

THE WET SET



Volume 20 • Issue 7

September 2000

"I Came, I Swam, I Got Barbecued"

Seattle, July 15, 2000—PNA held its first local USMS-sanctioned open water swim, the "Fat Salmon," organized by Ed Artis and Michael Meyer. The Fat Salmon was appropriately named, as both races, the 3-mile and 1-mile, were accompanied by a flotilla of fishing boats. Sport fishing had opened up for a brief period over the weekend of the Fat Salmon swim.



Tim Peters with his salmon, the first place prize in the 3-mile wetsuit

The water was a brisk 67 degrees. Thirty-five swimmers finished each of the races. The 3-mile race began at the Lake Washington bridge and the 1-mile began at Blaine Edwards Park. Both followed the shoreline to the finish at Madison Park.

Michael Meyer somehow managed to both organize and swim the 3-mile race, placing second this year and first last year.

The Fat Salmon race was first held last year, with a small, friendly, but competitive, group of 17 friends. Advertisement was minimal this year to keep the numbers manageable. The 1-mile swim was added, PNA was asked to sanction the swim, and the numbers grew to 70 swimmers. Ed Artis said that there are plans for the swim again next year and he is hoping for 120 to 200 swimmers.

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LEADING OFF

By
Lee Carlson

First, congratulations to the Salmon Bay Masters Club and especially to Ed Artis and Mike Meyer for putting on PNA's first sanctioned open water swim, "Fat Salmon," on July 15th. About 70 participants had the choice of a one- or three-mile course and had a great time with the added challenge of dodging the salmon fishermen in Lake Washington.

Second, congratulations to our Nike Champions Clinic instructor BJ Bedford. BJ placed first in the 100 back at the Olympic Trials in Indianapolis. Well done, BJ!

For me, the best-laid plans sometimes just don't work. About the first of the year, I decided to go to Munich and swim in the World Masters Swimming Championships. I set up a workout plan of four days a week and stuck to this schedule. The only exceptions were a week off in February due to a slight rib injury, another week off in mid-July, and four days off when Dee, my wife, had some unexpected surgery immediately before the meet.

I knew I was in trouble when my resting pulse went up from 60 to 70 about 10 days before the meet, and when the 50 sprints I swam the day before I left were about eight

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World Masters Swimming Championships

Munich Long Course Meters
August 4, 2000

WOMEN 30-34

50 M. FREE		
BRITT PENNISTON	31	34.87
100 M. FREE		
BRITT PENNISTON	31	1:27.01
50 M. FLY		
BRITT PENNISTON	31	39.85

WOMEN 50-54

200 M. FREE		
SALLY DILLON	54	2:48.03
400 M. FREE		
SALLY DILLON	54 # 6	5:55.56
800 M. FREE		
SALLY DILLON	54 # 8	12:21.41
KATHRINE CASEY	52	12:55.00
50 M. BACK		
KATHRINE CASEY	52	42.79
100 M. BACK		
KATHRINE CASEY	52 # 8	1:33.64
200 M. BACK		
KATHRINE CASEY	52 # 5	3:16.62
100 M. BRST		
SALLY DILLON	54	1:39.33
400 M. I.M.		
KATHRINE CASEY	52 # 8	7:02.74

MEN 60-64

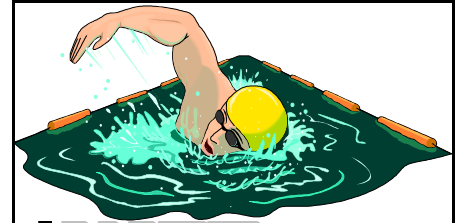
50 M. BACK		
WALT REID	60	40.56
LEE CARLSON	60	42.66
100 M. BACK		
WALT REID	60	1:31.46
LEE CARLSON	60	1:36.45
200 M. BACK		
LEE CARLSON	60	3:32.21
50 M. BRST		
WALT REID	60	40.83
100 M. BRST		
WALT REID	60	1:35.71
200 M. BRST		
WALT REID	60	3:40.57

RELAYS-MIXED 200 M. FREE

200-239		
WALT REID	60	2:22.49
KATHRINE CASEY	52	
SALLY DILLON	54	
LEE CARLSON	60	

RELAYS-MIXED 200 M. MEDLEY

200-239		
LEE CARLSON	60	2:39.58
WALT REID	60	
KATHRINE CASEY	52	
SALLY DILLON	54	



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Head Colds and Wellness

Head colds—how does a person like yourself, dedicated to a healthy lifestyle, cope when you have the misfortune to get one? Sometimes, it seems, there is no justice in this life—you'd think we'd be immune given our virtuous health practices, wouldn't you?

