHADLE PARK H.S.	SPOKANE WA.
FEBRUARY 6-7		FAIRCHILD AIR FORCE BASE	SPOKANE WA.
MARCH 6-7		LYONS POOL	YAKIMA WA.
MARCH 26-28		INLAND EMPIRE SHORT COURSE CHAMPS	CHENEY WA.
	* * *	* * * * *	* * *

NATIONAL AND INTERNATIONAL SCHEDULE

MAY 20-23 1993		U.S.M.S. SHORT COURSE NATIONALS	SANTA CLARA CA.
AUGUST 19-22 1993		U.S.M.S. LONG COURSE NATIONALS	MINNEAPOLIS MN.
APRIL 6-16 1993		PAN PACIFIC MASTERS CHAMPIONSHIP	NEW ZEALAND
JULY 4-10 1994		WORLD MASTERS CHAMPIONSHIP	MONTREAL CANADA
	* * *	* * * * *	* * *

SWIM CAMPS

FEBRUARY 11-17 1993	TOTAL IMMERSION ADULT CAMPS	BARBADOS
APRIL 2-8 1993	TOTAL IMMERSION ADULT CAMPS	PALM BEACH FL
	FOR MORE INFO CALL TERRY LAUGHLIN 914-294-3510	

FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED

INLAND EMPIRE

Carolyn Kent
2712 Honeysuckle
Coeur d'Alene ID
83814
(208) 765-1711

OREGON

John Zell
4640 NE 36th Ave
Portland, OR 97211
(503) 282-9347

IDAHO

Paula Howard
1816 S Empire Wy
Boise, ID 83709
(208) 323-1471

BRITISH COLUMBIA

Denis Crockett
BC Masters
3833 Emerald Dr
Vancouver, BC
V7R 3B6
(604) 985-2262

UTAH

Micchael Makarczyk
55 E 300 N
Salt lake City, UT
84054
(801)295-7436

MONTANA

Steve Holloway
Box 8412
Missoula, MT
59807
(406)542-0535

ALASKA

John Zell
PO Box 230125
Anchorage, AK
99523
(907) 345-7088

MINUTES OF THE NOVEMBER PNA BOARD MEETING

In attendance were: Marilyn Grindrod, Lee Carlson, Walt Reid, Kathy Casey, Dave Drum, Robin O'Leary, Ed Artis, Mark Pembroke, Forest Brooks, Hugh Moore, Jane Moore, Muriel Flynn, Carolyn Baldwin, Cynthia Rosik, Mrs. Carlson, Gordon Grey, Steve Peterson, Steve Freeborn, and Dale Sawyer.

Prior to the start of the regular business meeting, Dave Drum showed a new timing machine called the "Time Machine" by Flying Feet Computers. It remembers 8,000 times and a battery will last for a two-day meet.

MINUTES

Minutes were approved.

TREASURER

Treasurer Jane Moore reported that no bills had been received, nor checks issued since the last report. She stated that the PNA is getting a full refund from USMS for the Long Course National Meet. This amounts to \$3.00 per swimmer times 1,150 swimmers minus \$500.00 in expenses.

MEMBERSHIP

Zena may move to the Baltimore area, and we need a new Registration Chair Person. Robin O'Leary volunteered, and she was approved by acclamation.

MEETS

The Fred Wiggin Memorial Meet will be held February 6 with a flat rate fee of \$7.00 for an entry. That was approved. Part of that sum will go to the Fred Wiggin Memorial Fund. The Queen Anne Team wants to do an Aerobic Pyramid Meet next October. This consists of distances as follows: 500-400-300-200-100 with a choice of stroke. There was some discussion as to whether to have one entry fee for each event or one fee covering all five combined.

RECORDS

There were no results from the ORCA Meet as yet. Walt will publish PNA swimmers who made Long Course National Top Ten.

AWARDS

The extra shirts for the Long Course National Meet are not in yet. Phoebe has four designs for Steve to look at. He will have the designs at the Enumclaw meet for the board to look at.

NEWSLETTER

No report.

COMPUTERS

No report.

OFFICIALS

Jan Kavadas was elected at large rep to PNSA. The Board approved that the PNA should buy ten rule books for the Meet Directors.

FITNESS

The Green Lake team is offering a Saturday morning workout from 7:30 to 8:30 a.m. at a drop-in fee of \$3.00. Everyone is welcome. You must be USMS registered. This will be held at the Evans Pool at Green Lake.

PUBLICITY

None.

