

Sunshine, Technique, Good Stories— The Nike Championship Clinic

June 3, 2000—The Nike Champions Clinic and Coaches Clinic, featuring Barbara (B.J.) Bedford was held at the Samena Swim and Recreation Club in Bellevue, WA. Although B.J. may not have fulfilled Hugh Moore's humorous expectations, "I expect to leave here as an Olympic caliber backstroker," B.J. did instruct, inspire, and entertain.

The lecture was followed by a pool session of demonstrations and drills, practicing the concept of core strength.

Lunch was catered by Shamiana, a Kirkland restaurant. In the afternoon several coaches attended a coaches clinic led by Bill Volckening, USMS editor and coach of the Tualatin Hills Barracudas of Oregon.

For more on B.J. Bedford, see page 18.



Photo by Sandy McNeel

B.J. Bedford, national champion and Olympic hopeful, at the Nike Championships Clinic.

LEADING OFF

By
Lee Carlson

Eagles, Olympians, Open Water

June was a particularly busy month for the PNA and for me.

While I have been getting ready for a three-month sabbatical leave, the first in more than 30 years of working, I helped PNA put on a Nike Champions Clinic and the 5K swim and time trial. I am also training for the Masters World Championship in Munich, which I will attend with Sally Dillon, Walt Reid, and Kathy Casey.

Mid-May, the Mercer Island Redwoods began workouts in the outdoor pool at Mercerwood Shore Club. Led by Steve Sussex, Dave Tempest, Mike Jones, and Mike Schaeffer, the workouts are every morning at 5:45 a.m.—rain or shine. Visitors have been very interesting. Two young eagles regularly entertain us by soaring above as we swim. Closer to the pool deck, a mallard and drake often swim with us in lane six,

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LEADING OFF

By
Lee Carlson

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paddling near the far edge but sharing it with our swimmers. The beauty of the sunrise and wildlife actually makes the focus on getting ready for Worlds easier.

On June 3rd we held a Nike Champions clinic with the help and support of Masters coaches Bill Volckening and Doug Garcia, who approved our bid. Only four clinics are approved each year in the U.S. Bill suggested Barbara (B.J.) Bedford, world champion in the 100 Back and 50 Free. Bill described Barbara as a feisty character, which was accurate. B.J. was also entertaining, warm, believable, and a "real person."

B.J. entertained 24 swimmers and 6 coaches with her stories and reflections on some mistakes, including not qualifying for the 1996 Olympic team. She commented, "I took myself off that team. All I had to do was fall in the water and move my arms and legs. I crumbled under the pressure." Since that major disappointment she has gotten her life back together. B.J. is engaged, living in Colorado Springs, and swimming well. She has come to recognize that you are responsible for your own actions and she now has the confidence of knowing what her target is and being in control. Barbara described her swimming growth and a typical day's workout. The race is now against herself. Comments from our group confirmed that the speaker was motivational and informative. I suggest you go to www.USA-swimming.org/kidpool/Bedford.htm to get an insight into our speaker.

The in-the-water portion of the clinic focused on core drills. Assisting with the drills were deck coaches Robin O'Leary, Lynn

Wells, Kathy Casey, Malcolm and Wendy Neely, Bill Volckening, and Caryl Haines. All the technique started with the core or trunk and specifically the T above the diaphragm. We worked on rolling our shoulder slightly forward, flattening the back, and rolling then pulling on the arm entry. The drills, all performed using only the trunk muscles, included:

1. Balancing in a standing position on a kick board.
2. Floating vertically with two pull-buoys between the legs.
3. Balancing on the back supported with two or more kick boards.
4. Balancing on the stomach supported by two or more kick boards.
5. Dolphin kicking vertically in deep water.

We completed the in-the-water clinic working on each of the four strokes. The four hours went by too quickly. Kudos to Cynthia Hirst for coordinating the clinic with the Samena Club.

The coaches and the PNA Board members then spent several hours in a coaching clinic. Bill Volckening moderated the coaching clinic and shared his extensive experiences and knowledge. Communications, workouts, and club development were areas covered by Bill.

On June 18th, Robin O'Leary coached a workout at Colman Pool for about 14 PNA swimmers while Eric Dybdahl, Hugh Moore, Sally Dillon, Sandy McNeel, and Barby Cahill swam the 5K event. Sarah Welch coordinated the event. Everyone who participated enjoyed the event or the workout.



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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!

07 16 THEO DEVOS	07 31 PHILIP KEZELE	08 24 RICHARD LING
07 17 JOE GROSS	07 31 SHERRY GRINDELAND	08 26 KAY DERKACHT
07 17 BRUCE LOMAX	08 01 DAVID O'NEIL	08 26 LYNN WELLS
07 18 ARNOLD KAS	08 01 JOE DENTON	08 26 L CARTER-RODOLPH
07 18 PEGGY RODMAN	08 01 THOMAS HARRYLOCK	08 26 A TALLACKSEN
07 18 LISA DAVIS	08 02 CHRIS LAUTMAN	08 28 HARVEY PROSSER
07 18 MICHELE RUESS	08 02 MICHAEL YOUNG	08 28 JOHN LITTLE
07 18 JOANIE WILLIAMS	08 02 WENDY HOFFMAN	08 28 JOEL POLL
07 18 JACKSON LUDWIG	08 02 JACOB AUSTIN	08 29 ROBERT FISH
07 18 LEO ESPINOSA	08 03 STEPHEN KICINSKI	08 29 MICHAEL GARRETT
07 18 JOHN WESTERFIELD	08 03 NICOLE BAUER	08 29 C DAVIDSON
07 19 THOMAS MARSHALL	08 03 MARK PATTERSON	08 30 K CHESNUT
07 20 JOHN LEET	08 03 KERRY NESS	08 30 MARK SUTTON
07 20 GLORIA TOLARO	08 03 ANDREW FLAVELL	08 30 ILA BARLEAN
07 20 PATRICK DWYER	08 04 HUGH MOORE	08 30 BARTON DANIEL
07 20 GALEN ATWOOD	08 04 MEL LEBSACK	08 31 TED HACKETT
07 21 ALLISON BEADLE	08 04 CLARK PACE	09 01 JOHN LORIMER
07 21 MARIA BREUHAUS	08 05 SUSANNAH ILTIS	09 01 JAMES SHERMAN
07 21 ROS BIRD	08 05 KENT MOBERLY	09 01 J GETZENDANER
07 21 STEPHEN FREEBORN	08 06 RICHARD PETERSON	09 01 BRENDA NIXDORF
07 21 ZENA COURTNEY	08 06 ANNAMARIE TERHAAR	09 02 ROB SIMPSON
07 21 CLARE PAINTER	08 06 SHAWN UNDERWOOD	09 02 TIM DAHL
07 22 PATRICIA TIMMONS	08 07 LESLIE McCULLOUGH	09 03 SALLY DILLON
07 22 CHARLES VANZANDT	08 07 KAREN BRYCE	09 03 ELISE HANSON
07 22 SAMUEL DAY	08 08 BARBY CAHILL	09 03 LINDA STANCHI
07 22 BRAD COLLINS	08 09 V MORGENSTERN	09 04 TOM TAYLOR
07 23 MATTHEW WOARE	08 10 WALTER REID	09 04 ERIK SWENSON
07 23 RALPH BUSCH	08 13 S WHITTEMORE	09 04 MARIA SICILIANO
07 23 BILL KRIEGER	08 14 DAVE HILL	09 04 JESSE PACE
07 23 ARNE SKOG	08 14 LINDA FORST-DUKE	09 05 TIMOTHY GILLAM
07 24 STEVE SUSSEX	08 15 CINDY GOULD	09 05 S BUFFINGTON
07 24 JANICE MILLER	08 15 LIVIA WALKER	09 06 TEA WATERS
07 24 EILEEN COLLOPY	08 16 DAVID TEMPEST	09 06 NORA MASTERS
07 25 JAMES BICKFORD	08 16 CAROL BURROUGHS	09 06 BARBARA GUNDRED
07 25 ROBERT WILSON	08 16 JEANNINE THOMPSON	09 06 IVAN OAKES
07 25 KAREENA KING	08 16 KAREN LEWIS	09 09 PAULA TERHAAR
07 25 PAUL VERNER	08 16 GREGG METZLER	09 10 OLIVER PRESS
07 26 LEE CARLSON	08 16 RICHARD FLETCHER	09 10 J CHRISTOPHERSON
07 27 HOLLY BORK	08 17 BING DEUTSCH	09 10 JOHN METTLER
07 27 HOLLY CORNER	08 19 CLAIRE GORDON	09 10 HERB LARSON
07 29 LYNN MARTINDELL	08 19 BRIAN PAYNE	09 11 CAROL McCAIG
07 29 ELLIOTT KEPHART	08 20 RONALD JACOBS	09 11 SHARI SEVERSON
07 29 BARRY GJERDRUM	08 21 SANDY LAURENCE	09 12 LISA WILSON
07 29 KRIS SPEIR	08 22 SANDY McNEEL	09 12 KAREN OYAMA
07 30 RICHARD KROEKER	08 23 PATRICK GIBBS	
07 30 K SAMPANY-KESSIE	08 23 LAURISA MILLER	

Tell Seattle What You Think

Seattle Parks and Recreation is collecting information for a long range plan on the needs of aquatic facilities in the city of Seattle. They are asking for your thoughts and ideas via an Aquatics Facilities Questionnaire. This is your chance to voice your opinion about swimming needs.

