

THE WET SET



VOLUME 20 • ISSUE 3

MARCH 2000

In the Water at 8:30—Out by 1:30

Bellingham Meet a Success—and Fun

See page 3



Karen Gardiner finishes the meet in the hot tub

LEADING OFF

By
Lee Carlson

Bonnie Pronk, the President of Masters Swimming in British Columbia, summarized a number of suggestions in a recent newsletter. I am repeating these and adding a number of others that I hope will be useful.

Meets

If your team is interested in sponsoring a meet let Hugh Moore know at (253) 925-0804 or weswim@mindspring.com. We send out our meet bid packets to teams during April and we invite teams to sponsor meets. We encourage all meets, including those with different formats such as sprint or distance meets and pentathlon or animal meets. We typically skip May and August to avoid conflict with the USMS National meets.

If you haven't swum in a meet we encourage you to participate. Remember, you are really swimming against yourself and to see if you can do your personal best times. Please let the registration desk know if this is your

(Continued on page 2)



WELCOME TO THE FOLLOWING SWIMMERS WHO HAVE RECENTLY JOINED THE PNA!

JENNIFER BLOCK, DIANNE BRANDT, LISA DAHL, NATASHA ESUABANA, JERRY GALLAHER, BARBARA GEHRKE, STEVE GEORGE, KATHY GILL, TIMOTHY GILLAM, ADAM GISH, DAN GLANCY, ERIKA HABERZETTL, REGAN HAINES, BRIAN HERRING, CATHERINE HERRING, SCOTT KELLEY, CYNTHIA KRASS, JOHN LITTLE, VALERIE MADSEN, BRETT MILLER, ROXANNE MUSSER, MARK NEWPORT, KASIA PIERZGA, LAUREEN POWELL, LAURA REISDORPH, MICHAEL RINKEL, KATHY ROBERTSON-LITTLE, NICHOLAS RUPERT, REGAN SCHEIBER, CHRISTINA SCHERER, MARCIA SMITH, TRACEY SPENSER, KATE SUTHERLAND, ROBERT SWAIM, STEVEN WADE, LYNN DEE WATKINS, ROBERT WATKINS, TIM WELCH, MARK WILLIAMSON, JOHN WOODSIDE

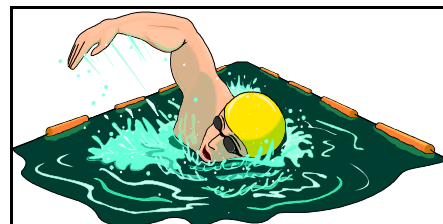
VISIT OUR WEBSITE AT WWW.SWIMPNA.ORG

Inside

Results:
USMS LCM Top 10.....8

LEADING OFF

By
Lee Carlson



THE WET SET

Volume 20 • Issue 2
February 2000

Editorial Board
2913 70th Ave SE
Mercer Island, WA 98040
E-mail: thewetset@yahoo.com

(Continued from page 1)

first Masters meet. One plus of entering many different events is that Gordon Gray uses your results to compute how well you are doing compared to the national standards in your age group.

PNA Champs will be held in Federal Way on April 8-9. This is a great team meet where all your team mates score points to determine the top three teams in small, medium, and large teams. Encourage your teammates to participate. Your team must be registered by March 25th to participate; the fee is \$10 per team. Submit team registration forms to Carolyn Behse.

Zone Championships are in Pullman Washington, March 25th and 26th. The location of this event rotates among local Masters associations from PNA to Oregon to Inland Northwest. The meet in Pullman will be fun. Entries are due March 13th.

Short Course Nationals will be in Indianapolis April 27-30th. The final day for receipt of entries is March 24th. You may also enter this online. You may enter three events without meeting time standards. You may enter up to three additional events if you do meet the time standards that are online at www.usms.org and in the January *Swim Magazine*. Airfares to Indianapolis currently are very reasonable (under \$300) and it's a great pool.

Masters World Championships will be held in Munich, Germany, from July 26 to August 5. The time standards are very achievable. Several PNA swimmers plan to attend the event at the refurbished 1972 Olympic Pool. The entry packet can be ordered from the National Office for \$3. Contact Tracy Grilli, USMS National Office, PO Box 185, Londonderry, NH 03053-0185.

Records

If you believe you may have a chance to break a record, let the meet referee know so that three watches are available. Also ask the meet referee to provide and sign the appropriate form so it can be submitted if you succeed in breaking a national record.

Communications and feedback

Submit an article about your club, a swimmer, a coach, or newsworthy event. Share your photos and articles that may be of interest to PNA members. Visit the website at www.swimpna.org. Give your ideas and suggestions to your team rep, any board member, or to me. We need your constant feedback by e-mail, phone, or in person.

Personal challenges

- Enter a meet
- Get a friend to try Masters swimming
- Swim a new event
- Consider going to Indianapolis for Nationals in April
- Enter a postal meet
- Record your yardage and the number of times you swim each week
- Have fun

Awards and PNA team items

These are available at most meets.

Medals can be purchased from the PNA for first, second, and third place in an event. These are \$2 each. Seniors over age 65 are entitled to one medal at no charge upon request.

Red PNA team caps with the PNA emblem are available for \$5 each.

Navy blue PNA team shirts can be ordered in short sleeves for \$12 and with long sleeves for \$15. Act fast—we're trying to close orders for the PNA shirts on March 15.

PNA OFFICERS

President

Lee Carlson (206) 232-3916
2913 70th Ave SE
Mercer Island WA 98040
leedee@home.com

Vice President

Carolyn Behse (425) 747-3889
cbehse@yahoo.com

Treasurer

Jeanne Ensign (206) 324-6768
treasurer@usms.org

Secretary

Steve Peterson (360) 692-1669
speterson@bandwagon.net

Board Members at Large

Kathy Moore (253) 854-8715
Kathy Casey (253) 588-4879

PNA VOLUNTEERS

Registrar

Suzanne Dills (206) 779-3654
1101 N Northlake Way
Seattle WA 98103

Awards: Sally Dillon

Coaches: Barb Gundred

Computer Apps.: Jim McCleery

Constitution & By-Laws: Jane Moore

Fitness: Carolyn Behse

Historian: Tom Foley

Meets/Sanctions: Hugh Moore

Publicity: Brad Palmer

Records/Top Ten: Walt Reid

Officiating: Jan Kavadas

Open Water: Sally Dillon

Safety: Kathy Casey

Social: Jett Vallandigham

Newsletter: Sandy McNeel

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always has been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.



