

The WetSet



Volume 17 Issue 5

May 1998

President's Letter

Dear Swimmers:

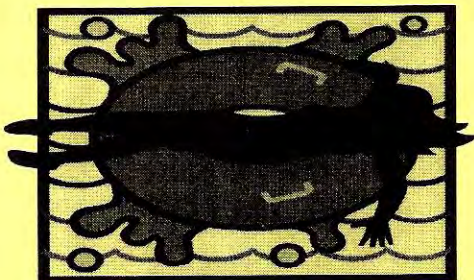
Congratulations to the PNA swimmers who made the USMS Individual All American List for last year by having the fastest time in an event for the season. The swimmers are Ila Barlean, Mary Jenkins, Sally Dillon, Pinky Walker, Marion Mueller, Mark Heinrich, Rick Colella, Alan Cardwell, Gregory Harrison, Jim McCleery, Nick LeClercq, Steve Thrasher, Nick Templeman, and Jim Penfield.

Also to be congratulated are the PNA Relay All Americans including: Mary Jenkins, Shelley Birnie, Karin Gardner, Nadine Bowen, Zena Courtney, Lisa Wilson, Mary Lippold, Charlotte Davis, Marion Mueller, Pat Matthiesen, Maxine Carlson, and Helen Schuchart. Keep up the good work.

PNA Champs in Bellingham was great! I particularly enjoyed the meet because I wasn't helping to put it on. It's nice to be able to swim and not worry about the details. Until you put on a meet, you just can't realize all the effort that goes into one. Thanks to everyone involved with making this year's Champs a success.

Thanks also to the PNA Board for the presentation of the Distinguished Service Award to Hugh and me. We are honored to have been given the award and plan to enjoy our trip to Whidbey Island.

Jane Moore



PNA COMPUTER APPLICATIONS REPORT (April 12, 1998)

Greetings to all from Saudi Arabia. From what you all have told me, everything went well with the PNA Championships. Congratulations, and good luck to everyone who is going to Zones, Nationals, and the Worlds.

The PNA website (<http://www.whidbey.net/frosty/pna/pna.htm>) was accidentally shut down from about March 26 until April 6. My ISP upgraded the web server with new software that inadvertently changed the access permissions of some of the subdirectories, including the one where the PNA website resides. This caused browsers to the PNA website to receive either a message saying that they were not permitted access to view the page, or to receive a dialog box querying for a username and password. The problem was identified, and the PNA website was back on-line on April 6. My apologies for the inconvenience.

My thanks to Walt, Jeanne, and Lee for providing the meet results, Long Course Zones meet information, and team representatives listing for the website. They were uploaded before my departure.

If anyone has items to be added to the website, you may e-mail them to me at my desert e-mail address desert-frost@yahoo.com), and I will post them when I return.

Finally, I did not get around to asking the Bellingham Masters if they were willing to post the PNA Champs results on their website, either on a temporary or permanent basis. I can post them on the PNA site when I return, but I figured that there might be demand to have them posted sooner than the end of June.

Sincerely,
Dan

PNA Board Meeting March 24, 1998

Vice President Lee Carlson, in Jane Moore's absence, called the meeting to order at 7:10 P.M. at the Federal Way Library. Carolyn Behse, Lee Carlson, Sally Dillon, Jeanne Ensign, Tom Foley, Dan Frost, Jan Kavadas, Suzie Ness, Frank Newquist, Steve Peterson, Walt Reid, and Jeanette Vallandigham attended. Teams represented: Bellevue Club, Federal Way, Fort Steilacoom, GLAD, OOPS, ORCA, Mercer Island Redwoods, North Whidbey, and Tigers.

MINUTES: The February minutes were approved as submitted. (Colman Pool was misspelled in previous reports.)

TREASURER'S REPORT: USMS Short Course Nationals earned net income of \$17,481. This is below original estimates mainly due to taxes totaling \$3,594 (449% of anticipated). The 3K/6K Postal Championships netted \$719 (\$1,790 revenue - \$1,071 expenses). The Long Distance Committee's evaluation

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Victory at Sea

Dan Frost

Meet Results -

Bangor

PNA Top Ten Swimmers

Race Entry Form

NW Long Course Champs -
July 25-26

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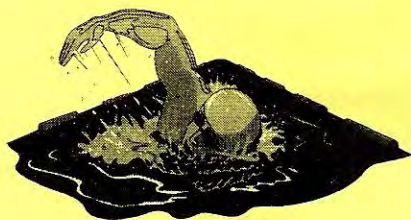
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United States Masters Swimming, Inc. is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United 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.