The questionnaire will be on the Seattle Parks web site at cityofseattle.net/parks/aquatics. Or you can e-mail kathy.whitman@ci.seattle. Or write:

*Seattle Parks and Recreation
Citywide Aquatics
100 Dexter Ave N
Seattle, WA 98109*

Interested in Writing?

The WetSet is always looking for local feature items. Do you know an interesting swimmer? Do you have something to say about Long Course Nationals? Do you have a possible idea for an article? If you have technique tips, workouts, event announcements, fitness articles, corrections, or other news, let the editor know. Contact Sandy McNeel at (206) 324-0480 or e-mail at swim@troutlake.com. Submit your article before the 20th of the month to be in time for the following month's issue.

Dot Donnelly Passes Away

May 17, 2000—Dorothy Donnelly, 78, USMS Executive Secretary from 1985 to 1996, passed away in her home in Rutland, Massachusetts.

Dot Donnelly was known by many PNA members and as Hugh Moore put it, "Dot will be remembered by hundreds, if not thousands, of Masters swimmers. She helped shape USMS to what it is today." Dot was an inspiration to many, encouraging Masters swimmers at all levels.



Places to Swim in the Pacific Northwest

Some pools are private clubs and do not accept single-time swimmers. Call to check details.

Aberdeen:

Miller Natatorium Pool Willard & N 'B' St (360) 533-3881

Anacortes:

Fidalgo Pool & Fitness Center 1603 22nd St (360) 293-0673

Auburn:

Auburn Pool 516 4th Ave NE (206) 939-8825

Auburn Valley YMCA 1005 12th Ave SE (206) 833-2770

Bellevue:

Bellevue Club 11200 SE 6th St (425) 455-1616

Bellevue Family YMCA 14230 Bel-Red Rd (425) 746-9900

Bellevue Pool 601 143rd Ave NE (425) 296-4262

Eastside Athletic Club 1505 140th Ave NE (425) 641-1111

Newport Hills 5464 119th Ave SE (425) 746-9510

Pro Sports Club 4455 148th Ave NE (425) 885-5566

Samena Swim Club 15231 Lake Hills Blvd (425) 746-1160

Bellingham:

Arne Hanna Aquatic Ctr 1114 Potter St (360) 647-7665

Whatcom Family YMCA 1256 N State St (360) 773-8630

Bothell:

Northshore Pool 9815 NE 188th St (425) 296-4333

Northshore YMCA 11811 NE 195th (425) 485-9797

St. Edward Pool 14445 Juanita Dr NE (425) 296-2970

Bremerton:

Bremerton Municipal Pool 50 Magnuson Way (360) 478-5376

Olympic Aquatic Center 7070 Stampede Blvd (360) 692-3192

Burien:

Evergreen Pool 606 SW 116th St (206) 296-4410

Centralia:

Centralia Indoor Pool 910 Johnson Rd (360) 736-0143

Des Moines:

Mount Rainier Pool 22722 19th Ave S (206) 296-4278

Edmonds:

Yost Pool 9535 Bowdoin Way (425) 775-2645

Enumclaw:

Enumclaw Pool 420 Semanski St S (206) 825-1188

Everett:

Everett Community College 801 Wetmore Ave (425) 259-7151

Everett County YMCA 2720 Rockefeller Ave (425) 258-9211

Forest Park Swim Center 801 Mukilteo Blvd (425) 259-0300

Federal Way:

Bally's Pacific West 32818 1st Ave S (253) 838-3424

Federal Way Pool 30421 16th Ave S (253) 839-1000

King County Aquatic Center 650 SW Campus Dr (253) 296-4444

Fife:

Fife Community Pool 5410 20th St E (253) 922-7665

Friday Harbor:

San Juan Club 435 Argyle St (360) 378-4449

Gig Harbor:

Peninsula High School Pool 14105 Purdy Dr NW (253) 857-3533

Hoquiam:

Hoquiam Pool 717 'K' St (360) 533-3474

Issaquah:

Julius Boehm Pool 50 SE Clark St (425) 557-3298

Kent:

Kent Pool 25316 101st Ave SE (206) 296-4275

Tahoma Pool 18230 SE 240th St (206) 296-4276

Kirkland:

Juanita High School Pool 10601 NE 132nd St (425) 823-7627

Lakewood:

Lakewood Family YMCA 9715 Lakewood Dr SW (253) 584-9622

Lynden:

Lynden YMCA 100 Drayton St (360) 354-5000

Lynnwood:

Lynnwood Pool 18900 44th Ave W (425) 771-4030

Marysville:

Marysville-Pilchuck Pool 5611 108th St NE (360) 653-0609

Mercer Island:

Mercer Island District Pool 8815 SE 40th St (206) 296-4370

Stroum Jewish Center 3801 E Mercer Way (206) 232-7115

Mountlake Terrace:

Mountlake Terrace Pool 5303 228th Ave SW (425) 776-3197

Mount Vernon:

Skagit Valley Family YMCA 215 E. Fulton St (360) 336-9622

Oak Harbor:

John Vanderzicht Pool 85 SE Jerome St (360) 675-7665

Olympia:

Evergreen College Rec & Athletic's #210 (360) 866-6000

Port Angeles:

William Shore Memorial Pool 225 E 5th (360) 457-0241

Port Orchard:

South Kitsap Pool 425 Mitchell Ave (360) 876-7385

Poulsbo:

North Vanderzicht Community Pool 1881 NE Hostmark St. (360) 779-3790

Puyallup:

Bally's Pacific West 3600 9th St SW (253) 845-1713

Mel Korum Family YMCA 302 43rd Ave SE (253) 841-9622

Redmond:

Redmond Pool 17535 NE 104th St. (206) 296-2961

Renton:

Cascade Athletic Club 17110 116th Ave SE (206) 271-3857

Renton Pool 16740 128th Ave SE (206) 296-4335

Seattle:

Aqua Dive Swim Club 12706 33rd Ave NE (206) 364-2535

Ballard Pool 1471 NW 67th St (206) 684-4094

Colman Pool (summer only) 8603 Fauntleroy Wy SW (206) 684-7494

Downtown YWCA 1118 5th Ave (206) 447-4868

East Madison YMCA 1700 23rd Ave (206) 322-6969

Evans Pool 7201 E Green Lk Dr N (206) 684-4961

Gateway Athletic Club 700 5th Ave, 14th Flr (206) 343-4692

Helene Madison Pool 13401 Meridian Ave N (206) 684-4979

Highline Fitness & Swim Club 626 SW 154th (206) 433-1036

Meadowbrook Pool 10515 35th Ave NE (206) 684-4989

Medgar Evers Pool 500 23rd Ave (206) 684-4075

Mounger (summer only) 2535 32nd Ave W (206) 684-4708

Queen Anne Pool 1920 1st Ave W (206) 386-4282

Rainier Beach Pool 8825 Rainier Ave S (206) 386-1944

Salvation Army Corps Center 9050 16th Ave SW (206) 767-3150

Sandpoint Naval Station Bldg 47 (206) 526-3336

Seattle Athletic Club 33 NE 97th St (206) 522-9400

Seattle University 14th & Cherry (206) 296-6404

Shoreline Pool 19030 1st Ave NE (206) 296-4345

Southwest Pool 2801 SW Thistle St (206) 684-7440

Washington Athletic Club 1325 6th Ave (206) 622-7900

West Seattle Family YMCA 4515 36th Ave SW (206) 935-6000

Sequim:

Sequim Aquatic Center 610 N 5th St (360) 683-6699

Silverdale:

Bangor Submarine Base Pool Bldg 2700 (360) 535-5941

Snohomish:

Hal Moe Memorial Pool 405 3rd St (360) 563-7330

Summer:

Sumner Pool 1707 Main St (206) 863-8110

Tacoma:

Bally's Pacific West 1680 S Mildred St (253) 565-4600

Eastside Community Pool 3524 E 'L' St (253) 591-2042

Morgan Family YMCA 1102 S Pearl St (253) 564-9622

Pacific Lutheran University Yakima Ave S & 124th St S (253) 535-7370

People's Center Pool 1602 S MLKing Jr Way (253) 591-5323

Pierce College Pool 9401 Farwest Dr SW (253) 964-6678

Tacoma Center YMCA 1144 Market St (253) 597-6444

Tukwila:

South Central Pool 4414 S 144th (206) 296-4487

Tumwater:

Valley Athletic Club 4833 Tumwater Vly Dr SE (360) 352-3400



MASTERS CALENDAR

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.