OLD BUSINESS

Nominations for new officers must be in by April 1. Anyone who wants to run for PNA office is asked to contact Tammi Keeler, Phyllis Gill, Paul Sherman, or Steve Freeborn.

The PNA expressed its condolences to Jan Kavadas on the loss of her husband.

NEW BUSINESS

The next meeting is scheduled for after the Enumclaw meet in December.

Adjourned at 3:05 p.m.

Respectfully submitted,

Kathy Casey,
Substitute Recording Secretary

Many thanks to Kathy for taking notes on this November meeting.

Frank Newquist

GENERAL ANNOUNCEMENTS

If you swim in a non-USMS meet (eg. USS, etc.) and want your times considered for Top Ten / Records, you must request that the meet be approved by the PNA Board prior to your participation. For more details, see the "approved meets" section of the 1992 USMS Rule Book, available from Kathy Casey for \$6.00.

MSI has World Top 10 standings for 1991 (Long Course and Short Course Meters) available for \$5.00. See Walt Reid for the books. He has also ordered patches that cost \$3.00 for interested swimmers.

U.S.M.S. National Records and Top Ten Tabulations for relay and individual events, plus World Record listings are published three times yearly. You can subscribe to this publication for \$12.00 per year. Order through U.S.M.S. National office, Two Peter Ave., Rutland, MA 01543. Checks payable to U.S.M.S.

Steve Freeborn (PNA President), Phyllis Gill (Newsletter Editor), and Kathy Casey (Oceana Zone Rep) all receive information on out-of-the-area meets on a regular basis. If you are planning a vacation and would like to check out a meet in another area, please contact one of us and we'll see if we can help!!

Walt Reid has copies of the PNA Top Ten listings (PNA, Regional, National, World). These are free for registered team reps and may be picked up at PNA Board meetings. Extra copies will be available for \$2.00 soon.

FEBRUARY FITNESS CHALLENGE - How about a postal swimming event to put some spice in your mid-winter laps? The USMS Fitness Committee and the Southern Masters invite all Masters, regardless of swimming ability, to participate in the February Fitness Challenge. All you have to do to participate is record and submit your total swimming yardage for the month of Feb. 1993. All participants will receive a specially designed swim cap, certificate, and final results. For an entry form write to Scott Rabalais, 950 S. Foster Dr. #35, Baton Rouge LA 70806. For a free pamphlet containing timely tips on how to: 1) prepare for the Fitness Challenge and 2) how to get the maximum fitness benefit out of the yardage you do, send a SASE (#10 envelope) to Fitness Challenge, 381 Main St., Goshen NY 10924.

Thanks,

Terry Laughlin - USMS Fitness Committee

HOUSE OUR SWIMMERS TONIGHT (H.O.S.T.)

Contact the following H.O.S.T. when you wish to stay in another swimmer's home during an out of town meet.

Inland Empire	Mariah Clarke	(509) 926-2597
Oregon Masters	Andy Schrag	(206) 254-9400 H (206) 254-9916 W
Southern Oregon	Terry and Judy McCurdy	(503) 673-3673
Corvallis, Oregon	Mark and Laura Wordon	(503) 753-9352
Snake River	Janet Wood	(208) 345-8843 H (208) 339-7229 W
PNA	Ann Gindroz	(206) 272-1854
	Marietta Hunziker	(206) 391-7244

NOTE !!! If you would like to host a fellow swimmer in your home, please contact your local representative. This is an excellent way to meet new friends and cement old friendships



PNA MASTERS LOCAL SWIMMING COMMITTEE
 MEET INFORMATION: February 6, 1993
 Hosted by Green Lake Aqua Ducks
 DEADLINE: Entries due: January 26, 1993

FRED WIGGIN MEMORIAL MEET
 Distance Only Meet

*FIRST 50 ENTRIES RECEIVED WILL RECEIVE A SWIM CAP
 THERE WILL BE CONCESSIONS AT THE MEET*

ORDER OF EVENTS

EVENT #	EVENT	DATE: February 6, 1993
		TIME: Warmup: 10:00 A.M. Meet: 11:00 A.M.
1.	1000 FREE	
2.	400 IM Relay	PLACE: Helene Madison Pool 13401 Meridian Ave. N. Seattle, WA 98125 684-4979
3.	400 I.M.	
4.	800 FREE RELAY	

MEET DIRECTOR: Robin O'Leary **PHONE:** 525-7725 (before 8 p.m.)