1998 MEET SCHEDULE

PNA Meets

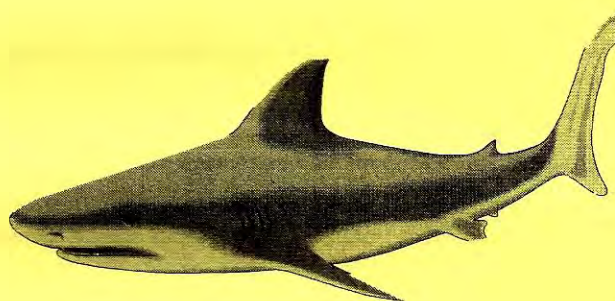
<u>Date</u>	<u>Event</u>	<u>Location</u>
July 25-26	LCM	Northwest Zone Champs - Federal Way (hosted by GLAD)

Oregon

June 7	OW	Emerald Aquatics 1,500 & 3,000 (Steve Johnson (541) 683-5758)
July 18-19	OW	Rogue Valley 3,000 + Open Water Clinic (Pat Burch (541) 488-5928)
Aug 1-2	OW	Central Oregon 1,500 & 3,000 & relays (Matt Mercer (541) 389-7665)
Aug 16	OW	OMS Open Water (Dan Gray (541) 944-0529)

National/International

May 7-10	SCY	USMS SCY Champs, Indianapolis (Judy Goldstein (317) 253-8289)
May 16-18	LCM	Canadian National Champs, Edmonton (Terry Dewhurst (800) 661-2718)
June 19-26	LCM	World Masters Championships, Casablanca, Morocco
Aug 20-23	LCM	USMS LCM Champs, Ft. Lauderdale (Stu Marvin (954) 468-1580)
Aug 10-15	LCM	Nike World Masters Games - Portland, Oregon (Sandi Rousseau)
Sep 1988		USMS Convention, Cincinnati, Ohio



For Information on Meets Outside of the PNA Area

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Visit the PNA Web Site created by Dan Frost at:
<http://www.whidbeynet.net/frosty/pna/pna.htm>

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will determine the amount of the meet bond to be returned. The PNA Balance Sheet indicates total assets of \$29,007 including the Wiggin Fund's \$2,572. The Board accepted Jeanne's report as presented.

COMMITTEE REPORTS:

A. Membership: Current membership is 716 (versus 778 at this time last year, with Champs through and Nationals looming). Twenty-one teams have registered (versus 16 or 17 last year). Steve Peterson and Walt Reid will assist Lee Carlson in assigning teams by size to three divisions for Champs.

B. Meets: Green Lake's bid to host the LCM Zone meet (July 25 - 26) at the King County Aquatic Center was MSA'd. Suzie Ness reminds hosts to return meet contracts to her expeditiously. To Sally Dillon's question about additional officials to work the Champs meet, Jan Kavadas said she has three certified officials in Bellingham. Suzie Ness reviewed officials certification requirements (the Referee must be certified as a stroke and turn judge, starter, or referee per Article 103.2). Tom Foley reported Bob Dorse's inquiry into Seattle pool fees: rentals over four hours require 10% of gross income (\$100 min) plus \$15/hour for one staff person. King County advertises a dual rate structure: \$50/hour private party and \$30/hour plus \$8.50/hour for staff person and lifeguard. Suzie Ness will use this for meet planning purposes. The Washington State Games (August 6 - 9) will include a one-day swim meet at Evergreen State College, Olympia. Masters age bracketing will apply. Information on events is forthcoming.

C. Records/Top Ten: Walt is preparing SCM Top Ten and All Americans for the next *WetSet*.

D. Publicity: No report.

E. Newsletter: Edmonton sent a video promoting the '98 Canadian Nationals. Sally Dillon volunteered to complete the *WetSet* reader survey (to add responses arriving after Gary's initial review). Jeanne Ensign suggested that a sub-committee scan our membership for likely individuals to replace editor Gary, since no candidates have stepped forward. Tom Foley and Suzie Ness offered to assist Jeanne (after tax season). Lee Carlson will prepare a request to hand to team reps at Champs. Meanwhile, Dan Frost and Sally Dillon volunteered to serve as interim co-

editors.