July 15, 2000
USMS Open Water National
Championships—10K Swim
Applegate Lake, Jacksonville OR
Dan Gray (541) 944-0529
www.usms.org/longdst
or www.swimoregon.org

July 16, 2000
Southern Oregon Lake Swim
1500/3000 Meters Open Water
Applegate Lake, OR
Dan Gray (541) 944-0529
E-mail: openwater@swimoregon.org

July 23, 2000
Bay Challenge
10K Open Water Swim
West Vancouver, BC
www.vowsa.bc.ca/

July 27 - August 9, 2000
FINA Masters World Championships
Munich, Germany (LCM)
(603) 537-0203
E-mail: usms@usms.org
www.munich-2000.de

July 29 - 30, 2000
LCM Zone Champs
Gresham OR
David Radcliff (503) 648-7141
E-mail: therads@home.com

July 29, 2000
Lake Washington Bridge Swim
1.5 mile swim
Seattle WA / Lake Washington
www.envirosports.com

July 30, 2000
Seattle Salmonman Triathlon
.5 mile swim, 11 mile bike, 2.5 mile run
Luther Burbank Park, Mercer Isld, WA
www.envirosports.com

July 30, 2000
Lake to Forest Triathlon
Sandpoint, ID
(208) 263-3613
E-mail: streubel@sisna.com
www.sandpoint.org/races

August 5-6, 2000
500/1500/3000 Open Water Swim
Elk Lake, OR
Matt Mercer (541) 389-7665

August 5, 2000
Kitsilano Challenge
5K FINA Open Water Swim
Kitsilano Beach, Vancouver, BC
(604) 290-9425
www.vowsa.bc.ca/

August 12, 2000
5K/10K Swim
King County Aquatic Center
Federal Way, WA
Jane or Hugh Moore (253) 925-0803
E-mail: weswim@mindspring.com

August 13, 2000
2/1 Mile Open Water Swim
OMS Association Champs
Hagg Lake, OR
Andrea Milano (503) 236-8959

August 13, 2000
Coeur d'Alene Triathlon
(208) 665-9393
www.cdatriathlon.com

August 13-19, 2000
U.S. Olympic Trials
Indianapolis, IN

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

August 19, 2000
1/2 & 1 Mi Emerald City Open Water
Lake Washington, Seattle, WA
Kristen Schuler (206) 684-4728
E-mail: kristen.schuler@ci.seattle.wa.us

August 19, 2000
Long Bridge Swim
Sandpoint ID
Eric Ridgway (208) 265-5412,
(206) 684-4728
www.sandpoint.org/longbridgeswim/

August 26, 2000
2/1 mile Open Water Swim
Eel Lake, OR
Trudi Gugliemini (541) 756-5566

September 10, 2000
Escape from the Rock Triathlon
.5 mile swim, 11 mile bike, 2.5 mile run
Luther Burbank Park, Mercer Isld, WA
www.envirosports.com

September 16, 2000
Oak Harbor Pentathlon
Oak Harbor, WA
Sally Dillon (360) 679-5038
www.swimpna.org

September 18-22, 2000
FINA Open Water Champs
Waikiki Beach, Honolulu, HI
Sam Freas (808) 956-5377
E-mail: info@openwaterswimming.com

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

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Using Laughter to Promote Good Health

Did you know laughter speeds up the heart rate, improves blood circulation, accelerates breathing, and increases oxygen consumption? More and more health professionals are recommending laughter as a method to promote good health. In fact, companies such as IBM, DuPont, and Disney have sought methods to bring humor to their work places because laughter reduces office tension, employee stress, and job burnout.

Physiologically, laughter increases natural disease-fighting killer cells and frees immune system boosters. It decreases blood pressure and heart rate while releasing endorphins that provide natural pain relief. Laughing secretes an enzyme that protects the stomach from ulcers. It also moves nutrients and oxygen to body tissues, helping with the body's natural growth and repair functions. Some experts compare laughter to an internal jog. To support this explanation, research suggests that laughing 100 times a day is equal to a 10-minute rowing session.

Psychologically, laughter has many mental health attributes. It can change a perspective and according to psychologists, is able to channel emotions to create a positive effect.

Learn to laugh more. Children laugh about 400 times a day, Adults only laugh about 15 times a day. Laughter often generates happiness and a sense of well-

being. Consider the following recommendations. And have fun!

- Look for funny activities that happen around you.
- Take a 5 to 10 minute humor break each day. (Practice jokes, listen to funny tapes, play with children, be silly.)
- Allow yourself to think funny thoughts.
- Learn to laugh at yourself.
- Develop self-esteem; do not degrade yourself or others.
- Bring laughter to work. Mutual respect and a sense of humor among coworkers builds teamwork.
- Avoid sarcasm and ridicule.

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Top 10 Tabulations and Patches

PNA swimmers who made the World Top 10 can order the FINA World Top 10 Tabulations for LCM and SCM for US\$ 10.00 from:

*FINA
av. de Beaumont 9
1012 Lausanne, Switzerland*

Top 10 patches, for US\$5, and the Numerial patch, for US\$3, are available from the same location.

World Top 10 1999 Long Course Meters

WOMEN 40-44

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

WOMEN 45-49

50 M. FREE		
DEBBIE GLASSMAN	46 # 8	29.71
100 M. FREE		
DEBBIE GLASSMAN	46 # 9	1:07.82
50 M. FLY		
DEBBIE GLASSMAN	46 # 3	32.05
DEBBIE GLASSMAN	46 # 3	1:15.96
200 M. FLY		
DEBBIE GLASSMAN	46 # 3	2:55.97

WOMEN 50-54

400 M. FREE		
KATHRINE CASEY	51 #10	5:56.48
800 M. FREE		
KATHRINE CASEY	51 #10	12:14.65
200 M. FLY		
KATHRINE CASEY	51 # 9	3:34.47
400 M. I.M.		
KATHRINE CASEY	51 # 6	6:55.22

MEN 70-74

400 M. FREE		
HARVEY PROSSER	71 #10	6:25.28
1500 M. FREE		
HARVEY PROSSER	71 # 2	25:05.42

RELAYS-MIXED 200 M MEDLEY

200-239		
FRANK WARNER	50 # 9	2:20.13
KATHRINE CASEY	51	
SONNY GARRETT	55	
DEBBIE GLASSMAN	46	



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/~bpronk
members.aol.com/Ariston844/bmsc.htm
www.teamseattle.org/orca



NEWS ABOUT PNA SWIMMERS



Photo by Sandy McNeal

Robin O'Leary gives the next set to Lee Carlson and Jesse Pace. In the background, Lynn Wells, Sarah Moore, and Dempsey Dybdahl time for the 5K swimmers.



Outdoors in Rainy Seattle

June 18, 2000—The coaches were bundled up like polar bears for the drizzly weather, but the swimming was fine. A small, but enthusiastic, group of 17 swimmers showed up at Colman Pool for a workout coached by Robin O'Leary and a chance to compete in the 5K Postal National Championship sponsored by the PNA. Colman is a 50-meter salt water pool with a great view of the Puget Sound. There was lots of room—two people per lane for the workout. Participants seemed pleased.

To top off the event Jesse Pace and Arnie Litt dipped into the Puget Sound. Jesse admitted, "It's a bit early yet. The water will be warmer later."