HAPPY BIRTHDAY

TO THE FOLLOWING PNA SWIMMERS!

- | | |
|------------------------------|--------------------------|
| 03 15 KATHY MOORE | 04 01 GREGORY KABACY |
| 03 15 DAVID CHEATLE | 04 01 JEFF STRAND |
| 03 16 MATTHEW SMITH | 04 03 MICHELE HINATSU |
| 03 16 TODD WIRTZ | 04 03 THOMAS TAYLOR |
| 03 16 TODD DOHERTY | 04 03 ERIC DYBDAHL |
| 03 16 PHOEBE TERHAAR | 04 04 ALAN BELL |
| 03 17 BARBARA YOUNG | 04 04 TOM GERGEN |
| 03 19 ROBERT FIDDES | 04 04 KARI OSTERHAUG |
| 03 19 PATRICK SLOWEY | 04 04 CYNTHIA TODD |
| 03 19 JULIE TAYLOR | 04 05 ANN BAILEY |
| 03 20 JENNIFER LELAND | 04 06 KAREN OWEN |
| 03 21 JOHN WOODSIDE | 04 06 JANET KAVADAS |
| 03 21 BARBARA HAYNES | 04 06 CAROLYN BALDWIN |
| 03 22 CAROLYN CAVALIER | 04 06 BETTYLOU SCHINDLER |
| 03 22 WILLA DAWSON | 04 08 MICHAEL HASTINGS |
| 03 22 MIKE NELSON | 04 08 CHAYA AMIAD |
| 03 22 SIMONE GOBEL | 04 08 MARK WILLIAMSON |
| 03 22 JOHN (JACK) CONNELLY | 04 09 GAIL HASHAGEN |
| 03 23 ALAN SCHELL | 04 09 JIM PENFIELD |
| 03 23 ROBERT TRIPPLE | 04 09 TROY HUSBAND |
| 03 24 RICHARD MCKEOWN | 04 09 CHRISTINA SCHERER |
| 03 24 LANCE CALISCH | 04 10 MARGIE GOULDEN |
| 03 25 EDWARD ARTIS | 04 10 SUSAN AMOTT |
| 03 26 RICK SPENCER | 04 11 THOMAS RIEPE |
| 03 26 JERI DOHAHUE | 04 12 YVONNE YOKOTA |
| 03 28 PEG CLOUTIER | 04 12 JUDY WILLIAMS |
| 03 29 MARY ANNA KEISER | 04 12 JENNIFER STAPP |
| 03 30 JACK STAVROS | 04 13 VIOLA BILTZ |
| 03 30 LESLIE MCLAUGHLIN BEDE | 04 13 GARY SEILHEIMER |
| 03 31 KATE SUTHERLAND | 04 14 MARK WATLING |
| 04 01 JEAN HUCKINS | 04 14 SUSAN FENNER |
| 04 01 AMY WOLFE | |

Bellingham Meet Free Food, Free Heat Sheets

“Water is Best” was the slogan of the Bellingham Presidents Holiday Meet on February 20th. The Bellingham Masters Swim Club treated the 80 participants to an outstanding meet, both in the water and on the deck. In addition to free massages, three local doctors offered complimentary chiropractic care. Swimmers from as far away as New England (Roy Kropp) and New Mexico (Garrick Snider) enjoyed the meet, as did Ron Richards from Portland.

Three top-level swimmers returned to competition from long absences and did well. Jeff Strand, competing for the first time in 11 years, swam a 51.8 in the 100 free in the 25-29 age group. Lisa Dahl from Issaquah, currently coaching an age group team, swam well in the 35-39 age group. While Lisa’s length of time for absence from competing was unreported, it was shorter than that of Harold Tauscher, a former UW swimmer. Harold is now swimming with the Bellingham Masters in the 60-64 age group. Rumor has it that this is the first time in 40 years he has competed.

Congratulations to first time competitors Jane Anderson of Glad and Jeanette Opiela of Bellingham. It didn’t show.

The full results of the meet will be in the April WetSet.

WetSet Subscription / Change of Address Form

The WetSet is PNA’s official newsletter. It is produced 10 times a year, and is delivered free of charge to PNA members. Non-members may purchase an annual subscription to The WetSet for \$12, payable to “PNA MASTERS SWIMMERS”. To request a change of address or a new subscription, please send this completed form to:

Suzanne Dills
PNA Registrar
1101 N Northlake Way
Seattle WA 98103

IMPORTANT NOTICE - The WetSet is sent via Bulk Mail, and is NOT forwarded by the U.S. Postal Service.

- CHANGE OF ADDRESS
- NEW SUBSCRIPTION

AFFIX ADDRESS LABEL HERE	
NAME _____	
ADDRESS _____	
CITY/STATE/ZIP CODE _____	
PHONE _____	USMS # _____

If you would like to become a PNA member or re-new your membership, and receive The WetSet and Swim Magazine, please use the Member Registration Form on the back cover of this newsletter.

Dawn Musselman Inspirational Swimmer Award

The PNA has presented this Inspirational Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913 - 1986). Dawn was a long-time PNA member. Not only was she a gifted swimmer (check the record books for ages 60 to 74!), Dawn was the kind of person who inspired others and encouraged them to do their best. Besides Dawn, subsequent award winners include Marlene Holmes, Maxine Carlson, Jim Penfield, Tom Foley, Karen Jost, Jan Kavadas, Robin O'Leary, Marion Mueller, Tammi Keeler, Ian Thompson, Suzanne Dills, Clark Pace, and Dan Frost.