F. Awards: \$129 was collected from the Anacortes and Bangor meets for awards (25 + 43 medals, respectively).

G. Social: Jett Vallandigham is soliciting Champs goodies from local Bellis Faire merchants. Items may be provided by Sylvia's Swimwear (Bellevue), J.D. Pence, and ByGeorge!

H. Officiating: Revised stroke rules went into effect just before the Bangor meet. Jan is in charge of officials for the National Junior Wheelchair Championships, June 29 (6 - 9 P.M. and July 3 (9 - 12N) at Bellevue Aquatic Center. Volunteer timers are needed.

I. Fitness: Bellevue Club is hosting a Triathlon Clinic for novice women triathletes (same weekend as Champs). Great presenters! (see *WetSet* ad). Dan Frost says more USMS Fitness Committee information will be appearing on the USMS Home Page.

J. Computer Applications: Dan will add registration for LCZones to the PNA website. Bellingham will post Champs results on their website.

K-P. Constitution, Safety, Ad Hoc Open Water, Ad Hoc Coaches, At-Large Reps, Team Reps: No reports.

OLD BUSINESS:

A. Meet Fee Surcharge: Dan Frost stated that fee exemption criteria should apply uniformly to membership, awards, and meet fees. Sally Dillon offered that Masters already presents a relatively low-cost recreation expense. Jan Kavadas proposed postponing changes so Suzie can send out the meet bid package. Tom Foley reiterated his team's concern that some Seniors who view fees as high might slip away from PNA rather than speak out. Jan moved that next year we retain current LMSC and Timing surcharges but make individual event fees optional for Seniors (over 64) - MSA'd. A motion to examine membership demographics to determine whether additional age groups and income levels should be granted meet or registration fee discounts was also MSA'd. Should the Wiggin Fund be used to compensate PNA for the cost of any discounts taken, based on information collected over the coming year?

B. Other: None.

NEW BUSINESS:

A. Coaching Clinics: Lee Carlson re-

minded the Board that USMS offers \$500 seed money to sponsor clinics.

B. USMS Convention: Sally Dillon asked if the list of delegates likely to attend Convention is due.

C. '98 SCM Zones: A motion to support North Whidbey's bid for the '98 SCM Zone meet was MSA'd.

D. PNA Service Award: Steve Peterson proposed a new "PNA Distinguished Service Award" to acknowledge exemplary service to the PNA -- MSA'd. This award would complement the Dawn Musselman Inspirational Swimmer award, but be presented irregularly. A motion to select Jane and Hugh Moore as initial recipients for award at Champs was MSA'd, with up to \$80 for a plaque plus up to \$250 for a getaway weekend retreat. (The Board also thanks Hugh and Jane for both being absent this one meeting to simplify award coordination.)

NEXT MEETINGS:

Tuesday, May 26, at Lee Carlson's (Mercer Island)

Tuesday, June 23, at Jan Kavadas' (Edmonds)

Vice President Lee adjourned the meeting at 9:18 P.M. in the parking lot.

PNA Meritorious Service Award

The Pacific Northwest Association Board of Directors has determined that a special service award should be established and provided to those who meet the following criteria:

- Providing organizational leadership to further the goals of the PNA.
- Willingness to "carry the load" by taking on significant -often thankless-assignments.
- Commitment to strengthening United States Masters Swimming in general and the Pacific

(Continued on page 6)