World Top 10 1999 Short Course Meters

WOMEN 25-29

1500 M. FREE		
LINDA HEGERBERG	29 # 8	19:55.29
200 M. BRST		
LINDA HEGERBERG	29 # 8	2:51.28

WOMEN 30-34

1500 M. FREE		
KAREN LEAHY	31 # 6	19:44.78

WOMEN 35-39

50 M. BACK		
CAROLYN MATHEWS	37 # 9	33.62

WOMEN 40-44

800 M. FREE		
MAGGIE KINSELLA	42 # 7	10:37.18
1500 M. FREE		
MAGGIE KINSELLA	42 # 3	20:04.60
50 M. BACK		
ZENA COURTNEY	40 # 1	33.38

100 M. BACK		
ZENA COURTNEY	40 # 1	1:11.10
200 M. BACK		
ZENA COURTNEY	40 # 3	2:35.19
100 M. I.M.		
ZENA COURTNEY	40 # 7	1:14.76
200 M. I.M.		
ZENA COURTNEY	40 # 2	2:42.37
400 M. I.M.		
ZENA COURTNEY	40 # 4	5:51.14

WOMEN 45-49

100 M. BACK		
BARBARA GUNDRED	48 # 7	1:18.46
200 M. BACK		
BARBARA GUNDRED	48 # 4	2:48.49

WOMEN 50-54

200 M. FREE		
SUZANNE DILLS	54 # 8	2:43.65
400 M. FREE		
SUZANNE DILLS	54 # 9	5:46.56
800 M. FREE		
KATHRINE CASEY	51 # 8	12:14.05
1500 M. FREE		
KATHRINE CASEY	51 # 6	22:40.33
200 M. BACK		
KATHRINE CASEY	51 # 6	3:07.04

200 M. FLY		
KATHRINE CASEY	51 # 9	3:25.43
400 M. I.M.		
SUZANNE DILLS	54 # 5	6:36.54
KATHRINE CASEY	51 # 6	6:36.80

WOMEN 55-59

200 M. FLY		
CAROLYN BEHSE	56 # 7	3:47.73

WOMEN 60-64

400 M. I.M.		
JANICE MILLER	61 # 9	7:42.73

MEN 25-29

200 M. BACK		
JON PAUOLE	29 #10	2:15.36
50 M. FLY		
JON PAUOLE	29 # 7	26.01

RELAYS-WOMEN 200 M MEDLEY

120-159		
LESLIE MCCULLOUGH	30 #10	2:19.11
LINDA HEGERBERG	29	
CAROLYN MATHEWS	37	
MAGGIE KINSELLA	42	



Nationals

Indianapolis, Indiana

Short Course Yds April 27-30, 2000

P = PNA Record

Z = Northwest Zone Record

The pool was fast. Our swimmers were fast. And the team shirts looked great. Short Course Nationals in Indianapolis was held April 27-30, 2000.

Seven zones records were broken by Debbie Glassman, Suzanne Dills, and Steve Sussex. Sixteen PNA records were also broken. Suzanne Dills impressed us by placing first in three of her races.

WOMEN 30-34

100 YD. FREE			
KAREN LEAHY	31		58.32
200 YD. FREE			
KAREN LEAHY	31	# 8	2:05.67
500 YD. FREE			
KAREN LEAHY	31	# 5	5:33.29
1000 YD. FREE			
KAREN LEAHY	31	# 2	11:26.40
200 YD. BACK			
KAREN LEAHY	31	# 7	2:27.37
200 YD. I.M.			
KAREN LEAHY	31	#10	2:26.58

WOMEN 35-39

50 YD. BRST			
LISA WILSON	38		34.43
100 YD. BRST			
LISA WILSON	38		1:16.56
100 YD. I.M.			
LISA WILSON	P 38	# 9	1:05.46
200 YD. I.M.			
LISA WILSON	38	# 9	2:23.73
400 YD. I.M.			
LISA WILSON	38	# 4	5:08.43

WOMEN 40-44

50 YD. FREE			
MARY LIPPOLD	44	# 5	26.47
100 YD. FREE			
MARY LIPPOLD	44	# 3	57.88
MAGGIE KINSELLA	42		1:01.09
200 YD. FREE			
MARY LIPPOLD	44	# 5	2:08.81
MAGGIE KINSELLA	42	# 9	2:11.81
500 YD. FREE			
MAGGIE KINSELLA	42	# 9	5:54.46
MARY LIPPOLD	44	#10	5:55.03
1650 YD. FREE			
MAGGIE KINSELLA	P 42	# 2	19:48.09
50 YD. BRST			
TONYA BERG	P 41	# 8	35.16
100 YD. BRST			
TONYA BERG	P 41	# 5	1:15.01
200 YD. BRST			
TONYA BERG	P 41	# 6	2:41.20

100 YD. FLY			
MARY LIPPOLD	44	# 5	1:05.57
200 YD. FLY			
MARY LIPPOLD	44	# 2	2:30.03

WOMEN 45-49

50 YD. FREE			
DEBBIE GLASSMAN	Z 46	# 4	26.73
100 YD. FREE			
DEBBIE GLASSMAN	Z 46	# 6	59.81
200 YD. FREE			
DEBBIE GLASSMAN	46	# 6	2:17.47
500 YD. FREE			
CORAL BERNIER	45		6:40.90
1650 YD. FREE			
CORAL BERNIER	45	# 8	22:55.74
50 YD. BACK			
ABBIE MORRIS	45		38.33
100 YD. BACK			
ABBIE MORRIS	45		1:19.95
50 YD. BRST			
ABBIE MORRIS	45		41.50
50 YD. FLY			
DEBBIE GLASSMAN	46	# 4	29.00
100 YD. FLY			
DEBBIE GLASSMAN	46	# 4	1:07.28
CORAL BERNIER	45	# 9	1:16.34
200 YD. FLY			
DEBBIE GLASSMAN	Z 46	# 2	2:32.48
CORAL BERNIER	45	# 7	3:01.41
400 YD. I.M.			
CORAL BERNIER	45		6:11.08
ABBIE MORRIS	45		6:17.11

WOMEN 50-54

50 YD. FREE			
DEMPESEY DYBDAHL	51	# 9	33.74
100 YD. FREE			
SALLY DILLON	53	# 4	1:04.42
KATHERINE CASEY	51	# 5	1:04.59
SARAH WELCH	53	#10	1:10.24
200 YD. FREE			
SALLY DILLON	53	# 3	2:22.50
JEANNE ENSIGN	53		3:00.22
500 YD. FREE			
KATHERINE CASEY	51	# 4	6:23.85
SALLY DILLON	53	# 6	6:31.50
JEANNE ENSIGN	53		7:59.15
1650 YD. FREE			
SALLY DILLON	53	# 3	22:10.44
JEANNE ENSIGN	53	#10	27:30.27
50 YD. BRST			
KATHERINE CASEY	51	# 7	39.03
DEMPESEY DYBDAHL	51	# 8	40.59
100 YD. BRST			
KATHERINE CASEY	51	# 2	1:22.14
SALLY DILLON	53	# 4	1:23.85
DEMPESEY DYBDAHL	51		1:31.50
200 YD. BRST			
KATHERINE CASEY	51	# 4	3:03.79
SALLY DILLON	53	# 5	3:05.83
DEMPESEY DYBDAHL	51	# 9	3:26.48
50 YD. FLY			
SARAH WELCH	53	# 6	36.03
100 YD. FLY			
SARAH WELCH	53	# 8	1:23.34
DEMPESEY DYBDAHL	51	#10	1:29.95
200 YD. FLY			
SARAH WELCH	53	# 3	3:07.96
100 YD. I.M.			
DEMPESEY DYBDAHL	51	# 8	1:27.43
200 YD. I.M.			
KATHERINE CASEY	51	# 3	2:49.34
SARAH WELCH	53	# 6	3:01.69
400 YD. I.M.			
SARAH WELCH	53	# 5	6:31.73

WOMEN 55-59

500 YD. FREE			
SUZANNE DILLS	P 55	# 2	6:23.94

1650 YD. FREE			
SUZANNE DILLS	P 55	# 1	22:04.44
100 YD. FLY			
SUZANNE DILLS	Z 55	# 2	1:17.79
200 YD. I.M.			
SUZANNE DILLS	Z 55	# 1	2:40.81
400 YD. I.M.			
SUZANNE DILLS	Z 55	# 1	5:53.10

WOMEN 75-79

200 YD. FREE			
MARION CHADWICK	78	#10	4:54.75
500 YD. FREE			
MARION CHADWICK	78	# 8	13:04.64
1650 YD. FREE			
MARION CHADWICK	78	# 4	46:32.31
100 YD. BRST			
MARION CHADWICK	78	# 4	3:41.38
100 YD. FLY			
MARION CHADWICK	78	# 3	4:21.56

MEN 35-39

50 YD. FREE			
ROBERT FISH	36		22.77
100 YD. FREE			
ROBERT FISH	36		49.37
200 YD. FREE			
ROBERT FISH	36	#10	1:51.74
STEVEN RUITER	35		1:53.70
500 YD. FREE			
STEVEN RUITER	35		5:08.27
50 YD. BACK			
ROBERT FISH	36	#10	26.57
100 YD. BACK			
ROBERT FISH	36	# 7	56.69
200 YD. BACK			
ROBERT FISH	36	# 4	2:05.43
STEVEN RUITER	35	# 8	2:07.20
200 YD. FLY			
STEVEN RUITER	35	# 5	2:01.78
200 YD. I.M.			
STEVEN RUITER	35	# 5	2:04.86
400 YD. I.M.			
STEVEN RUITER	35	# 2	4:26.13