When you start sneezing, when your nose runs, when you cough and your eyes water, don't assume you've been poisoned by your spouse. Don't blame anyone else, real or imaginary. Colds are not fun, but a worthy existence remains possible. At times, you can still read, listen to beautiful music, even do a few things around the house and catch up on some needed rest and enjoy time out from the routine. Again, having a cold is not as good as being well, but it's manageable. A positive mindset in the face of adversity will quicken recovery, as well as minimize your suffering.

Follow the basic remedies and safeguards. Protect others when

you have a cold. Remember that your associates at the company and fellow citizens of the world, amazingly enough, **can** survive without a sick person in their midst for a few days—so **stay home** and don't share the wealth! Use medications but do so knowledgeably and cautiously.

Skip the herbal, New Age garbage—there is no sound evidence that any of these contemporary snake oils will have any effect except on your pocketbook. Take lots of Vitamin C from fruits and juices. If you use medications, do so knowledgeably (my motto remains "no medicine is good medicine, as a bendable rule"). And take comfort from the fact that "this, too, shall pass." Always look on the bright side of life, remain as cheerful as possible and make the best of the situation.

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LEADING OFF

By
Lee Carlson



Photo by Dee Carlson

Lee with his USA t-shirt and his proper ID at the World Masters Championships in Munich.

(Continued from page 1)

seconds slower than ever before. Despite this, I was committed to having a good meet and was hoping that I would peak or taper late in the week in Germany.

The meet was huge. Over 6,100 swimmers had 20,000 splashes. We were staged in five or six areas for each event. Before you could enter the pool deck, your identification card was scanned. An official then verified your identification card before each swim.

The relays didn't start too auspiciously, as our mixed medley relay didn't finish swimming until 10 p.m. on Monday night. For our second relay, the free relay on

Wednesday night, team member Walt Reid misplaced his identification card and didn't show up until about 10 minutes before we were called to the first staging area. Someone made a call to all officials to help him locate the card. Walt was probably the only American at the meet that who was so recognized because of his work with FINA that he would have been allowed to swim regardless. The PNA relay of Kathy Casey, Sally Dillon, Lee Carlson, and Walt Reid

did get to swim and we took a respectable 23rd in the 200-239 age group.

The next morning my alarm didn't go off. I literally ran to the pool since my event, the 200 back, started at 7:00 a.m. When you wake up at 6:50, take a subway to the meet, run four blocks to the pool entrance, and arrive by 7:20 you are moving. I swam about three seconds slower than my seed time and placed 20th among the 40 competitors in the age group in the event.

Walt Reid processes the FINA Masters records and verifies the Top Ten records. He has handled this same responsibility for USMS in the past and now works for the FINA committee that visits future

sites and plans the international meets. Walt had a solid meet and swam his best time in the 50 back, placing 22nd in the event. This was in addition to working each day in the control room and helping run the meet.

Kathy Casey had an all around good meet. She placed 5th in the 200 back and did well in the 100 back. Kathy achieved some notoriety in the open water swim when she lost feeling in her hands about half way through the event. She also swam the last portion of the race breaststroke. When she left the water, Glen and Sally Dillon gave some much-needed help providing a blanket and warm car to head off the hypothermia that was setting in. Kathy will keep lasting memories of the beautiful Olympic pool and international friends.

Sally Dillon knew virtually all 200-plus US team members. She placed 5th in the 400 free, 8th in the 800 free, and did very well in the open water swim. Sally was energized by the 64-degree water.

Munich and the sights were fun. Museums, castles, monuments, friendly people, plus great swimmers made this a memorable meet. I won't forget swimmers drinking beer for lunch and toasting each other with beer after the open water swim. The closing party was fitting with lots of energy from a drum band, great vocalists, and dancing on the tables. Hope our Long Course Nationals—just a year away—will have this energy, spirit, and enthusiasm.