M E N 50-54

50 YD. FREE		
STEVE PETERSON	51 PNA	28.51
MIKE KELF	52 PNA	30.04
TOM HUGHES	52 PNA	37.04
FOREST BROOKS	50 PNA	52.37
100 YD. FREE		
STEVE PETERSON	51 PNA	1:01.44
MIKE KELF	52 PNA	1:10.43
DON GALLAGHER	50 PNA	1:18.93
TOM HUGHES	52 PNA	1:19.89
FOREST BROOKS	50 PNA	1:50.68
200 YD. FREE		
DON GALLAGHER	50 PNA	2:55.77
500 YD. FREE		
MICHAEL MC COLLY	52 PNA	5:51.08
DON GALLAGHER	50 PNA	7:34.31
FOREST BROOKS	50 PNA	10:32.30
1650 YD. FREE		
JIM MC CLEERY	52 PNA	19:24.58
STEVE PETERSON	51 PNA	21:42.90
GORDON GRAY	52 PNA	24:08.18
DAVID P. OLSON	52 PNA	25:25.15
50 YD. BACK		
TOM HUGHES	52 PNA	47.37
100 YD. BACK		
MICHAEL MC COLLY	52 PNA	1:08.24
FOREST BROOKS	50 PNA	2:41.02
200 YD. BACK		
MICHAEL MC COLLY	52 PNA	2:25.79
GORDON GRAY	52 PNA	2:59.11
100 YD. BRST		
STEVE PETERSON	51 PNA	1:13.19
DON GALLAGHER	50 PNA	1:36.63
FOREST BROOKS	50 PNA	2:21.33
200 YD. BRST		
DON GALLAGHER	50 PNA	3:25.17
50 YD. FLY		
STEVE PETERSON	51 PNA	32.49
TOM HUGHES	52 PNA	43.07

M E N 55-59

50 YD. FREE		
DUANE REED	59 PNA	37.57
100 YD. FREE		
DUANE REED	59 PNA	1:27.92
200 YD. FREE		
DUANE REED	59 PNA	3:28.36
50 YD. BACK		
LEE CARLSON	57 PNA	36.82
100 YD. BACK		
LEE CARLSON	57 PNA	1:23.11
50 YD. BRST		
LEE CARLSON	57 PNA	41.72

M E N 60-64

50 YD. FREE		
DAVE DRUM	62 PNA	29.29
100 YD. FREE		
DAVE DRUM	62 PNA	1:05.65
200 YD. FREE		
DAVE DRUM	62 PNA	2:37.19
100 YD. BACK		
TOM FOLEY	63 PNA	1:46.72
200 YD. BACK		
TOM FOLEY	63 PNA	3:40.51
50 YD. FLY		
DAVE DRUM	62 PNA	32.77
200 YD. I.M.		
TOM FOLEY	63 PNA	3:46.43

M E N 65-69

50 YD. FREE		
BOB DORSE	66 PNA	29.75
100 YD. FREE		
BOB DORSE	66 PNA	1:08.11

500 YD. FREE		
JIM BRYAN	66 PNA	7:35.77
100 YD. I.M.		
BOB DORSE	66 PNA	1:21.72

M E N 75-79

100 YD. FREE		
JAMES WORREL	75 PNA	1:32.93
1650 YD. FREE		
HAL YOUNG	76 PNA	35:43.49
50 YD. BACK		
HAL YOUNG	76 PNA	57.16
100 YD. BACK		
JAMES WORREL	75 PNA	1:45.19
200 YD. BACK		
JAMES WORREL	75 PNA	3:47.89
50 YD. BRST		
HAL YOUNG	76 PNA	51.47
100 YD. BRST		
JAMES WORREL	75 PNA	1:41.65
100 YD. I.M.		
JAMES WORREL	75 PNA	1:45.08
HAL YOUNG	76 PNA	2:08.08

RELAYS-M E N 200 YD. MEDLEY

35 +		
MICHAEL MC COLLY	52 PNA	2:04.90
BRYAN SPARROWHAWK	42	
WAYNE METHNER	44	
JOHN SYLVESTER	41	

RELAYS-MIXED 200 YD. FREE

25 +		
JIM LASERSON	33 PNA	2:44.97
BRAD PALMER	37	
LIVIA WALKER	75	
DEBBIE GLASSMAN	44	

35 +		
LANI DOELY	42 PNA	2:09.06
BILL REEDER	45	
WENDY HOFFMAN	35	
BRYAN SPARROWHAWK	42	

RELAYS-MIXED 200 YD. MEDLEY

25 +		
HOLLY CORNER	31 PNA	2:06.69
JENNIFER BLAIR	26	
ERIC BORNFLETH	32	
PATRICK GIBBS	32	

MICHAEL MC COLLY	52 PNA	2:17.37
WAYNE METHNER	44	
TAMMI KEELER	29	
JANIE LAYMAN	48	

35 +		
BILL REEDER	45 PNA	2:17.39
LANI DOELY	42	
WENDY HOFFMAN	35	
JOHN SYLVESTER	41	

(Continued from page 3)

Northwest Association in particular.