MEN 40-44

50 YD. FREE			
J.SCHAEFFER	43		24.84
100 YD. FREE			
STEVE SUSSEX	P 44	# 8	50.11
J.SCHAEFFER	43		54.98
200 YD. FREE			
STEVE SUSSEX	P 44	# 3	1:48.71
DAVID THOMSON	40		1:55.64
ERIC DYBDAHL	40		2:04.15
500 YD. FREE			
STEVE SUSSEX	P 44	# 2	4:55.27
ERIC DYBDAHL	40		5:43.02
1000 YD. FREE			
STEVE SUSSEX	Z 44	# 2	10:16.32
DAVID THOMSON	40	# 9	11:00.49
1650 YD. FREE			
ERIC DYBDAHL	40	# 9	20:08.26
50 YD. BRST			
J.SCHAEFFER	43		32.71
100 YD. BRST			
J.SCHAEFFER	43		1:11.41
50 YD. FLY			
J.SCHAEFFER	43		28.83
200 YD. I.M.			
STEVE SUSSEX	P 44	# 5	2:04.35
400 YD. I.M.			
STEVE SUSSEX	44		4:48.48

MEN 45-49

50 YD. FREE			
RONALD JACOBS	P 48		23.71

100 YD. FREE			
RONALD JACOBS	P 48 #10	51.66	
BILL REEDER	47	57.95	
200 YD. FREE			
RONALD JACOBS	48	1:59.99	
500 YD. FREE			
HUGH MOORE	45	6:03.69	
50 YD. BACK			
RONALD JACOBS	48 #9	28.56	
100 YD. BACK			
RONALD JACOBS	48 #9	1:01.06	
200 YD. BACK			
RONALD JACOBS	P 48 #6	2:14.46	
50 YD. BRST			
BILL REEDER	47	33.27	
100 YD. BRST			
BILL REEDER	47	1:15.07	
50 YD. FLY			
HUGH MOORE	45	28.67	
100 YD. FLY			
HUGH MOORE	45	1:02.77	
200 YD. FLY			
HUGH MOORE	45 #9	2:22.10	
100 YD. I.M.			
BILL REEDER	47	1:06.54	
200 YD. I.M.			
BILL REEDER	47	2:25.15	
HUGH MOORE	45	2:34.27	
400 YD. I.M.			
BILL REEDER	47	5:15.76	
HUGH MOORE	45	5:20.69	

MEN 55-59

50 YD. BACK			
WALTER REID	59 #5	35.06	
100 YD. BACK			
WALTER REID	59 #6	1:17.90	
50 YD. BRST			
WALTER REID	59	35.87	
100 YD. BRST			
WALTER REID	59	1:21.14	

RELAYS-WOMEN 200 YD FREE

35 +			
MAGGIE KINSELLA	42 #10	1:56.17	
MARY LIPPOLD	44		
CORAL BERNIER	45		
TONYA BERG	41		

45 +			
KATHERINE CASEY	51 #4	1:57.93	
SALLY DILLON	53		
SUZANNE DILLS	55		
DEBBIE GLASSMAN	46		

RELAYS-MEN 200 YD FREE

35 +			
ROBERT FISH	36 #8	1:34.06	
J.SCHAEFFER	43		
STEVE SUSSEX	44		
STEVEN RUITER	35		

45 +			
BILL REEDER	47	1:47.15	
RONALD JACOBS	48		
WALTER REID	59		
HUGH MOORE	45		

RELAYS-MIXED 200 YD FREE

35 +			
STEVEN RUITER	P 35 #7	1:38.24	
LISA WILSON	38		
MARY LIPPOLD	44		
ROBERT FISH	36		

J.SCHAEFFER	43	1:47.44	
TONYA BERG	41		
MAGGIE KINSELLA	42		
STEVE SUSSEX	44		

45 +			
HUGH MOORE	45 #7	1:46.59	
KATHERINE CASEY	51		
DEBBIE GLASSMAN	46		
RONALD JACOBS	48		

WALTER REID	59	1:57.27	
SALLY DILLON	53		
SARAH WELCH	53		
BILL REEDER	47		

RELAYS-MIXED 200 YD MEDLEY

25 +			
ERIC DYBDAHL	40	2:02.38	
J.SCHAEFFER	43		
MAGGIE KINSELLA	42		
KAREN LEAHY	31		

35 +			
ROBERT FISH	P 36 #10	1:53.41	
LISA WILSON	38		
STEVEN RUITER	35		
MARY LIPPOLD	44		

STEVE SUSSEX	44	1:59.86	
TONYA BERG	41		
CORAL BERNIER	45		
DAVID THOMSON	40		

45 +			
RONALD JACOBS	48 #5	1:59.68	
BILL REEDER	47		
DEBBIE GLASSMAN	46		
KATHERINE CASEY	51		

SARAH WELCH	53	2:16.52	
WALTER REID	59		
HUGH MOORE	45		
SALLY DILLON	53		

50 Free Split for Steve Sussex was 23.03 and a PNA Record for Men Age 40-44.

The Women were #7 out of 10 in the "Medium" size teams. They were #10 overall out of 88 teams.

The Men were #27 out of 95 in the "Small" size teams. They were #38 overall out of 106 teams.

Coach Robin O'Leary

After talking to Robin O'Leary about the recent Nationals competition, one thing is obvious: Robin loves coaching. She loves it so much that she goes to Nationals and keeps right on coaching. Her excuse, "I was the only one not swimming."

Robin loved the beautiful swimmers, "They are so fit, so in shape." Even so, she offered her opinion for improvement, "The most common stroke fault that I saw was the head being too high, especially in breaststroke and freestyle. To get the body aligned people should swim with their head down more."

The second most common stroke fault was the lack of front-end swimming.

But the meet wasn't all coaching. "It was fun to sit up in the stands and watch people swim and share ideas. Wouldn't it be fun to do . . .?" Robin brain-stormed with Sally Dillon for ideas on open water swimming. Robin also commented that it would be fun to do a postal relay meet. "Every regional area thinks that if I just get *those four people* together, we would have a terrific relay."



Photo by Bill Volckering

Sarah Welch, Sally Dillon, Bill Reeder, and Walter Reid, one of the PNA teams for the Mixed 200 Free.

10 Reasons to Swim at Nationals

by Mike Schaeffer

Let's start with the Top 10 reasons you should swim at Masters Nationals:

10 You already train year round, so why not test yourself with the best? It is the best way to learn, focus, and inspire your training for the rest of the year.

9 It is quite a discovery to see how much adrenaline the old nerves can pump out as your event approaches.

8 Personal best and record swims can happen for everyone at any level and age group.

7 You don't have to be a medal contender to have a good time. Swimming your personal best might even be more exciting than being a jaded swimmer who expects to win a title every year.

6 You get to travel to a strange town and hang out with your friends, old and new, in a new racing suit.

5 Hearing your teammates yell and cheer when you get up on the starting blocks is a great—and a little embarrassing—feeling.

4 Whether you swam great, blew a start or turn, finished first or fortieth, swam the same old race or tried something new, you are guaranteed to swim with more passion than in any other meet of the year.

3 It turns out to be a fairly inexpensive vacation because the eating and drinking are rarely done in quantity.

2 Greenpeace is there to roll you back in if you wash up on deck after your event. We won't mention any names, Bill!

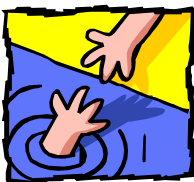
1 The top reason to go to Nationals is that you get to shave your arms, legs, any other exposed parts, and nobody thinks you are strange! Of course, everyone else looks the same and you

wonder about the few unshaved ones.

Masters Nationals, in short, is the most fun meet you'll ever attend, once you are too old for the State High School meet. Every PNA swimmer that I talked to swam a personal best. Walking around hairless in nothing but a Speedo and a smile can become addictive.

The facility at Indianapolis and the host team were first class. The local restaurants and brew pubs were friendly with good products. And no trip to Indy is complete without a visit to hear some blues at the Slippery Noodle Inn. I think Robin O'Leary not only discovered and fell in love with the blues, but I might be able to convince her that a 6-beat freestyle kick means you swim in waltz time . . . 1, 2, 3-4, 5, 6. Try it if you don't believe me. That means both swimming in waltz time and attending Masters Nationals. See you in Santa Clara next year.

Mike Schaeffer has attended four Short Course Nationals, under the alias J. Schaeffer. You might recognize him as the one with the short blond hair. Both he and Steve Sussex bleached their hair for Nationals. Go figure.



Welcome to the following swimmers who have recently joined the PNA!