Nominations are open to all PNA members. We're looking for the candidate who:

- Is an inspiration to all PNA swimmers
- Willingly shares information, training, or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship at all times
- Shows a strong commitment to PNA Masters Swimming

You swim with someone who qualifies—compose a couple paragraphs telling why! Send your nomination to Steve Peterson in Silverdale: (360) 692-1669; speterson@bandwagon.net. The award, consisting of a personal plaque and the perpetual trophy with recipient's name added, will be presented at PNA Champs at the King County Aquatic Center on Saturday, April 8.

Please submit your nomination by March 31, 2000.

Attitude Matters The Power of Positive People

"Positive" attitudes are linked to good health, and "negative" attitudes are linked to poor health. Several well-designed studies have indeed shown a strong link between optimism and good health.

In one study, psychologists Charles Carver and Michael Scheier found that dispositional optimism (defined as the degree to which someone expects the future to bring positive events rather than negative ones), predicted how well men recovered six months after undergoing bypass surgery. Compared to pessimistic patients, the optimists were more likely to have returned to work and to have resumed recreational, social, and sexual activities.

In another study of Virginia Tech college students, students with an optimistic score in the top 25 percent went to the doctor only one-third as often, on average, as a classmate with a score in the bottom 25 percent.

What is optimism?

Optimism is the tendency to seek out, remember, and expect pleasurable experiences.

Optimists expect good things to happen, but for different reasons. Some may attribute it to their talents, others to their parents or upbringing, while still others to the benevolence of God. Whatever the reason, optimists fill their minds with positive thoughts and fill their lives with positive experiences. It is this increase in positive feeling that crowds out negativity and seems to improve health.

Top ten key features of a healthy optimist

Are you an optimist? Do you:

1. See yourself as part of life rather than apart from life
2. Expect the best in uncertain times
3. Have a concept of life as abundant, rather than scarce
4. See problems as challenges rather than threats
5. Feel challenged by the future and its difficulties
6. Openly embrace change
7. Have a strong sense of your self-worth
8. Believe you have control of your environment
9. Believe that individual actions can make a difference
10. Passionately engage in the world and believe in your own abilities

So, it is not so much the reality that causes stress and illness, but the stories we tell ourselves about reality. And we can learn to turn pessimistic stories into healthier, more optimistic ones.

REFERENCES:

- Goleman, D. & Gurin, J. (1996). **Mind Body Medicine**
- Ornstein, R., & Sobel, S. (1989). **Healthy Pleasures** © Karen Wolfe, M.B.B.S. (Syd.), M.A., Healing Quest.

From the National Wellness Association / Jane Moore

WORLD WIDE WEB GUIDE

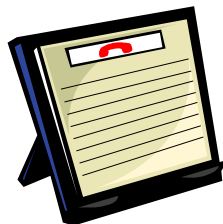
Check out these sites on the internet for information on Masters swimming, news, events, workouts, and more from throughout the Northwest!

PNA MASTERS SWIMMING

U.S. MASTERS SWIMMING
MASTERS SWIMMING CANADA
OREGON MASTERS
B.C. MASTERS
BELLINGHAM MASTERS
ORCA SWIM TEAM

www.swimpna.org

www.usms.org
www.compumart.ab.ca/masterssc/
www.swimoregon.org
www.island.net/~bpronkl
members.aol.com/Ariston844/bmsc.htm
www.teamseattle.org/orca



MASTERS CALENDAR

OPEN WATER
POSTAL SWIMS
MEETS
CLINICS

Events in Washington, Oregon, British Columbia, Idaho, and Alaska, plus USMS Championship events.
PNA Events are listed in **BOLD**. All events subject to change.

March 18, 2000
Nike All Women's Beginners' Clinic
March 19, 2000
Nike All Women's Advanced Clinic
Margot Navarre (425) 313-3131
Carolyn Behse (425) 747-3889

March 25-26, 2000
Northwest Zone Championship SCY Meet
Pullman, WA
See pages 11-12

March 25-26, 2000
SCY State Meet
University of Montana
Ellen Mills, PO Box 1324, Condon, MT
E-mail: ellenmm@montana.com

April 7 - 9, 2000
OMS Champs (SCY)
Beaverton, OR
Ed Ramsey (503) 693-8173
E-mail: tkramsey@worldnet.att.net

April 8 - 9, 2000
PNA Championships (SCY)
Federal Way WA / King Co. Aquatic Ctr.
See page 14

April 27 - 30, 2000
USMS Short Course Nationals (SCY)
Indianapolis IN / Indiana University Natatorium
Look for information on this and other National /International meets on the web at www.usms.org and in your Swim Magazine.

April 28 - 30, 2000
BC Masters Provincial Championships (LC)
Richmond BC
Cheryl Miniato (604) 946-1597

May 15 - September 30, 2000
2000USMS 5 & 10 K Postal Championship
Jane Moore (253) 925-0803
E-mail: weswim@mindspring.com

June 17, 2000
USMS 1-Mile Open Water Championship
Indianapolis, IN
Mel Goldstein (317) 253-8289
E-mail: goldstein@mindspring.com

July 27 - August 9, 2000
VIII FINA Masters World Championships
Munich, Germany
LCM
USMS National Office, PO Box 185, Londonderry, NH 03053-0185, (603) 537-0203
Fax: (603) 537-0204
E-mail: usms@usms.org
Send \$3 to USMS National Office to cover costs for entry packet
www.munich-2000.de

July 29 - 30, 2000
LCM Zone Champs
Gresham, OR
David Radcliffe (503) 648-7141
E-mail: threads@integrityonline.com

August 17 - 20, 2000
2000 USMS LC Nationals (LCM)
Baltimore, MD
Barbara Protzman (410) 788-2964, (410) 992-3760, (410) 992-3772
E-mail: swimbarb@hotmail.com

PNA meetings

Tuesday, March 28, Bellevue Club

Tuesday, April 18, TBD
(annual membership meeting)

Deadlines

Important dates you may want to remember:

- March 13 Entries must be postmarked for Northwest Zone meet at Pullman
- March 15 PNA shirts orders due
- March 24 Entries must be received for Short Course Nationals in Indianapolis
- March 25 Entries must be postmarked for PNA Championship meet at Federal Way
- March 25 PNA teams must be registered
- March 29 Entries must be received for PNA Championship meet at Federal Way
- March 31 Entries due for Dawn Musselman nominations

For further information on Masters events, call or mail the point of contact, the WetSet editor, or any of the following newsletter editors...