- Nurtures development of future PNA leaders.
- Dedicated to PNA Masters Swimming.

Here are the accomplishments of the first recipient:

- As Meet Director successfully bid and hosted two Masters National Championships at Federal Way.
- A guiding force in PNA growth with a 45% in membership and revenues from 1993 to date.
- Assumed a leadership role in USMS by serving actively at the National level and encouraging large delegate representation at convention and on committees.
- Conducted two successful National postal swims.
- Initiated revisions of PNA policies.

Here are the qualities of the first service award winners:

- Vision to get ideas off the ground.
- Teamwork in the attitude of working with others rather than directing others.
- Organization, structure and dedication.
- The focus that something can and will be improved.
- Dedication, and more dedication.

Hugh and Jane Moore are the unanimous selection to be the first recipients of the Pacific Northwest Association Meritorious Service Award.

PNA LOCAL MASTERS SWIMMING COMMITTEE
 1998 LONG COURSE METERS ZONE CHAMPIONSHIP MEET
 July 25 & 26, 1998 Meet Sanction #983605
 Hosted by the Green Lake Aqua Ducks (GLAD)

DATE: **Saturday, July 25 & Sunday July 26, 1998**
 TIMES: **SATURDAY** Warmup: **8:00 AM**, meet starts **9:00 AM**
 Warmup after Event #2; resume no sooner than **10:30 AM**
SUNDAY Warm up: **8:00 AM**, meet starts **9:00 AM**
 PLACE: Weyerhaeuser King County Aquatic Center, Federal Way, Washington
 Phone: (206) 296-4444

MEET DIRECTOR: Robin O'Leary
 (206) 525-7725 (before 8:30 pm)

FACILITY: Competition pool: 50 meters x 8 lanes
 Warmup pool: 25 yards x 7 lanes
 Water temperature: 80 degrees F

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all USMS 1998 registered swimmers 19 and above as of the last day of the meet.

SEEDING: Slow to fast TIMING: Electronic

RELAYS: Deck enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.

AWARDS: Ribbons will be awarded for first through sixth place.

DIRECTIONS: (a) NORTHBOUND I-5 or SOUTHBOUND I-5: Take exit 142B. You will then be going west on S 348th. Continue West on S 348th past Pacific Highway S (highway 99) and past 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on your right about 1/2 mile past 1st Ave S.

(b) WESTBOUND Highway 18 (from North Bend) continue west on 18 into Federal Way. Highway 18 becomes S. 348th after crossing I-5. Follow the instructions for (a).

Saturday

- 1 1500 Free (May enter EITHER
- 2 800 Free event #1 OR #2)

- Break**
- 3 200 Medley Relay
 - 4 50 Breast
 - 5 100 Fly
 - 6 200 Free
 - 7 200 IM

- Break**
- 8 400 Medley Relay
 - 9 400 Free Relay
 - 10 100 Breast
 - 11 200 Back
 - 12 50 Fly

- Break**
- 13 200 Mixed Free Relay

Sunday

- 14 400 IM

- Break**
- 15 200 Free Relay
 - 16 100 Back
 - 17 50 Free
 - 18 200 Breast

- Break**
- 19 800 Free Relay
 - 20 50 Back
 - 21 200 Fly
 - 22 100 Free

- Break**
- 23 200 Mixed Medley Relay
 - 24 400 Free

Safety First!

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

PNA LOCAL MASTERS SWIMMING COMMITTEE
 1998 LONG COURSE METERS ZONE CHAMPIONSHIP MEET
 July 25 & 26, 1998 Meet Sanction #983605
 Hosted by the Green Lake Aqua Ducks (GLAD)

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

CLUB/TEAM _____ or UNATTACHED _____ LMSC _____

AGE GROUP (determined by your age as of the last day of the meet):

- 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 - 94 95+
- ENTRY LIMIT: 6 EVENTS TOTAL, plus relays. MAXIMUM 5 EVENTS PER DAY, plus relays.