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.compusmart.ab.ca/masterssc/
www.swimoregon.org
www.island.net/~bpronk
members.aol.com/Ariston844/bmsc.htm
www.teamseattle.org/orca



HAPPY BIRTHDAY

to the following PNA swimmers!

09 13 Forest Brooks	09 24 Karin Heusted
09 13 Nicholas Rupert	09 24 Jamie Whitney
09 13 Craig Williams	09 25 Todd Kowalski
09 13 Randy Lamb	09 25 Manuel Chau
09 14 Kendria Elliott	09 26 Alan Cardwell
09 14 Elise (Pinky) Walker	09 26 Tom Sherry
09 14 Carolyn Mathews	09 26 Bobby Gallegos
09 14 Stephen Laforte	09 28 Kirsten Gagnaire
09 15 Sara Wahl	09 30 Phyllis Bales
09 15 Daniela Ahmed	10 01 Marcia Smith
09 15 Michael Scott	10 01 James Waters
09 15 Michael Schnitzius	10 02 Marion Chadwick
09 15 Beth Beyers	10 02 William Brown
09 15 Francesca Drum	10 02 Sharon Marcoe
09 16 David Austin	10 02 Scott Kelley
09 16 Timothy Gilmore	10 03 Phil Brennan
09 16 Amy Turi	10 03 Coryn Gjerdrum
09 16 Sara Wetstone	10 03 Donna Huss
09 16 Steven Marshall	10 03 Sally Reed
09 17 Steven Peterson	10 03 Steven Wade
09 17 Thomas Goebel	10 04 Jeffrey Paradee
09 18 Vaughn Bigelow	10 04 Aaron Brown
09 18 Thomas Jowett	10 05 Andrew Wood
09 18 Francis Langlois	10 05 Cathy Cooley
09 19 Eric Plum	10 05 H Harold (Hal) Young
09 19 Patrick Sullivan	10 05 Kathrine Casey
09 19 John Southard	10 05 George Gonzalez
09 19 Christy Taylor	10 06 Joan Davis
09 20 John Kokes	10 07 Ronald Rauch
09 20 James Norris	10 08 Kathleen Blanchard
09 20 Rick Almberg	10 08 Kenneth Simons
09 21 Alison Dillow	10 09 Julia Bent
09 21 Michelle Petrick	10 09 Janie Layman
09 21 Mark Pribis	10 10 Kari Vinther
09 21 Michael Lamb	10 11 Janelle McCoy
09 21 Roger Rudolph	10 11 Douglas Thompson
09 23 Ann Cooke	10 12 Heath Foxlee
09 23 Richard Breuhaus	10 14 Janet Jaeger
09 23 Gerry Plunkett	10 14 Jennifer Block

Going to the
Silverdale Meet?

Look
Inside a



Trident Submarine

There's still room for more people on the tour of a Trident submarine and its support facilities at Bangor Submarine Base near Silverdale.

Steve Peterson is organizing the tour for a group of 15 to 35 for Friday, November 17, to coincide with the Bangor swim meet that weekend.

The tour starts at 8:45 a.m. and ends at 3 p.m. If you are a "FORN" (Navyspeak for foreign national), allow a little extra time to process your passport or green card.

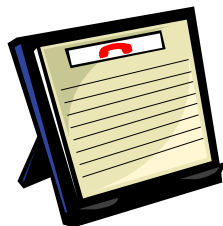
You will view a presentation in the Trident Training Facility and see the simulators that the submariners use to develop their navigational, self-defense, and ballistic missile offense skills. After lunch you'll be bused to the Delta pier for a tour of an actual "boomer." Your only cost will be \$6-\$8 for lunch.

The hardest part is the initial climb 30 feet straight down through a hatch. Then it's an easy tour with a spiral staircase at the exit.

Please let Steve know if you are interested by October 17th. You're welcome to include non-swimmers (family and friends). Contact Steve Peterson at:

(360) 692-1669
11165 Central Valley Road NW
Poulsbo, WA 98370-7014
speterson@bandwagon.net

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.



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.