FACILITY: 6-lane, 25 yard pool, warm-up area, water temp: 84

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all USMS registered 1992 swimmers 19 and over as of the last day of the meet.

SEEDING: Please indicate if you would like to swim two to a lane in the 1000 Freestyle. Two to a lane swimmers will swim first, then seeding will be fast to slow

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: From I-5 NB, take 130th St exit; go WEST on 130th to Meridian (2nd light); turn RIGHT on Meridian; pool is on left at 134th. From I-5 SB, take 145th St. exit; go RIGHT on 145th to Meridian; turn LEFT on Meridian; go to 134th.

This is the second annual Fred Wiggin Memorial Meet, a distance only event. A portion of the proceeds will go to the Memorial Fund. The memorial fund is used to support a USMS or USS swimmer in training or in competition. You are encouraged to make a donation even if you will not be swimming.

PLEASE NOTE: Swimmers under the age of 25 are advised that they might jeopardize their amateur status under FINA Rule GR-1 if they participate in Masters competition.

PNA MASTERS LOCAL SWIMMING COMMITTEE
 MEET ENTRY FORM: February 6, 1993
 GREEN LAKE AQUA DUCKS
 at Helene Madison Pool
 Sanction #933602

FRED WIGGIN MEMORIAL MEET

NAME _____ M _____ F _____ AGE _____
 ADDRESS _____
 PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____
 TEAM _____ or UNATTACHED _____ AGE GROUP: 19-24 25-29 30-34 35-39
 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90+

Age is determined by your age on the last day of the meet

<u>EVENT NUMBER</u>	<u>EVENT</u>	<u>EVENT TIME</u>
_____	_____	_____
_____	_____	_____

Enter relays at meet.

ENTRY FEES

**First 50 Entries Receive a
 Complimentary Swim Cap**

Single entry fee \$ 7.00
 additional donation _____
 TOTAL _____

Checks payable to: Robin O'Leary
 Mail fees and this entry form to:

Robin O'Leary
 6323 19 Ave N.E.
 Seattle, Wa. 98115

**ENTRIES DUE: January 26, 1993
 STATEMENT OF RELEASE**

I, the under signed participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming.

SIGNED _____ DATE _____

IF YOU ARE IN BUSINESS, CONSIDER ADVERTISING IN THE "WET SET"

ONE FOURTH PAGE
ONE HALF PAGE

\$20.00 FIRST MONTH, THEN \$15.00 PER MONTH
\$40.00 FIRST MONTH, THEN \$20.00 PER MONTH

Send your ad and a check, payable to PNA MASTERS SWIMMERS, by the first of the month in which you wish your ad to appear to: Phyllis Gill, 14037 SE Allen Rd., Bellevue, WA 98006. Telephone: 865-9856.

NON-PNA MEMBERS SUBSCRIPTION FORM FOR THE "WET SET"

NAME _____

ADDRESS _____

Send this form and a check for \$12.00, payable to PNA MASTERS SWIMMERS, to Francine Harmeson, 5803 20th Ave N. W., Seattle, WA 98107

* * * * *

CHANGE OF ADDRESS

IMPORTANT !! BULK MAIL IS NOT FORWARDED !!

RETURN TO: Francine Harmeson, 5803 20th Ave NW., Seattle, WA 98107

NAME _____ USMS # _____

OLD ADDRESS _____ NEW ADDRESS _____

NEW PHONE NUMBER _____

* * * * *

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

01/17	ROY INGHAM	02/02	ANN BROCKENBROUGH
01/17	NANCY LAWRENCE	02/02	JACK WOODS
01/19	ROBERT (ROB) CALDWELL	02/03	TIMOTHY ALLEN
01/21	MARK CAMPBELL	02/03	KYLE GOFF
01/22	PETER BANG-KNUDSEN	02/03	ELLEN HAUPTMANN
01/22	WANDA BOLERJACK	02/05	GREGORY HARRISON
01/23	CHRISTOPHER (CHRIS) ABBOTT	02/05	ROBERT PARKER
01/23	LISA DECK	02/08	IRVIN BEADLE
01/23	ALLAN SACHS	02/10	JULIE FREDERICK
01/24	KEITH KIROL	02/10	MARGARET WINNIE
01/25	CYNTHIA ROSIK	02/12	RONALD HOPPER
01/26	BOB BUSK	02/12	MELISSA SOETE
01/27	LINDA BINGLER	02/13	PATRICIA DOTSON
01/27	MAXINE CARLSON	02/14	SALLY DOBBIN
01/29	ALEX CHYLIK	02/14	EKE PETSCHL
01/29	STEVEN SIMS	02/14	LESLIE VAN ROMER
01/30	JENNIE GOLDBERG	02/15	JEFF (JEFFREY) COOK
01/30	LAWRENCE NORDELL	02/15	GEORGE HOLZAPFEL
01/30	JAMES WEYAND		
01/31	ROBERT WELCHER		