Pacific Northwest
The Editorial Board
2913 70th Ave SE
Mercer Island, WA 98040
thewetset@yahoo.com

British Columbia
Vanda Stocks
PO Box 149 Stn Main
Duncan BC V9L 3X1
(250) 748-4628
vstocks@mail.island.net

Oregon
Dave Radcliff (Northwest Zone Representative)
5832 SE Woll Pond Wy
Hillsboro OR 97123
(503) 648-7141
threads@home.com

Inland Northwest
Doug Garcia
P.O. Box 145
Albion WA 99102
(509) 332-1621
dougarcia@usms.org

Snake River
Rick Davis
1050 W State St
Boise ID 83702
(208) 387-0306
ricdavis@micron.net

Alaska
Janet Rumble
P.O. Box 33336
Juneau AK 99803
(907) 364-3106
jandean@alaska.net

PNA Registered Teams

Team/Abbr/Members	Team Rep	Pool	Workout Times
Bainbridge Area Masters BAM	Lynn Wells, coach (206) 780-5378 Bisclw@aol.com	Ray Williamson Pool NE High School Rd Bainbridge Island	5:30–6:30 am Tu,Th 12:00–1:00 pm T,Th 7:00–8:30 am Sat
Bellevue Club Masters BC	Carolyn Behse (206) 747-3889 Jody Braden, coach	Bellevue Club 11200 SE Sixth St (425) 455-1616	12:00–1:00 pm M,W,F 6:00–7:00 am Tu,Th 9:30–10:30 am Tu,Th 10:00–11:30 am Sat
Bellevue Eastside Swim Team BEST 20	Robert Fiddes (206) 643-5129	Bellevue Eastside Y 14230 Bel-Red Rd (425) 746-9900	6:30–7:30 am M,W,F
Bellingham Masters Swim Club BMSC 30	Barb Gundred (360) 734-8364 barbg@memes.com	Arne Hanna Aquatic Center Bellingham (360) 647-POOL (7665)	5:30–7:00 am M–F
Federal Way Masters FWM	Linda Sullivan (253) 941-8028 LESmasswim@aol.com	King County Aquatic Center (253) 296-4444	5:45–7:00 am M–F 12:00–1:00 pm M, W 7:00–8:15 pm M–Th
Fife Masters Swim Team FMST	Dan MacGrath, Laura Torzewsky (253) 922-7665 Kelly Farr, coach (253) 847-8630 KFarr@ci.fife.wa.us	5410 20 th St E, Fife	6:30–7:30 am M,W,F 12:00–1:00 pm T, Th Lap swim no additional cost for members.
Ft. Steilacoom Masters FTST 6	Kathy Casey (253) 588-4879	Pierce College Pool 9401 Farwest Dr SW Tacoma (253) 964-6678	5:00–6:30 pm M–Th
Gateway Athletic Club GACM 12	John Pauole (206) 343-4692	Gateway AC Pool 700 Fifth Ave (206) 343-4692	6:30–8:30 am M,W,F
Gold Creek Club Masters GCCM	Susan Amandt Dave Leonard, coach (206) 352-0385	Woodinville	
Green Lake Aqua Ducks GLAD 80	Robin O'Leary (206) 525-7725 GLAD1@mailexcite.com	Evans Pool 7201 E Green Lake (206) 684-4961	5:00–6:00 am M–F 7:00–8:30 am Sat
		Shoreline 19030 First Ave NE (206) 296-4345	7:00–8:00 am M–F
Island Masters IM	Kate Sutherland (360) 331-3116		
Husky Masters Swim Team	Rickey Perkins (206) 543-6644 Emily Buckley (206) 543-2172	University of Washington Hec Ed Pavilion Pool (206) 543-6644	6:00–7:00 pm M–F
Issaquah Swim Team IST	Dave Kienlen (425) 557-8206 DaveK@ci.Issaquah.Wa.us	Julius Boehm Pool 50 SE Clark St (425) 837-3355	5:00–6:30 am M–F
Mercer Island Redwoods MIR 15	Steve Sussex (206) 232-9263	Mercer Island District Pool 8815 SE 40 th St (206) 296-4370	6:00–7:00 am M–F