September 1—October 31
3000/6000 Yd Postal Championship
June Mather
(541) 482-0610
csmather@jeffnet.org

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

September 16-23
Olympics Swimming
Sydney, Australia
See NBC for local viewing

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

September 23
Autumn Classic Triathlon
1/4 mi swim, 12 mi bike, 3 mi run
Olympia, WA @ Millersylvania St Park
(360) 236-7852

October 7-8
NW Zone SCM Championship
Federal Way, WA
Jim Stephans (425) 228-0455
E-mail: stephans@netos.com
www.swimpna.org

October 10
Orange Coast Swim
Southern California
13-mi, 4-person relay
(949) 589-9831
E-mail: ocrelay@aol.com

October 28
SCY Pentathlon—Tualatin Hills
Beaverton, OR
Sandi Rousseau
(503) 642-3679
tsrousse@ix.netcom.com

November 19
SCY Tualatin, OR
Rose Gerstmar
(503) 620-3871
glenners@aol.com

December 9
Alaska SCM Champs
Anchorage, AK
Ginny Wright
(907) 344-5321
ginnyw@alaska.net

January 13, 2001
Orca Queen City
Seattle/ Madison Pool
Brad Palmer
(206) 223-9359
orcasnews@yahoo.com

May 17-20, 2001
SCY National Championships
Santa Clara, CA
Alma Guimarin
aguimarin@aol.com

August 4, 2001
2-Mile National Championship
Elk Lake, OR
Pam Himstreet
(541) 385-7770
him@bendnet.com

PNA Meetings

All PNA members are invited.

September 9
LC Nationals meeting
@ Hugh and Jane Moore's house

September 16
Board meeting
@ Oak Harbor after meet

October 24
Board meeting
@ Robert McNeel & Associates
Topic: "What happened at the
USMS Convention?"

December 5
Board meeting
@ Lee Carlson's house
Christmas potluck

August 16-19, 2001
LCM National Championships
Federal Way, WA
Hugh Moore
weswim@mindspring.com

March 23-29, 2002
FINA Masters World Championships
Christchurch, New Zealand
www.eventnz.co.nz/masters-swimming/
index.htm

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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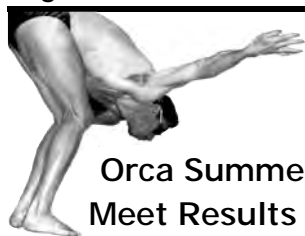
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Orca Summer Splash Meet Results

Seattle, Helene Madison Pool

Short Course Yards July 1, 2000

P = PNA Record

July 1, 200—Over 70 swimmers attended Orca Swim Club's Queen City Summer Splash 2000 Meet, traveling from as far away as Illinois and California. John Horman, as announcer, delivered his comic addition to the meet. Free snacks and free massages were part of the meet, provided by generous local vendors.

Kathy Casey, from Fort Steilacoom Masters, describes the Madison Pool, "It's my favorite pool for backstroke. The ceiling is white with a brown beam over every lane. With a line to follow on the ceiling, swimming straight is not a worry." It must have worked, as Kathy broke a PNA record at 1:16.95 with her 100 yard back swim.



Eric Dybdahl, Federal Way Masters, swims at most meets. He was at the Orca meet and also

WOMEN 19-24

50 YD. FREE			
KELLY CRANDELL	19	FTS	28.14
100 YD. FREE			
KELLY CRANDELL	19	FTS	1:02.74
200 YD. FREE			
KELLY CRANDELL	19	FTS	2:18.85
50 YD. BACK			
KELLY CRANDELL	19	FTS	38.60
100 YD. I.M.			
KELLY CRANDELL	19	FTS	1:15.19

WOMEN 25-29

50 YD. FREE			
CINDY SPRENGER	27	TACY	27.95
100 YD. FREE			
CINDY SPRENGER	27	TACY	1:03.22
100 YD. I.M.			
CINDY SPRENGER	27	TACY	1:17.47

WOMEN 30-34

50 YD. FREE			
REBECCA UCHIO	34	ORCA	35.99
200 YD. FREE			
KAREN LEAHY	31	FWM	2:12.19
100 YD. BACK			
KAREN LEAHY	31	FWM	1:09.65
200 YD. BACK			
KAREN LEAHY	31	FWM	2:31.01
50 YD. BRST			
KAREN LEAHY	31	FWM	37.09
50 YD. FLY			
BRITT PENNISTON	31	UNAT	34.31
100 YD. FLY			
BRITT PENNISTON	31	UNAT	1:21.53