**PNA MASTERS LOCAL SWIMMING COMMITTEE
INDIVIDUAL SWIMMING APPLICATION**
Saturday, February 20, 1993 at Helene Madison Pool
Hosted by Orca Swim Club ▼ Matthew Palmer, meet director
Sanction # _____
Approved by PNA for USMS, Inc.

Helene Madison Pool
13401 Meridian Ave. N., Seattle, WA

Warm-up: 9:00AM
Competition begins: 10:00AM

SWIMMING EVENTS—Short Course Yards

<u>Event #</u>	<u>EVENT</u>	<u>Event #</u>	<u>EVENT</u>
1	400 I.M.	13	200 Medley Relay
2	200 Free Relay	14	100 Fly
3	200 Fy	15	50 Back
4	200 Back	16	100 Breast
5	50 Breast	17	200 Free
6	100 Free		BREAK
	BREAK	18	100 I.M.
7	200 Mixed Free Relay	19	200 Mixed Medley Relay
8	200 I.M.	20	100 Back
9	50 Fly	21	PINK FLAMINGO!*
10	500 Free		
11	200 Breast		
12	50 Free		
	BREAK		

* For further information about the PINK FLAMINGO! Relay, contact John Horman at 283-9370.

A maximum of 5 individual events will be allowed. Write in the even:(s) you wish to enter and fill in your entry time in the space provided on the Meet Entry Form. **THERE WILL BE NO DECK ENTRIES FOR INDIVIDUAL EVENTS!**

RULES: All four swimmers for any relay must be from the same Masters club. All relays will be deck entered on the day of the event. Current Masters rules will govern. The no false start rules will be in effect. All events will be timed finals slowest to fastest except the 500 yard freestyle which will be fastest to slowest.

This meet is open to all 1993 registered Masters swimmers age 19 or older. Note: Swimmers under the age of 25 are advised they may jeopardize their amateur status under US Masters rules if they participate.

MEET ENTRY FORM

February 20, 1993 ▼ Helene Madison Pool ▼ Hosted by Orca Swim Club
Matthew Palmer, meet director: 325-6940

Name _____ Gender M F
Age on 2/20/93 _____ Birthdate / / _____ Masters # _____
Club/Team _____
Street Address _____
City _____ State _____ Zip _____
Telephone Number (Day) (____) _____ (Evening) (____) _____

A copy of your 1993 US Masters Registration card must accompany this form.

Age Group on 2/20/93: (circle one)

19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-----

ENTRY LIMIT: 5 Individual Events

<u>Event #</u>	<u>EVENT</u>	<u>EVENT TIME</u>

ENTRY FEES		Make checks payable to:
Surcharge: \$5.00	\$5.00	ORCA SWIM CLUB
Individual Events @ \$1.00 each		Mail entry form and fees to:
TOTAL	\$	ORCA SWIM CLUB
		P.O. BOX 20173
		Seattle, WA 98102
ENTRY DEADLINE:		
All entries must be postmarked by February 10, 1993		

RELEASE

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. I further agree to abide by and be governed by the rules and regulations of USMS.

Signature _____

Date _____

REGISTRATION WILL NOT BE PROCESSED UNLESS THIS CONSENT IS SIGNED BY THE REGISTRANT.

UNITED STATES MASTERS SWIMMING, INC. - 1992 REGISTRATION APPLICATION

PLEASE FILL OUT FORM WITH NAME YOU WILL USE ON MEET APPLICATIONS

Please (X) One: **New Registration only** (valid 1 Nov 92 to 31 Dec 93) _____
 1991 Renewal (valid 1 Jan to 31 Dec 93) _____

PLEASE PRINT OR TYPE INFORMATION

LAST NAME FIRST NAME INT

[] [] []

STREET ADDRESS

[]

CITY STATE ZIPCODE

[] [] []

AREA CODE+TELEPHONE DATE OF BIRTH AGE SEX

[] [] [] [] []