Team/Abbr/Members	Team Rep	Pool	Workout Times
Newport Hills Swim Team NH 10	Tom Dunning (425) 746-9510	Newport Hills Pool 5464 119 th Ave SE, Bellevue (425) 746-9510	6:00–7:00 pm M,W,F
Northshore Y's Guys NSYG 20	Joann Bushnell (425) 788-6035 joannbushnell@hotmail.com	Northshore Y 18111 NE 195 th , Bothell (425) 485-9787	5:00–6:30 am M–F
North Whidbey Masters NWM	Sally Dillon (360) 679-5038 salswmr@oakharbor.net	Vanderzicht Pool 85 SE Jerome St, Oak Harbor (360) 675-7665	5:00–6:00 am M–F 12:00–1:00 pm M,W,F 8:00–10:00 am Sat
Orca Swim Team ORCA 65	Suzie Ness (206) 729-9403 zoeness@GTE.net suzie.ness@Boeing.com www.teamseattle.org/orca	Seattle University Connolly Center 14 th & Cherry (206) 296-6404	7:00–8:15 pm Tu 8:00–9:15 pm Th 7:00–8:15 pm F 4:00–5:30 pm Sun
Old Olympic Peninsula Swimmers	Frank Warner (360) 692-1040	Bangor Subase Pool, Silverdale (360) 535-5941	6:15–7:15 am M,T,Th 4:30–5:30 pm W,F
OOPS 8	Kevin Prigger (360) 697-6366	North Kitsap Pool, Poulsbo (360) 598-1070	7:30–9:00 pm Tu,Th
Pro Club Masters PRO	Camille Thompson, coach (425) 844-2773 ccmccaig@msn.com	Pro Club Pool 4455 148 th Ave NE, Bellevue (425) 885-5566	6:30–7:30 am MWF (posted) 6:30–7:30 pm TTh (coached) 9:00–10:00 am Sat (posted)
Queen Anne Swim Club QASC 60	Ed Artis (206) 285-1268	Queen Anne Pool 1920 First Ave W (206) 386-4282	9:30–11:00 am Sun 8:00–9:30 pm W 8:00–9:00 pm F
Samena Masters Swim Team (Bellevue) SAM	Cynthia Hirst (425) 885-5303 the.hirsts@gte.net Dean Sawhill, coach	Samena Club Pool 15231 Lake Hills Blvd (425) 746-1160	6:00–7:00 am M,W,F 7:15–8:30 am Sat
Skagit Valley YMCA Chinooks SVYC 12	Gary O'Neill (360) 336-962	Skagit Valley Y 215 E Fulton, Mt Vernon	6:30–7:30 pm M,W,Th
Swim Seattle SSEA 45	Sarah Welch (206) 723-1814 sarahwelch@aol.com	Seattle U, Connolly Center 14 th & Cherry (206) 296-6404	5:45–7:00 am M–F
Tacoma Pierce County YMCA TACY 15	Cathy Barmore (253) 564-9622	Morgan Family Y 1002 S Pearl	9:00–10:00 am M–F 7:00–8:30 pm M,W,F
Tacoma Swim Club TSC 7	Mark Patterson (253) 752-4511 (253) 383-3791	Univ. of Puget Sound Foss High School	5:30–7:00 am M,W,F 6:00–7:15 pm M–Th
Three Rivers Swim Team TRST	Laura Reisdorph (360) 736-4471 (360) 551-2691 lreis@localaccess.cm	Centralia Community Swimming Pool 915 "F" St, Centralia (360) 330-7692	8:30–9:30 pm W 4:00–5:00 pm Sun Workouts posted for lap swims
Thunderbird Aquatic Club Masters TAC 11	Pinky Walker (360) 424-8755	Fidalgo Pool 1603 22 nd St, Anacortes (360) 293-0673	
Tigers TIG 8	Tom Foley (206) 937-5585		

USMS Top 10

Long Course Meters September 30, 1999
N = National Record

WOMEN 30-34

800 M. FREE			
KAREN LEAHY	31	# 8	10:52.81
100 M. BACK			
KAREN LEAHY	31	# 9	1:24.36

WOMEN 40-44

50 M. BACK			
ZENA COURTNEY	40	# 1	34.45
100 M. BACK			
ZENA COURTNEY	40	# 1	1:12.37
200 M. BACK			
ZENA COURTNEY	40	# 1	N 2:34.18
50 M. FLY			
ZENA COURTNEY	40	# 8	33.63
100 M. FLY			
ZENA COURTNEY	40	# 8	1:15.44
400 M. I.M.			
ZENA COURTNEY	40	# 2	5:47.51

WOMEN 45-49

50 M. FREE			
DEBBIE GLASSMAN	46	# 6	29.71
100 M. FREE			
DEBBIE GLASSMAN	46	# 7	1:07.82
50 M. FLY			
DEBBIE GLASSMAN	46	# 2	32.05
100 M. FLY			
DEBBIE GLASSMAN	46	# 2	1:15.96
200 M. FLY			
DEBBIE GLASSMAN	46	# 2	2:55.97

WOMEN 50-54

50 M. FREE			
KATHRINE CASEY	51	# 2	33.43
100 M. FREE			
KATHRINE CASEY	51	# 4	1:15.78
200 M. FREE			
KATHRINE CASEY	51	#10	2:52.94
400 M. FREE			
KATHRINE CASEY	51	# 5	5:56.48
800 M. FREE			
KATHRINE CASEY	51	# 4	12:14.65
1500 M. FREE			
KATHRINE CASEY	51	# 6	24:21.96
100 M. BACK			
KATHRINE CASEY	51	# 7	1:31.49
200 M. BACK			
KATHRINE CASEY	51	# 5	3:14.05
50 M. BRST			
KATHRINE CASEY	51	# 5	44.32
100 M. BRST			
KATHRINE CASEY	51	# 9	1:41.68
200 M. BRST			
KATHRINE CASEY	51	# 4	3:39.00
DEMPSEY DYBDAHL	50	# 8	3:45.67
50 M. FLY			
KATHRINE CASEY	51	# 9	38.63
100 M. FLY			
KATHRINE CASEY	51	#10	1:34.66
200 M. FLY			
KATHRINE CASEY	51	# 3	3:34.47
200 M. I.M.			
KATHRINE CASEY	51	# 4	3:11.46

400 M. I.M.			
KATHRINE CASEY	51	# 2	6:55.22

WOMEN 75-79

200 M. BRST			
MURIEL FLYNN	76	# 5	5:19.17

WOMEN 80-84

100 M. BACK			
PAT MATTHIESEN	83	# 9	2:55.37

MEN 19-24

50 M. FREE			
CHRIS FANTZ	22	# 6	25.47
100 M. FREE			
CHRIS FANTZ	22	#10	58.56
200 M. FREE			
CHRIS CUSHMAN	24	# 6	2:09.88
400 M. FREE			
CHRIS CUSHMAN	24	# 4	4:36.44
50 M. FLY			
CHRIS FANTZ	22	# 4	27.16
100 M. FLY			
CHRIS FANTZ	22	# 5	1:00.20
CHRIS CUSHMAN	24	# 9	1:06.74
200 M. FLY			
CHRIS FANTZ	22	# 2	2:31.27

MEN 35-39

400 M. FREE			
JACK STAVROS	39	# 7	4:41.09
200 M. BACK			
MATTHEW LIND	35	# 9	2:45.00

MEN 50-54

200 M. FREE			
FRANK WARNER	50	# 9	2:20.54
50 M. BACK			
FRANK WARNER	50	# 5	33.80
100 M. BACK			
FRANK WARNER	50	# 9	1:16.12
200 M. BACK			
FRANK WARNER	50	# 5	2:46.91
200 M. BRST			
STEVEN PETERSON	53	# 9	3:04.22