WOMEN 35-39

50 YD. FREE			
JANE ANDERSON	38	GLAD	32.08
200 YD. FREE			
JAMIE WHITNEY	35	BAM	2:41.91
50 YD. BRST			
KRIS SPEIR	36	TACY	38.42

JANE ANDERSON	38	GLAD	43.63
100 YD. BRST			
JAMIE WHITNEY	35	BAM	1:25.23
200 YD. BRST			
JAMIE WHITNEY	35	BAM	3:04.26
50 YD. FLY			
KRIS SPEIR	36	TACY	31.68
JANE ANDERSON	38	GLAD	38.93
100 YD. FLY			
JAMIE WHITNEY	35	BAM	1:25.66
100 YD. I.M.			
KRIS SPEIR	36	TACY	1:13.73
JANE ANDERSON	38	GLAD	1:26.42
200 YD. I.M.			
KRIS SPEIR	36	TACY	2:51.13

WOMEN 40-44

50 YD. FREE			
TRACEY SPENSER	40	UNAT	29.52
SANDY LAURENCE	43	GCM	31.58
200 YD. FREE			
BARBY CAHILL	44	BAM	2:34.45
50 YD. BACK			
TRACEY SPENSER	40	UNAT	34.13
100 YD. BACK			
BARBY CAHILL	44	BAM	1:10.88
TRACEY SPENSER	40	UNAT	1:15.71
200 YD. BACK			
BARBY CAHILL	44	BAM	2:36.20
50 YD. BRST			
BARBY CAHILL	44	BAM	40.76
200 YD. I.M.			
BARBY CAHILL	44	BAM	2:47.13

WOMEN 45-49

50 YD. FREE			
CINDY MARTIN	48	GLAD	44.39

WOMEN 50-54

50 YD. FREE			
SUSAN AMOTT	52	GCM	34.27
ARNI LITT	54	GLAD	39.63
100 YD. FREE			
SUSAN AMOTT	52	GCM	1:20.88
ARNI LITT	54	GLAD	1:29.99
50 YD. BACK			
KATHRINE CASEY	51	FTS	36.02
100 YD. BACK			
KATHRINE CASEY	P 51	FTS	1:16.95
200 YD. BACK			
KATHRINE CASEY	51	FTS	2:46.81
100 YD. BRST			
ARNI LITT	54	GLAD	1:46.09
50 YD. FLY			
ARNI LITT	54	GLAD	46.16
100 YD. I.M.			
SUSAN AMOTT	52	GCM	1:35.88
ARNI LITT	54	GLAD	1:41.97
200 YD. I.M.			
KATHRINE CASEY	51	FTS	2:55.72

WOMEN 80-84

100 YD. BACK			
MAXINE CARLSON	80	TIG	2:14.05
200 YD. BACK			
MAXINE CARLSON	80	TIG	4:43.13
100 YD. I.M.			
MAXINE CARLSON	80	TIG	2:33.70

MEN 25-29

50 YD. FREE			
ERIC PLUM	26	UNAT	24.52
STEPHEN LAPAZ	25	TSUN	25.70
LUIS SANTANA	29	ORCA	29.30
100 YD. FREE			
STEPHEN LAPAZ	25	TSUN	57.81
LUIS SANTANA	29	ORCA	1:09.24



50 YD. BRST			
ROBIN SHERWOOD	28	UNAT	29.82
AARON SEEMER	26	ORCA	35.27
100 YD. BRST			
ROBIN SHERWOOD	28	UNAT	1:06.59
JOE DENTON	28	ORCA	1:10.11
AARON SEEMER	26	ORCA	1:18.95
200 YD. BRST			
ROBIN SHERWOOD	28	UNAT	2:26.98
50 YD. FLY			
STEPHEN LAPAZ	25	TSUN	29.56
SEAN SIKORSKI	27	EBSC	36.22
100 YD. I.M.			
STEPHEN LAPAZ	25	TSUN	1:07.64
AARON SEEMER	26	ORCA	1:14.17
200 YD. I.M.			
AARON SEEMER	26	ORCA	2:46.67