NAME	CLUB	AGE	EVENT	RELAY

ENTRY FEES: \$ 11.00 (includes \$1 LMSC, \$1 electronic timing and \$1 Zone surcharges)

Individual Events: + _____ (\$6.00 maximum @ \$1 each; no charge for relays)

T-shirts + _____ S() M() L() XL() XXL() @ \$12.00 each

Total: \$ _____

Please make checks payable to: **JEANNE ENSIGN** (206) 324-6768 (h)

Mail this entry form and fees to: **600 MALDEN E. #102** (BEFORE 9 PM)
SEATTLE, WA 98112-4500 jeanne@rainier.net

Please send entries postmarked no later than Wednesday, **July 15, 1998**.

WAIVER: 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 the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: 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. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____

DAWN MUSSELMAN INSPIRATIONAL SWIMMER AWARD

This Inspirational Award has been presented annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913 - 1986). Dawn was one of the earliest Masters swimmers, and there are few records above age 60 that she didn't hold. In her early days she was an Olympics hopeful. In her last days she continued to inspire her teammates until cancer took its toll. Past award winners are Dawn Musselman, Marlene Holmes, Maxine Carlson, Jim Penfield, Tom Foley, Karen Jost, Jan Kavadas, Robin O'Leary, Marion Mueller, Tammi Keeler, Ian Thompson, and Suzanne Dills.

This year, the selection process seemed more arduous – not for lack of input, but because so many great candidates were nominated! (While this is a problem, it's a good one to have.) Thanks especially to MaryPat Lawlor, Lynn Johnson, and Karin Gardner for their well-written and thoughtful nomination submittals. Thanks also to past award winners, who helped narrow the field to one. This year's recipient was presented with a personal plaque, the perpetual trophy, and this statement at the PNA Champs meet, April 4, 1998:

DAWN MUSSELMAN INSPIRATIONAL SWIMMER -- 1998

The Pacific Northwest Association Local Masters Swimming Committee proudly presents the Dawn Musselman Inspirational Swimmer Award for 1998 to **Clark Pace**.

Clark, the Green Lake "Aqua Ducks" and all PNA hereby recognize your dedication to our sport, your swimming skill, and your inspiration to others. Teammate MaryPat Lawlor tells of your early accomplishments in land-based athletics, including a broken back from setting a state pole vaulting record and three weeks in traction after football. Once you finally settled on swimming, your accomplishments included city and state championships in breaststroke, and in your freshman year at UNC you were an All-American Swimmer. Following time away from competition, and after suffering asthma-related respiratory problems, you returned to the water, joining PNA Masters in 1991.

Since then, you and wife Jesse "Chainsaw" Pace have been swimming with GLAD. You have also undergone four back surgeries, three within the last year. Despite all this, you swim religiously with GLAD (in the "testosterone" lane, no less) with utter dedication and unbridled enthusiasm—even at 5 AM. And when there are no GLAD workouts, you create workouts at other pools, find workouts with other Masters swim teams, or put together a lake or Sound swim—and make everyone welcome. In addition to offering "pool hints," you have encouraged many, many PNA swimmers to "Escape from Alcatraz," swim with the sharks across San Francisco Bay beneath the Golden Gate Bridge, and swim alongside the I-90 bridge. If there's water, a workout to be dreamed up, and Clark Pace is breathing, we will find you out there swimming and promoting swimming!

Last year at the USMS Nationals and PNA events, despite being unable to compete due to back surgery, you volunteered as a lead timer every day for both meets. Because of all the timing you have done for PNA when you couldn't swim, your teammates think that the timing device used in practice should be renamed the "Pace Clark." You also demonstrate amazing prowess in the post-workout sauna, where you offer more tips—not just limited to swimming but to life, love, and the pursuit of personal bests! The image of swimmers being loners is a fallacy with Clark Pace around. You have refused to let your physical problems—ruptured discs, asthma, chronic pain—lessen your passion for swimming, proving it to be the great recreation it is. This is truly an inspiration to everyone, not just fellow swimmers, and serves as a testimony to the sport of swimming.

Signed by: Chair Jane Moore and Vice Chair Lee Carlson (for the PNA Board),
and Steve Peterson and Frank Newquist (for the Nominating Committee).

VICTORY AT SEA

Conquering the challenges of Open Water Swimming

* With an increasing number of triathlons and open water swims scheduled this summer, it is not too early to prepare for a "victory at sea".