MEN 55-59

50 M. FLY			
SONNY GARRETT	55	# 9	32.28

MEN 65-69

800 M. FREE			
TOM TAYLOR	68	#10	13:03.10
1500 M. FREE			
TOM TAYLOR	68	#10	24:44.39
50 M. BRST			
TOM TAYLOR	68	# 9	42.45
200 M. BRST			
TOM TAYLOR	68	# 7	3:39.92

MEN 70-74

400 M. FREE			
HARVEY PROSSER	71	# 3	6:25.28
1500 M. FREE			
HARVEY PROSSER	71	# 1	25:05.42



Dempsey Dybdahl, one of the swimmers who made the top 10 list for the first time

MEN 75-79

1500 M. FREE			
HAL YOUNG	78	# 9	37:24.76
200 M. BACK			
JAMES WORREL	77	# 8	4:19.81
100 M. BRST			
JAMES WORREL	77	# 7	2:02.87
200 M. BRST			
JAMES WORREL	77	# 8	4:28.42

RELAYS-WOMEN 200 M. FREE

240-279			
JOAN DAVIS	69	# 5	4:01.23
MARGARET WINNIE	66		
JANET KAVADAS	68		
KAREN BRYCE	66		

RELAYS—MIXED 200 M. MEDLEY

200-239			
FRANK WARNER	50	# 2	2:20.13
KATHRINE CASEY	51		
SONNY GARRETT	55		
DEBBIE GLASSMAN	46		

RELAYS-MIXED 400 M. FREE

160-199			
TELL ASNER	45	#10	6:15.35
LYNN HOVDE	46		
NANCY SPESER	42		
RICHARD WILLE	42		

Congratulations to the 26 PNA swimmers who were among the 10 fastest swimmers nationwide in long course meters swimming during 1999.

Zena Courtney and Harvey Prosser both finished #1 in an event, earning the title of "USMS All-American." Kathy Casey, showing her versatility, made the top 10 in every race category except the 50 meter back. And, amazingly, Karen Leahy raced her top 10 speed with only two months of swimming after a two-year break.

Antioxidants and Free Radicals

Free radicals are highly reactive compounds that are created in the body during normal metabolic functions or introduced from the environment. Free radicals are inherently unstable, since they contain "extra" energy. To reduce their energy load, free radicals react with certain cells in the body, interfering with the cells' ability to function normally. In fact, free radicals are believed to play a role in more than sixty different health conditions, including the aging process, cancer, and atherosclerosis. Reducing exposure to free radicals and increasing intake of antioxidant nutrients can reduce the risk of free radical-related health problems. Oxygen, although essential to life, is the source of potentially damaging compounds called free radicals. Free radicals are also found in the environment. Environmental sources of free radicals include exposure to ionizing radiation (from industry, sun exposure, cosmic rays, and medical X-rays), ozone and nitrous oxide (primarily from automobile exhaust), heavy metals (such as mercury, cadmium, and lead), cigarette smoke (both active and passive), alcohol, unsaturated fat, and other chemicals

Order Your Top Ten Patches

If you are listed in the official USMS Top Ten listings you are eligible for Top Ten patches.

Each patch comes with a stroke or a relay segment and costs \$5. You may order extra segments for \$1.25 each.

When you order, give the following information: Your name, age, sex, year placed on list, the course (SCY, LCM, SCM) and the event or events. If placing in any relay event, also include team name.

Make check or money order payable to Lake Erie LMSC.

Mail to:

Darlynne Ferguson
4917 Walden Circle
Orlando, FL 32811

and compounds from food, water, and air.

Antioxidants work in several ways: they may reduce the energy of the free radical, stop the free radical from forming in the first place, or interrupt an oxidizing chain reaction to minimize the damage of free radicals.

The body produces several enzymes, including superoxide dismutase (SOD), catalase, and glutathione peroxidase, that neutralize many types of free radicals. Supplements of these compounds are available to augment the body's supply; however, these antioxidant enzymes may not absorb well. Supplementing with the "building blocks" the body requires to make SOD, catalase, and glutathione peroxidase may be more effective. These building block nutrients include the minerals manganese, zinc, and copper for SOD and selenium for glutathione peroxidase.

In addition to enzymes, many vitamins and minerals act as antioxidants in their own right, such as vitamin C, vitamin E, beta-carotene, lutein, lycopene, vitamin B3 in the form of niacin, vitamin B2, vitamin B6, coenzyme Q10, and cysteine (an amino acid). Herbs, such as bilberry, turmeric (curcumin), grape seed or pine bark extracts, and ginkgo can also provide powerful antioxidant protection for the body.

A wide variety of antioxidant enzymes, vitamins, minerals, and herbs may be the best way to provide the body with the most complete protection against free radical damage.

Reprinted from healthnotes online



Nike All Women's Triathlon Clinic

Swimming women of PNA—If you would like to add another dimension to your swimming opportunities, try The Nike All Women's Triathlon Clinics:

- **Beginners' Clinic**, Saturday, March 18th, 8:00 am - noon; \$40. Optional swim, bike, and run workshops offered in the afternoon, 1:00-3:00 pm. Learn the basics of swimming, biking, and running along with how to prepare for your first triathlon.
- **Advanced Clinic**, Sunday, March 19th: 8:00 am -5:00 pm; \$50. This clinic offers a full day of "hands on" workshops with qualified triathlon coaches. This clinic is designed to teach you how to race faster and farther.

For more information call Margot Navarre at (425) 313-3131, Sammamish Club. Or call Carolyn Behse at (425) 747-3889.

NWA Online Collection Quotables

Rule Number 1 is, don't sweat the small stuff. Rule Number 2 is, it's all small stuff. And if you can't fight and you can't flee, flow.

—Robert S. Eliot

There is no cosmetic for beauty like happiness.

—Marguerite, Countess of Blessington

Good friends are good for your health.

—Irwin Sarason

Happiness lies not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.

—Franklin D. Roosevelt

Happiness is a warm puppy.