CARLOS AGUILAR, PHYLLIS BALES, RICHARD BATLEY, CAROL BURROUGHS, BARBY CAHILL, LINDA CHAPMAN, SEAN CLAPSHAW, KELLI CLEAVE, MARY CODDINGTON, SCOTT FARRAR, NANCY GAYMAN, MELISA GILDELATORRE, ROBIN GOEBEL, THOMAS GOEBEL, TED HACKETT, MICHELLE JEANETTE, SCOTT LAUTMAN, KAETCHE MILLER, ERIC PLUM, JOHN PRESENTIN, REBECCA REED, WILLIAM SCHUBACH, GREG SCHUMACHER, SHARI SEVERSON, PAULA SHEPARD, SHERRY SMITH, ANNE TERRY, JEANNINE THOMPSON, PATRICIA TIMMONS, AND KARI VINTHER

Masters Women Athletes

We are doing a research study looking at the effect of exercise on bones in women over 45 years of age who compete in Masters competitions. Volunteers will receive free bone density tests at the Osteoporosis Research Unit at Pac Med Clinics.

For further information call Dr. Susan Natrass at (206) 621-4709 or Alicia Sullivan at (206) 621-4389.

Stretching

Stretching is the important link between the sedentary life and the active life. It keeps the muscles supple, prepares you for movement, and helps you make the daily transition from inactivity to vigorous activity without undue strain.

—Bob Anderson, *Stretching*

And now for 2002



Interested in the 2002 World Championships in Christchurch, New Zealand? The web site for the 9th World

Masters Swimming Championships is now on line at www.eventnz.co.nz. The web site will have new features and regular updates on the New Zealand Masters Championships. And put March 21-April 3, 2002 on that global calendar for IX FINA World Masters Swimming Championships.

PNA Board Meeting Minutes

April 25, 2000—President Lee Carlson called the meeting to order at the Morgan Family Y (Tacoma) at 6: 51 pm. Attending were Carolyn Behse, Kathy Casey, Sally Dillon, Cynthia Hirst, Gregg Metzler, Sandy McNeel, Hugh Moore, Kathy Moore, Steve Peterson, Walt Reid, and Jett Vallandigham. Teams represented included Bellevue Club, Federal Way, Ft. Steilacoom, Green Lake Aqua Ducks, Mercer Island, North Whidbey, Old Olympic Peninsula Swimmers, and Samena Club.

Minutes:

The Board approved the March minutes as corrected.

Treasurer's Report:

The Board approved Jeanne's report as submitted in absentia. Total assets are \$29,673 including the Wiggin Fund's \$2,687.

Committee Reports:

Membership: Total registrations stand at an even 800.

Meets: The Board approved Hugh's motion to waive the \$1.75 PNA fee for GLAD's Animal Meet last October, as there were only 30 participants. Lee stated that the Mercer Island meet financial report will be delayed until after the pool rental bill is received. Despite a lack of water clarity and the facility being completely ready (ladders weren't in place), the Champs meet otherwise ran very well. The announcers were appreciated, particularly for their comments about potential record breakers. The Board prepared the announcement for the Colman workout June 18, including cost determination (\$10/ swimmer for any and all features: the 5K, timed races, or workout). Sally, for North Whidbey Masters, reserved the Oak Harbor pool for a September 16 meet. This is the same day as Hannula's annual swim clinic. Meets to

consider include SCM Zones, October 7-8 at KCAC (a Meet Director is needed as Hugh will be too busy with Convention), two possible dates for the 5K/10K meet at KCAC (August 12 or September 2), and the date for Champs at KCAC next spring.

Records/Top Ten: Walt reported that with the SCY season wrapped up the Top Ten has been compiled and submitted to USMS.

Newsletter: The Board reviewed the *WetSet* May-June draft: an article on the Nike clinic needs completion. The *WetSet* will go to the printer next week for early May delivery. Another superb issue assembled by Sandy!

Awards: Sally purchased 500 more ribbons for Champs for \$173.76.

Social: An informal social at the Federal Way Olive Garden after Champs was well attended. Reservations were not accepted, however, so several parties were turned away. Lee offered that the informal post-meet social format seems to be working well.

Officiating: Kathy said the last two meets have been officiated well. Champs in particular was exceptional as one Stroke & Turn judge contacted Kathy about a relay team member who had a questionable backstroke turn. Jan Kavadas (in absentia) pointed out that the Montana Masters April 30 meet entry recently circulated had an incorrect reference to outdated FINA Rule GR-1 (amateur standing of 19-24 age group once was jeopardized by Masters participation).

Fitness: Carolyn recommended the April-June issue of *Swimming Technique*, which features a series on swimmer's shoulder and a piece on Penny Heyn's breaststroke training.

Safety: The safety materials have been given to Hugh for transfer to Orca for the July meet. Meet Directors should check the inventory prior to the meet, and include the inventory report with the meet financial report. Board opinion is that the Safety Marshal function is working as intended.

Ad Hoc Open Water: Sally notes that next year's 1-Hour Postal meet, hosted by PNA, will be the 25th annual event.

Ad Hoc Coaches: Lee has been attempting to establish contact with PNA coaches to develop closer cooperation and camaraderie. Sally expressed the need for greater coach involvement to encourage more participation in competitive events by members and to promote better relay organization.

Old Business:

Mentor Clinic: Cynthia booked Samena Club (Bellevue) for four hours of pool time on June 3; a swim clinic will run from 8-12; a snooper camera may increase costs. Bill Volckening will assist with the coach mentoring part of the clinic. Lunch will be 12-1 followed by classroom time from 1 to 3. Lee encouraged Board attendance, and Carolyn extended this to making personal phone contact. The Board agreed on a fee structure: \$45 for swimmers; on-deck volunteer coaches (free); \$35 for coaches (all day). Catered lunch included! (Limit: 50 participants.) The Board approved Sally's motion to sanction this swimmers and coaches clinic, including a guarantee of a \$200 profit.

New Business:

Rule Changes: Kathy Casey will entertain proposals until June 10.

President Lee adjourned the meeting at 8: 57 pm.

—Steve Peterson, Secretary

PNA Board Meeting Minutes

May 23, 2000—President Lee Carlson called the meeting to order at Jan Kavadas' condo at 7:05 pm. Attending were Kathy Casey, Suzanne Dills, Jeanne Ensign, Cynthia Hirst, Jan Kavadas, Sandy McNeel, Hugh Moore, and Walt Reid. Teams represented included Federal Way, Ft. Steilacoom, GLAD, Mercer Island, and Samena Club. The first order of business was to convince Jan to take minutes on Lee's laptop computer for the absent Steve Peterson.

Minutes:

The Board approved the April minutes as corrected.

Treasurer's Report:

Total assets are \$29,810 including the Wiggin Fund's \$2,687. Income from swim caps sold is not yet available. Jeanne has completed the PNA's federal tax return. Lee submitted receipts for the Nike Clinic of \$49.41, which the Board approved for reimbursement. The Board accepted Jeanne's report as submitted.

Committee Reports:

Membership: Total registrations stand at 820, slightly ahead of last year.

Meets: Board members reviewed Hugh's revised meet bid packet, which is similar to last year's. It will be sent out this weekend. Hugh proposed removing the \$25 meet bid deposit. It's a problem to manage, particularly for recurring-meet bids, and some bidders do not pay it up front. It has served its usefulness. The Board approved deleting the meet deposit of PNA Policy M-11, which Hugh will revise accordingly. The Board approved NWM's bid for an SCM Pentathlon meet on September 16. Who will host SC Meters on October 7-8 at the Aquatic Center? PNA and Federal Way could jointly host it or perhaps a local age-group club? The Bangor

Pool may not be available for a meet in November, but the Trident Submarine tour is still on (Friday, November 17). Contingency backups include the PSNS 25-meter pool or North Kitsap's pool. For a December meet, the consensus was that no one relished the thought of swimming outside at Samena. A March 18 meet will be hosted at Mercer Island with Anacortes as an alternate. Cynthia Hurst presented sound system pricing: Basic \$2,000; Fender \$700 to buy plus \$140 for two mikes with stand. She recommended renting first (\$68) to see how it works in pool situation. Chinook rents a starting system and P.A. for \$75. Should it include a starting system? Maintenance and transportation will be ongoing issues. Discussion was tabled for Internet price comparisons.

Records / Top Ten: Walt reported that the World Top 10 would be in the July-August *WetSet*.

Publicity: A team to organize and manage publicity for Nationals is greatly needed. Anyone have Brad Palmer's current e-mail address? Tom Foley's Seniors softball team won a Bremerton tournament. Should we use e-mail as a press release medium?

Newsletter: Insert teams and pools information whenever there's an extra page. Sandy suggests that team reps e-mail updates and also send her copies of team newsletters. The *WetSet* July-August issue needs Coaches Corner info (Lee will solicit input at the June 3 clinic), listings of open water swims (a separate calendar, perhaps), and information about the Vancouver series, Escape from Alcatraz, and local swims. Carolyn gave Sandy two articles dealing with strength training. Deadline is June 20 for the July-August issue.