By Dan Frost

Opportunities for open water swimming are growing. Last summer, you could have swam a mile in Lake Washington, or the width of Lake Washington, or even the *length* of Lake Washington, in an organized, monitored open water swim event. This summer, those opportunities to swim in Lake Washington have been scheduled, as well as the annual open water series of swims around Vancouver, B.C., and a growing number of other swims and triathlon events throughout Washington and the Northwest.

Open water swimming can be enjoyed by any swimmer of any ability. However, not every open water event is suited for every kind of swimmer. Each person has a unique tolerance for cold water, just like each person has a unique tolerance for eating broccoli...some folks love it, some can not stand it, and some would not even touch it without adding some Cheese Whiz. Likewise, different swimmers have different tolerances for swimming in wavy water, swimming through currents, and swimming in a crowded pack. To some degree, these tolerances to open water conditions can be developed or acquired. However, if you really do not have a penchant for something like cold water, you will enjoy open water swimming more by taking to small ponds and lakes instead of bays and oceans.

Before you decide to splash into any type of open water aquatic endeavor, there are a number of essentials that you must have. Being in good health with a good endurance base of swim training is one of those essentials. Almost equally essential to an open water swimmer is good eyesight for navigation. If your vision is such that you require more or

less than two eyes to see as clearly as you can, you should invest in swim goggles with corrective lenses. It is also essential that you take steps to protect yourself from hypothermia. This includes limiting the amount of time that you are exposed to cold water, and keeping covered up before and after swimming. It also includes wearing a brightly-colored swim cap that will keep your head warm and dry. Last, but not least, it is essential to swim in a supervised environment where a lifeguard, observer, or friend can provide emergency assistance if necessary.

The Fleet Battle Plan (Keys to open water swimming)

1. Do not swim alone!
2. Pick the right place and time.
3. Pre-swim preparation.
4. Use the right equipment.
5. The start of the swim.
6. Navigation.
7. Approaching the finish.

Open water swimming is quite different from lap swimming in a pool, or even swimming a 1650 or hour-long pool event. There are many things to consider:

The Water: Pool water is clear, calm, and warm. Natural water is cloudy, wavy, and cool. It also contains salt, algae, other living animals, and various other things.

The Start: First, always warm up before the start of your open water swim, no matter how cool or windy it is. Then, when the swim begins, stay within your ability. If you are a novice swimmer, do not place yourself at the head of the pack. In fact, a good starting position for most swimmers is at the lateral ends of the starting line, away from the center of the thrashing pack, and close to clear water. Do not sprint out from the start...find some clear water and settle your breathing and arm stroking into the pace you want to set.

The Current: If you are swimming in a river, bay, or ocean, you must account for the fact that while you are moving in the water, the water is moving also. It is very important to know the direction and

strength of the water current before you start your swim so that you may compensate. Unless the current is running directly in line with your path, you will need to swim with a *crab angle*. On your next ferry ride, note that the captain does not steer directly at the landing dock, but slightly left or right of it in the direction of the lateral current. You, too, need to point your head not at the next turn point or finish, but slightly to one side as appropriate in order to maintain a straight path.

Navigation: Keep your streamlined swimming position as long as you can, but occasionally pop your head up to find out where you are. Once you have your next landmark in sight, be it a buoy, sign, or other marker, put yourself back into a streamline swimming position and make any necessary course corrections. When rounding a turn, do not make the mistake of being so tight to the inside of the turn that you need to stop-twist-and-go. Round your turns so that you can keep your speed up. Also, get sight of that next landmark as soon as you can.

The Finish: Before your swim, you need to see what the finish area looks like from the water. Have that vision in mind, so that when you momentarily lift your head up to navigate, you can easily sense where you are in relation to the finish. Then, you can afford to keep your streamlined position longer. You can also begin to think about how you are going to pass your leading opponents, when you are going to start your final sprint, and, for triathletes, how you are going to perform your transition. If the finish line is located on the beach instead of in the water, keep swimming strong until your hands begin to touch the bottom. Your run to the finish line or transition area should then be mercifully short through the shallow water, though it may feel like miles as your legs slowly remember how to walk again. You should then be ready to congratulate yourself with a cup of hot chocolate, or ready to press on with your bike and run legs!

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WAIVER: 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 the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: 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. In addition, I agree to abide by and be governed by the rules of USMS.

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