—Charles M. Schulz

From the National Wellness Association / Jane Moore

Minutes of the PNA Board Meeting

January 25, 2000

President Lee Carlson called the meeting to order at the Lakewood Family Y at 7:15 pm. Attending were Carolyn Behse, Kathy Casey, Jeanne Ensign, Hugh Moore, Jane Moore, Kathy Moore, Suzie Ness, Steve Peterson, Walt Reid, Jett Vallandigham, and Sarah Welch. Gregg Metzler was introduced as the new Federal Way Masters rep. Teams represented included Bellevue Club, Federal Way, Ft. Steilacoom, GLAD, Mercer Island, Orca, OOPS, and Swim Seattle.

Minutes: The Board approved the December minutes as amended.

Treasurer's report: The Board approved Jeanne's report, which shows total assets of \$29,497 including the Wiggin Fund's \$2,631. PNA remains within budget. Jeanne explained that this period was slightly more involved as it included transactions between early December and mid-January. It's a "good time of year" as registrations pour in and expenses are light. Jeanne said the \$10K CD was retired into savings. Kathy Casey will assist Jeanne on finding a follow-on CD with a good rate. Jeanne stated that we did use Pip Printing's one-time 10% discount offer, saving \$55 on the last WetSet printing. Jane Moore announced that PNA made about \$1650 on the 5K/10K Postal Swims, including the \$200 meet performance bond returned from USMS; her final financial report is forthcoming. The board approved requests for \$30 (Canadian mailing expenses - Sue Dills) and \$65.55 (WA Dept of Revenue, annual excise taxes - Jeanne notes that the PNA falls under multiple tax categories).

COMMITTEE REPORTS

Membership: Sue (via Carolyn) stated that 629 have registered versus 607 in 1999. February 2 is the registration deadline to receive the March-April issue of Swim magazine.

Meets: 155 entered the Orca "Ski & Swim Fest" meet; Meet Master worked well. Several first-timers attended and PNA was well represented. Jim Penfield bested his own USMS national record in the 100 Breast by 2 seconds (at 91!). "I'm convinced that Masters Swimming has kept me young," says Jim. The

Starter did a great job explaining and using the whistle start. Madison Pool's missing cones were found with PNA's safety equipment—in Bellingham. Hugh presented a draft of the Champs meet entry for review. What to do for a Social? Lee suggested that informal arrangements work well and will try to insert announcements in the WetSet (time permitting) and on the heat sheet. It's PNA's turn for the Zone SCM champs (November or early December). NWM isn't interested this time; Hugh will solicit FWM to sponsor at KCAC; Jane suggested GLAD, and Lee remembered that BAM has expressed interest in sponsoring a meet.

Records/Top Ten: Walt said the Orca meet processing went well, with 3 timers per lane. He will try to have the LC Top Ten ready for the next WetSet.

Publicity: No report. Lee said that Brad is willing to continue as chair.

Newsletter: Lee apologized for the last electronic WetSet review problem (e? mailing 65 300+KB PDF attachments!) but Microsoft customer support hasn't yet provided a satisfactory solution. Kathy Moore, back from her travels, offered to help along with Sandy McNeel.

Social: Jett will work with Barb Gundred to arrange a Bellingham post-meet function. The historic landmark Roanoke Tavern will be the social venue for the Mercer Island meet.

Officiating: Jan Kavadas and Lee assisted Jeff Moorman and Kevin Fraley at the Orca meet. While Kathy Casey's favorite backstroke infraction (toes over the gutter) slipped by, the new whistle starts were executed well. PNA needs to emphasize rules factors with officials prior to our meets; Lee will do this for the Bellingham and Mercer Island meets. Lee asked about Rule Book procurement—6 standard and 12 minis are in the budget; Jeanne will place the order. Should the whistle start instruction appear again in the WetSet? (Yes.)

Fitness: Thirteen teams have registered for 2000; Carolyn will send reminders to the others. She announced an upcoming Nike clinic and said she had spoken at a recent meeting of the

Seattle Triathlon Club (60 of 250 members attended the monthly meeting at REI). They asked, "What is PNA doing about open water swims?" and "How do I find a swim club?" How best to disseminate information among local athletic groups? Lee asked Carolyn to work with Jett and Sally about open water clinics. Carolyn will also coordinate with Cynthia Hirst on Cynthia's proposal to conduct a mentor coaching clinic at Samena Club. Carolyn presented IDEA's "Tips For Flexibility Training" article for the WetSet.

Computer applications: Jim & Mardi McCleery sent word requesting input for the PNA website.

Constitution & By-Laws: Jane noted that the membership has approved the four Constitutional amendments.

Safety: Orca's safety marshals were effective. Kathy Casey will notify Barb Gundred of the whistle start change and include safety equipment inventory sheets. Meet directors should try to open a slow(er) lane to accommodate older swimmers and kicking.

Ad Hoc Coaches: February 1 is the deadline to apply for a Coaches Subsidy for on-deck coaching at the 8th International Masters meet (Munich).

Team reps: Jan Kavadas sent word that Dr. Bill McAndrew (69) passed away recently; he had swum with PNA about 15 years ago.

OLD BUSINESS

PNA Teams Handbook: Jane reiterated section assignments, asking for input by Feb 25. 5K/10K Postal (2000) and Hour Swim (2001): Jane briefed Sarah on production details: prepare entry form for Swim; appoint a contact person to field questions; and find people to compile data (for the 1800+ entries!) and verify rules compliance, order awards from USMS, design and order the T-shirt, and send results to all, including foreign participants. Lee suggested that the Board consider stipends for the production team since these postal events are run for PNA's benefit.

President Lee adjourned the meeting at 9:02 PM.

—Steve Peterson, Secretary



NEWS ABOUT PNA SWIMMERS



Team Registration

Thank you to the following teams who have registered and paid for 2000!