Officiating: There will be a Coaches ASCA Clinic in February for Level 1 certification. Check at the June 3 clinic for specifics. Kathy was asked whether anyone is meeting with the officials prior to meet starts (yes). Officials are needed for Nationals!

Fitness: Carolyn handed out information on an osteoporosis study and some clinic flyers.

Computer Applications: Users have had some problems downloading the registration form from the web site (it can be delivered as a PDF or Excel file). Jim is considering redesigning the site. Meet hosts should be apprised of meet management software available through the PNA. (Check information in the meet bid packet.)

Safety: Kathy reiterates that Meet Directors should check the inventory prior to the meet, and include the inventory report with the meet financial report.

Ad Hoc Coaches: Barb Gundrud sends word that she will attend the Clinic.

Old Business:

Team Handbook: Draft is nearing completion. Need registration forms (individual and team), insurance information, meet bid packet, *WetSet* deadline information, Places to Swim (Steve does this) and Pools, Committee descriptions. Hope to complete this by the next Board meeting.

Mentor Clinic: Ten swimmers and ten coaches have registered. Dean Sawhill will help between 10 and noon. Can a high school swimmer participate? Must be USMS registered. Get USAS sanction. The Board should encourage more swimmers to attend. (There's no registration deadline.)

President Lee adjourned the meeting at 8:57 pm.

—Steve Peterson, Secretary

2000 United States Masters Swimming 5 Kilometer & 10 Kilometer Postal National Championships

Sponsored and Sanctioned by the Pacific Northwest Association of Masters Swimmers. Sanction # 003605.

EVENT: Both the 5 Kilometer (5000 meters) and the 10 Kilometer (10,000 meters) postal swims are National Championship Events.

LOCATION: Any 50 meter pool. The 5K is 100 lengths and the 10K is 200 lengths of a 50 meter pool.

DATE: The swim must be completed on or between May 15 and September 30, 2000. **The event director must receive entries by October 10, 2000.**

ELIGIBILITY: Open to all USMS members with valid 2000 registration. **A photocopy of your 2000 USMS card must be sent with your entry.** Foreign swimmers 19 years of age and older are invited to participate. Proof of membership in your nation's recognized Masters swimming governing organization is required. Foreign swimmers are not eligible for USMS records or All-American status.

CATEGORIES:

INDIVIDUAL: Men and women will compete separately as individuals in five year age groups 19-24, 25-29, 30-34,...100+. The swimmer's actual age on the day of the swim determines the entrant's age group.

INDIVIDUAL DUAL ENTRY: Individuals who change age groups during the time of the event may enter twice but must swim the event twice, one time at each age.

TEAM EVENTS: Team competitions will be held in 3 categories: Men (3 male swimmers), Women (3 female swimmers), and Mixed (2 male and 2 female swimmers). The team whose swimmers have the lowest cumulative time shall be declared the winner. The next lowest cumulative times will be used to determine second, third, and subsequent places.

Each member of a team must also have entered the individual event for their age group. All team members must be registered with the same club. Unattached teams are not permitted. All entries must be made by registered clubs and signed by an authorized official of the club making the entry. The age of the youngest team member shall determine the age group. Teams must swim in the oldest age group for which they are eligible. Age groups are 19+, 25+, 35+. ...95+.

SCORING: Club scoring will be tabulated based on the top ten individual finishers in each age group (11-9-8-7-6-5-4-3-2-1). Scores will be kept for the men, women, and combined in three categories: 5K, 10K, and Combined.

AWARDS: USMS Long Distance National Championship medals will be awarded to the top three finishers in each age group for the 5K and 10K Championships for men, women, men's teams, women's teams, and mixed teams. First place finishers in each age group will also receive USMS Championship patches. Certificates will be presented to the top three clubs in each category.

RULES: The 2000 USMS Rules govern this event. Drafting, flotation and propulsive devices (pull buoy, fins, paddles, wet suits, etc.) are not permitted. When two swimmers are sharing the same lane, each swimmer shall swim on one side of the lane during the entire race (no circle swimming). The referee shall establish procedures to prevent drafting if more than two swimmers are competing per lane. There shall be an adult acting as a starter/head timer/referee present at all times during the swim. Each swimmer shall have a counter to record split times for every two lengths. One person may serve as a counter for a maximum of two swimmers per heat. A stopwatch or electronic timing system may be used. We suggest that 2 watches with fresh batteries be used to ensure that an official swim can be recorded, to the nearest hundredth of a second.

A 5K National Record may be established by using a swimmer's 5K split time from a completed 10K swim if the intent to record a split time is brought to the attention of the event director in writing.

FEES: The individual entry fee for each event is \$10.00 per swimmer. The team entry fee is \$12.00 per team. All fees are non-refundable. Do not send cash. Make checks payable to PNA Masters Swimmers. Foreign entrants, please submit fees in USA funds via international money order or bank check drawn on a bank with a USA affiliate.

RESULTS: Results will be mailed to each entrant. Please allow 4-6 weeks after entry deadline for delivery of results, T-shirts, and awards.

T-SHIRTS: Commemorative T-shirts may be purchased for \$15. For non-US delivery include \$5 for foreign postage for each shirt.

INFORMATION: Questions should be addressed to Jane Moore, Event Director, 1867 58th St NE, Tacoma, WA 98422; (253) 925-0803 (before 10 p.m. Pacific Time).

E-mail: weswim@mindspring.com.

TEAM ENTRY FORM:

Club Name: _____ Club Code: _____ M•F•Mixed•Age Group: _____ 5K 10K

Swimmer's Name	Age	Time	
#1 _____ M•F•	_____	_____	
#2 _____ M•F	_____	_____	
#3 _____ M•F	_____	_____	
#4 _____ M•F	_____	_____	TOTAL TIME

Club Rep Signature: _____ Date: _____

2000 USMS 5K & 10K Postal National Championships

INDIVIDUAL ENTRY FORM:

E-mail address: _____

Name: _____ M•F• Age: _____ Birthdate: ____/____/____

Address: _____ City: _____ State: _____ Country: _____ Zip: _____

USMS#: _____ - Club Name and Code: _____ Phone: (____) _____ - _____

LIABILITY 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 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.

SIGNATURE: _____ DATE: _____

OFFICIAL TIME: ____: ____: ____ Final time must be recorded to the nearest one-hundredth second.

We certify that on ____/____/____ (date) the entrant completed the 5K_/10K_ (check only one), in the official time recorded above.

Signature of Swimmer (Required) _____ Signature of Verifier (Required) _____

Mail to: Jane Moore 1867 58th St NE Tacoma, WA 98422-1517 USA

- Include: completed entry form split sheet with time for each 100 meters photocopy of USMS card
- signed liability release check for entry fees (entry, T-shirt, and self addressed, stamped postcard
- signed time verification foreign postage or proof of membership if for entry receipt verification
- from another country

Fees: Individual Entry Fee (\$10.00 each) _____
 Team Entry Fee (\$12.00 per team) _____ TOTAL - payable to PNA Masters Swimmers
 T-shirts (\$15.00 each) Size(s) S _ M _ L _ XL _ XXL _____
 Foreign T-shirt postage (\$5.00) _____

SPLIT SHEET:		Record CUMULATIVE time for each 100 meters (to 10ths) and final time (to 100ths).				
100 _____	2100 _____	4100 _____	6100 _____	8100 _____		
200 _____	2200 _____	4200 _____	6200 _____	8200 _____		
300 _____	2300 _____	4300 _____	6300 _____	8300 _____		
400 _____	2400 _____	4400 _____	6400 _____	8400 _____		
500 _____	2500 _____	4500 _____	6500 _____	8500 _____		
600 _____	2600 _____	4600 _____	6600 _____	8600 _____		
700 _____	2700 _____	4700 _____	6700 _____	8700 _____		
800 _____	2800 _____	4800 _____	6800 _____	8800 _____		
900 _____	2900 _____	4900 _____	6900 _____	8900 _____		
1000 _____	3000 _____	5000 _____	7000 _____	9000 _____		
1100 _____	3100 _____	5100 _____	7100 _____	9100 _____		
1200 _____	3200 _____	5200 _____	7200 _____	9200 _____		
1300 _____	3300 _____	5300 _____	7300 _____	9300 _____		
1400 _____	3400 _____	5400 _____	7400 _____	9400 _____		
1500 _____	3500 _____	5500 _____	7500 _____	9500 _____		
1600 _____	3600 _____	5600 _____	7600 _____	9600 _____		
1700 _____	3700 _____	5700 _____	7700 _____	9700 _____		
1800 _____	3800 _____	5800 _____	7800 _____	9800 _____		
1900 _____	3900 _____	5900 _____	7900 _____	9900 _____		
2000 _____	4000 _____	6000 _____	8000 _____	10000 _____		

USMS Safety Tips

UV Protection

Your skin isn't the only thing that needs to be protected from sunlight. Don't forget about your eyes! Use sunglasses and goggles that absorb at least 90% of UV sunlight.