MARK ONE CLUB (NATIONAL LEVEL) OR YOU WILL BE UNATTACHED

PNW Aquatics SQM HUSKY UNATTACHED

PLEASE NOTE THESE CHANGE(S) FROM MY 1991 REGISTRATION:
 NAME _____
 ADDRESS
 OTHER _____

	USMS FEE	LMSC FEE	TOTAL FEE
UNDER 65	\$15.00	\$15.00	\$30.00
SENIOR (65+)	\$15.00	\$8.00	\$23.00

LMSC FEE INCLUDES A SUBSCRIPTION TO THE WETSET

Make check payable to: **PNA MASTERS SWIMMERS**
 MAIL TO: FRANCINE HARMESON
 5803 20th AVE N.W.
 SEATTLE, WA. 98107
 (206) 782-0921

LOCAL AFFILIATION

TEAM _____ UNATTACHED

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. I further agree to abide by and be governed by the rules and regulations of USMS.

 APPLICANT'S SIGNATURE DATE

PACIFIC NORTHWEST ASSOCIATION TEAM REGISTRATION FORM

Team Name (up to 30 characters)

Team name abbreviation (up to 4 characters)

Team Representative to the PNA Board _____
 Phone Number _____

Team Coach Name _____
 Phone Number _____

Please mail completed form and \$10.00 to Frank Newquist, 2210 6th Avenue, Apt. 2B, Milton, WA 98354. *Team registrations valid January - December 1993*

February Fitness Challenge '93



The purpose of the February Fitness Challenge is to promote the idea of fitness through swimming and to encourage swimmers throughout the country to swim regularly and to track their results during the monthly period.



SPONSORS: United States Masters Swimming Fitness Committee
Southern Masters Swimming SPEEDO

ELIGIBILITY: Must be at least 19 years of age.

RECORDING DISTANCE: Beginning February 1, 1993, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert from meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

MONTHLY TOTALS: At the end of the month, add daily yardage totals to obtain monthly total. To calculate number of miles, divide monthly yardage total by 1760.

AWARDS & RESULTS: All participants receive a FEBRUARY FITNESS CHALLENGE swim cap, a recognition certificate from SPEEDO, and a copy of the final results. The three males and females in each age group with the highest monthly total will receive medals. Please allow at least 30 days after deadline for mailing of awards and results.

AGE GROUPS: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54...

AGE: Determined by your age on February 28, 1993.

RULES: Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

ENTRY FEE: \$6.00, all fees payable to **Southern Masters Swimming**.

T-SHIRTS: \$12.00, short sleeve, 100% cotton, indicate size below.

ENTRY DEADLINE: Entries must be RECEIVED by March 15, 1993. Late entries will be returned!

ENTRY PROCEDURE: Send form below and fees to: **FEBRUARY FITNESS CHALLENGE, c/o Scott Rabalais, 950 S. Foster Dr. #35, Baton Rouge, LA 70806.** Phone (504) 928-5596

FREE TRAINING GUIDE: For tips on maximizing your benefits from FFC '93, send a SASE (#10 envelope) to: Fitness Guide, c/o Total Immersion, 381 Main St., Goshen, NY 10924.

FEBRUARY FITNESS CHALLENGE '93

(please print)

NAME: _____ AGE: (as of 2/28/93): _____ SEX: _____
 ADDRESS: _____ CITY: _____ STATE: _____
 ZIP CODE: _____ PHONE: (____) _____ T-SHIRT (optional): S M L XL

MON FEB 1 _____ yds	MON FEB 8 _____	MON FEB 15 _____	MON FEB 22 _____
TUE FEB 2 _____	TUE FEB 9 _____	TUE FEB 16 _____	TUE FEB 23 _____
WED FEB 3 _____	WED FEB 10 _____	WED FEB 17 _____	WED FEB 24 _____
THU FEB 4 _____	THU FEB 11 _____	THU FEB 18 _____	THU FEB 25 _____
FRI FEB 5 _____	FRI FEB 12 _____	FRI FEB 19 _____	FRI FEB 26 _____
SAT FEB 6 _____	SAT FEB 13 _____	SAT FEB 20 _____	SAT FEB 27 _____
SUN FEB 7 _____	SUN FEB 14 _____	SUN FEB 21 _____	SUN FEB 28 _____

TOTAL MONTHLY YARDAGE = _____ YARDS
TOTAL MONTHLY MILEAGE = _____ MILES (divide monthly yardage by 1760)

In fairness to all participants, I attest that the above results are accurate and true.

SIGNATURE: _____ DATE: _____