- Bainbridge Area Masters
- Bellevue Club Masters
- Bellevue Eastside Swim Team
- Bellingham Masters Swim Club
- Federal Way Masters
- Fife Masters Swim
- Ft. Steilacoom Masters
- Gold Creek Club Masters
- Green Lake Aqua Ducks
- Husky Masters Swim Team
- Island Masters
- Issaquah Swim Team
- Marysville Marlins
- Mercer Island Redwoods
- North Whidbey Masters
- Northshore Y's Guys
- Old Olympic Peninsula Swimmers
- Orca Swim Team
- Swim Seattle
- Tacoma Pierce County YMCA
- Three Rivers Swim Team
- Thunderbird Aquatic Club Masters
- Tigers

If you misplaced your team registration form please call me, Carolyn Behse, at (425) 747-3889 and I will send or fax you a copy.



New Rules for 2000

Rule changes for starts in effect January 1, 2000

New starting procedures



Three short "toots" from the whistle: Take your sweats off. Adjust your goggles. Stand behind the starting block and be ready to swim.



One long "toot" from the whistle: Take your position on the starting block, edge of the pool, or in the pool. At least one foot should be on the edge of the starting block or pool.



Backstroke and Medley Relay only—a second "toot" from the whistle: Return to the wall and place at least one hand on the starting block.

At this point, the whistle blower turns you over to the Starter.

For awhile the whistle blower will also give you verbal instructions. But in a few months, be ready for whistles only!

New False Start Rule

Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back, reminded by the starter of the penalties, and started again.

New Cool Shirts for Federal Way Meet

Orca whales, designed by Donna Keyser, decorate the front and back of the navy blue shirts. Both short and long-sleeved shirts are available in sizes S, M, L, XL, and XXL. Costs are \$12 and \$15.

Shirts will be delivered at the Federal Way meet April 8-9th. You can pay for your order when you pick up your shirt.

To order, e-mail Steve Sussex at swimguy24@aol.com by March 15th. Or order at the Mercer Islands Redwoods meet.

THE FINAL LAP



Bellevue Club Masters *by Coach Jody Braden*

I started coaching the Bellevue Club Masters in September, 1998. Currently, we have 90 swimmers on the roster with about 45 swimmers who attend two or more workouts a week. We offer nine workouts a week. We have a core of 18 swimmers who attend our 6-7 am workouts on Tuesday, Thursday, and Friday. I have a group of 12 women who attend a 9:30-10:30 am workout on Tuesday and Thursday. We offer a noon-1:00 pm workout on Monday, Wednesday, and Friday that averages 20 swimmers a practice. Finally, we have a Saturday morning workout from 10:00-11:30 am, which is usually coached by Todd Doherty. I coach one Saturday a month. We have one additional substitute coach, Laurie McCloskey, who comes in when Todd and I are not able to run a practice.

I try to give a lot of options in our practices due to the wide range of abilities and goals of our swimmers. We have about a dozen swimmers who compete in at least one Masters meet a year. We have about six triathletes and many other swimmers with a wide range of goals. Most of these swimmers are here to get into better shape and to learn how to become a better swimmer. It is hard to balance all of these goals and abilities, but we try our best to accommodate everyone. In order to help the swimmers improve and enjoy the program, I started a monthly calendar, which shows what the main focus of each workout will be. I plan each month about a quarter in advance and I try to make each workout complement the other. I try to go in 12 to 14 week training cycles—I plan around the Masters Nationals. Once Masters Nationals is over, we gradually switch into an open water/distance swimming phase. I try to vary the workouts so if a swimmer can go to a 6 am workout one day, a 9:30 am workout the next day, and not end up doing the same type of workout. For example:

Monday	Jan. 10	noon:	Distance	
Tuesday	Jan. 11	6 am:	Choice of stroke	9:30 am: Middle distance
Wednesday	Jan. 12	noon:	Threshold pace	
Thursday	Jan. 13	6 am:	Pulling	9:30 am: Choice of stroke
Friday	Jan. 14	6 am:	IM	noon: Pull and kick

I feel this has worked out well for our program. At first I was afraid that we would lose a lot of people on certain days or altogether. But that has not been true. We actually have gained ten swimmers in the last six months. We also have convinced some swimmers to try different strokes.

In addition to the workouts offered, I give two clinics a month. During the fall we have stroke clinics which last for a half-hour and consist of a lot of drill work for each of the strokes. In the winter I do video taping above and below water with a snoop camera. This has been a tremendous help to a lot of swimmers. Once they see their stroke from a different view, they finally understand what the coaches have been telling them!

This is a general overview of what the Bellevue Club is doing for its Masters swimmers. The sidebar is an example of a "choice of stroke" day. On this day the lanes could pick one of three main sets to do. The main set was offered after about a 600 warm-up. All sets are choice of stroke! I give each lane a choice of sendoffs. On this example I only give you the goal amount of rest.

Option 1

1x100 cruise pick a challenging sendoff
 2x 50 sprint (get :20 rest)
 1x100 faster by :05 than previous 100
 3x 50 sprint (get :20 rest)
 1x 100 faster by :05
 4x 50 sprint (get :20 rest)
 1x 100 faster by :05
 4x 25 sprint (get :1 5 rest)
 1x 100 EZ (get :20 rest)
 2x 25 EZ (get :1 5 rest)
 two times through.

Option 2

1x 400 pull (moderate sendoff)
 2x 200 (1 00 Kick fast!-100 swim)
 1x 300 pull (moderate sendoff)
 3x 100 (50 pull-50 swim fast)
 1x 200 pull (moderate sendoff)
 2x 100 kick (fast)
 1x 100 pull (moderate sendoff)
 1 x 100 swim (fast)

Option 3

4 x 25 drill (sendoff :30 or 35)
 1x 300 swim fast (sendoff :30 rest)
 4x25 drill (sendoff :30 or :35)
 1x200 swim fast (sendoff :30 rest)
 4x25 drill (sendoff :30 or :35)
 1x150 swim fast (sendoff :30)
 4x25 drill (sendoff :30 or :35)
 1x100 swim fast (sendoff :30 rest)
 4x25 drill (sendoff :30 or :35)
 1x50 swim fast (sendoff :30 rest)
 4x25 drill (sendoff :30 or :35)

Warm down 200 kick, 200 drill (this may be modified depending on the length of the main set). I like to give the Masters at least a 200 warm down.