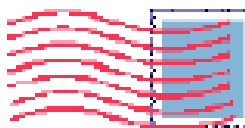
Heat Stroke

Heat stroke is a life-threatening emergency. Call 911!

The symptoms include: hot, red, dry skin and a very high body temperature. Breathing may be rapid and shallow and the victim may vomit and lose consciousness.

First aid: Move victim to a cool place. Apply cool, wet cloths to the wrists, ankles, neck, and armpits.

USMS Safety Education News



Postal Swim News

PNA is hosting the 5K & 10K Postal National Championship which runs through September 30th. The official entry form can be found in this *WetSet* on pages 13-14.

Since most of us don't have access to 50-meter pools, August 12th has been reserved at the King County Aquatic Center in Federal Way for PNA swimmers wanting to do the 5K & 10K swim.

Cost is \$20, to cover lane rental at the pool. Swimmers need to provide their own timers/counters.

To swim at Federal Way, contact Hugh or Jane Moore at (253) 925-0803 or weswim@mindspring.com. If you want to be part of a relay team for the 5/10K swim, let Hugh or Jane know.

Tea Time— Green or Otherwise

Next to water, tea is the most consumed beverage worldwide. But choice of tea does matter. Whether you brew from bags or leaves or choose instant mixes, bottled, or decaffeinated varieties will make a steep difference in whether you get the benefits of drinking tea, according to researchers at the US Department of Agriculture's Human Nutrition Research Center.

Tea is one of the few products known to contain significant levels of potent antioxidants known as catechins. These antioxidants fight free radicals that cause cell damage. If you drink tea for its health benefits, for a caffeine boost, or to accompany a crumpet, here are some guidelines as you make your choice:

- Highest levels of catechins are found in black or green brewed teas, along with high caffeine content.
- Half the number of catechins are found in black brewed decaf teas.
- Instant tea mixes have little or no catechins.
- Bottled teas have none.

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Meet Officials

How does one become an official? Pacific Northwest Swimming (PNS), a part of US Swimming, certifies officials. They have a timer and stroke & turn clinic offered several times a year. Information on the clinics are posted on PNS's web site at swimpns.org. After the clinic, a timing and stroke & turn open book examination must be completed. The novice official must successfully work at four USA sanctioned USMS meets before receiving a certification for two years.

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 —The *WetSet* is sent via bulk mail and is **not** forwarded by the U.S. Postal Service.

- Change of Address**
 New Subscription

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

Affix address label here	
Name	_____
Address	_____
City / State / Zip Code	_____
Phone	_____ USMS # _____



THE FINAL LAP



B.J. Bedford Talks at the Nike Champions Clinic

B.J. is a seven-time national champion and has won five titles in the 100 meter back, one in the 200 meter back, and one in the 50 meter free. B.J. just missed making the 1996 Olympic team, placing third—first and second go the Olympics. She talked about dealing with that and other disappointments. She is now training with the USA Swimming Resident Team in Colorado Springs.

Here are quotes from B.J.'s spirited talk:

Winning World Championships:

It was the proudest moment of my life, to watch the American flag be raised and know it was something that I did. I'll never forget that. That's why I stay in the sport sometimes.

Running:

I definitely think running helps my swimming. I do run twice a week or I try to. It helps me stay lean. It helps my legs. In backstroke, you definitely need your legs. At the same time it's really hard for me. I can swim really a long time and probably pretty fast but I cannot run to save my life. I'm an aquatic mammal.

Running helps me to feel better about where I am in training. That's what it comes down to.

What's important in practice:

One of the things I've found is that swimming fast in practice does not equal swimming fast in a meet. It's the little things in practice. The most important thing is to do your stroke and do it well. Make sure you are doing all your stroke and all of the sculling.

I think I count my strokes every lap. I usually take 7 kicks off every wall and try to take 30 or less strokes per lap.

The Olympic Center flume:

I hate the flume. I'm scared of it. I'm sure I'm going to be its first fatality. There are holes in that thing. You can get sucked in there.

Shaving her head for the Olympic trials:

I shaved my head at Olympic trials. I'm not doing it again because it didn't work. I used to do all sorts of crazy things with my hair, but now I pay my hairdresser far too much to do anything to it.

Jenny Thompson:

We have a "terminator", i.e., Jenny Thompson. It's always nice to be on a relay with Jenny, because my mom could be leading off and Jenny would be on the end and we'd know we would win. We've got the terminator.

The Australians at World Championships in Perth:

These people love swimming. The stands were packed every single session. They let kids out of school to come in. They had different schools every day. All you had to do is throw three or four caps up in the audience and it was, "USA, USA!" All these little kids were amazing. The Australians are going to have the power of that behind them in the Olympics.

Swimming and self-sufficiency:

When the rest of life is doing well, swimming is OK. When the rest of my life is havoc, swimming tends to be the only good thing, the only saving thing.

One of the amazing things about swimming is that it lets you



Photo by Lee Carlson

B.J. Bedford demonstrates her backstroke at the Nike Championship Clinic.

North Whidbey Masters 3rd Annual Pentathlon



Photo by Sandy McVee

B.J. Bedford listens to a question.

focus all of your life around it. It's a comfortable place to be. And it's an easy place to be. If you are good, it's seductive to stay in it if you are making a living. All you have to do is be good at it. It sounds easy but it's not. I have a house and I have a fiancé and I have two dogs. I can go to a meet and I can break a world record or I can be dead last. But I still have to pay the mortgage. And I still have these two puppies that get so excited they pee on themselves.

I'm not swimming for my mother. I'm not swimming for my coach. I'm swimming for me.

Being older at Olympic level swimming (27 years old):

You get a lot of responsibility. There are a lot of young kids who don't know what to expect—who just stumbled in to their first nationals team sort of wide-eyed and not knowing what's going on. You try to guide people. You try to give them some pearls of wisdom that might turn out to be good and give them something to remember.

Why there are now more "older" Olympic-level swimmers:

There's a very easy answer for that. There's money in the sport.

The meet season starts early this year with a Short Course Meter Pentathlon in Oak Harbor on Saturday, September 16. Hosted by the North Whidbey Masters "Afterburners", the Pentathlon is intended to be a fun kickoff to the short course meters season. You can use your times to enter the annual Postal Pentathlon. (You send in your own results to the host team, Minnesota Masters.) Three pentathlon divisions will be offered:

- **Sprinters Choice** = 50 each of fly, back, breast, free plus a 100 IM

- **Middle Masters** = 100 each of fly, back, breast, free plus a 200 IM
- **Animals** = 200 each of fly, back, breast, free plus a 400 IM

Distinctive awards will be given to the top three swimmers in each age group who complete a Pentathlon of five events and each participant in the meet will receive a certificate. Entry forms for the Minnesota postal meet will be available at the pool on meet day.

A "no host" social will be held after the meet for swimmers and their families at the Oak Harbor Pub and Brewery, which is located close to the pool. And there are lots of fun things to do on Whidbey Island for the afternoon or weekend. You can visit Deception Pass State Park, Fort Casey (which just celebrated its 100th anniversary), and the historic towns, Coupeville and Langley.

The "Afterburners" hope you'll take advantage of this opportunity to get in some short course meter swims; you might even aim for the USMS short course meters Top Ten or PNA, Zone, and national records.

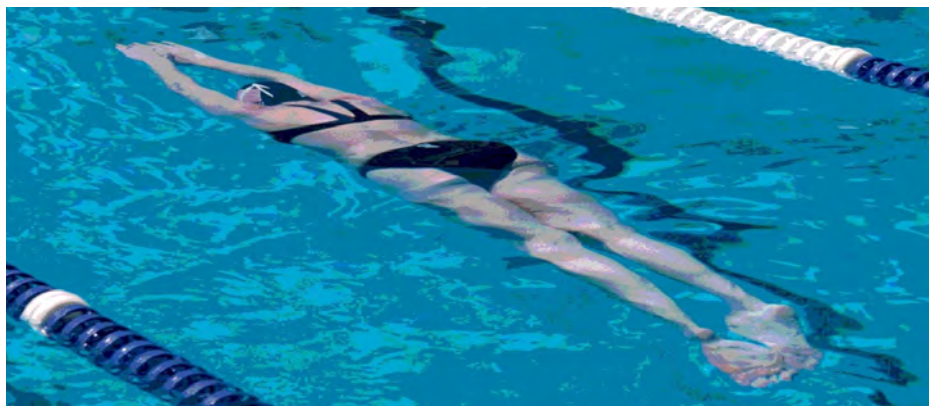


Photo by Sandy McVee