MEN 30-34

50 YD. FREE			
JEFF STRAND	30	UNAT	23.77
JOHN STOVER	30	TSUN	27.07
RAYMOND REITSMA	34	EBSC	27.35
GARY GRISWOLD	32	EVAN	27.73
ANDREW MACBRIDE	32	WAC	28.38
100 YD. FREE			
JOHN STOVER	30	TSUN	1:02.31
200 YD. FREE			
PATRICK MCKNIGHT	33	UNAT	2:04.01
JOHN STOVER	30	TSUN	2:21.27
50 YD. BACK			
JON PAUOLE	30	GAC	26.07
ANDREW MACBRIDE	32	WAC	33.17
JOHN STOVER	30	TSUN	35.49
100 YD. BACK			
TIM WELCH	30	ORCA	1:09.70
ANDREW MACBRIDE	32	WAC	1:15.16
200 YD. BACK			
PATRICK MCKNIGHT	33	UNAT	2:28.63
JOHN STOVER	30	TSUN	2:57.02
50 YD. BRST			
JEFF STRAND	30	UNAT	31.17
RAYMOND REITSMA	34	EBSC	35.99
GARY GRISWOLD	32	EVAN	37.24
100 YD. BRST			
TOM SCHUTTE	30	GLAD	1:07.62
GARY GRISWOLD	32	EVAN	1:19.81
200 YD. BRST			
TOM SCHUTTE	30	GLAD	2:30.24
50 YD. FLY			
JON PAUOLE	30	GAC	23.82
JEFF STRAND	30	UNAT	26.24
RAYMOND REITSMA	34	EBSC	29.08
GARY GRISWOLD	32	EVAN	32.13
100 YD. FLY			
TIM WELCH	30	ORCA	1:05.59
200 YD. FLY			
TIM WELCH	30	ORCA	2:39.34
100 YD. I.M.			
GARY GRISWOLD	32	EVAN	1:15.71
200 YD. I.M.			
TOM SCHUTTE	30	GLAD	2:19.14

MEN 35-39

50 YD. FREE			
CJ THRASHER	37	FWM	26.05
JEFF GUSTAVSON	38	TSUN	26.35
NICK SMITH	38	ORCA	29.03
GREGORY HEAD	39	EBSC	29.29
100 YD. FREE			
MATT LIND	36	ORCA	56.72
JEFF GUSTAVSON	38	TSUN	58.51
CJ THRASHER	37	FWM	59.74
JIM LASERSON	35	ORCA	1:01.75
MCDUGALL-GOULET	35	EBSC	1:05.94

200 YD. FREE			
JIM LASERSON	35	ORCA	2:11.26
JEFF GUSTAVSON	38	TSUN	2:12.64
CJ THRASHER	37	FWM	2:16.68
ERIC TWEIT	37	ORCA	2:19.89

50 YD. BACK			
TOM KEMPLE	38	EBSC	29.59
MATT LIND	36	ORCA	30.02
MARKUS BOEDTKER	35	SACM	30.31
LEO ESPINOSA	39	ORCA	31.29
JEFF GUSTAVSON	38	TSUN	33.37

100 YD. I.M.			
MATT LIND	36	ORCA	1:02.56
LEO ESPINOSA	39	ORCA	1:05.28
MARKUS BOEDTKER	35	SACM	1:05.66

200 YD. BACK			
MATT LIND	36	ORCA	2:17.63

50 YD. BRST			
CJ THRASHER	37	FWM	32.21
SCOTT REUSS	38	SACM	33.56
JIM LASERSON	35	ORCA	34.15
GREGORY HEAD	39	EBSC	36.64

100 YD. BRST			
LEO ESPINOSA	39	ORCA	1:10.17
TOM KEMPLE	38	EBSC	1:12.80
SCOTT REUSS	38	SACM	1:13.68
CJ THRASHER	37	FWM	1:15.29

200 YD. BRST			
ANDREW BRENNAN	39	SACM	2:25.22
GREGORY HEAD	39	EBSC	2:46.51

50 YD. FLY			
TOM KEMPLE	38	EBSC	26.24
SCOTT REUSS	38	SACM	27.60
LEO ESPINOSA	39	ORCA	28.35
MCDUGALL-GOULET	35	EBSC	33.12

100 YD. FLY			
TOM KEMPLE	38	EBSC	57.34
ANDREW BRENNAN	39	SACM	1:02.63

100 YD. I.M.			
TOM KEMPLE	38	EBSC	1:01.06
LEO ESPINOSA	39	ORCA	1:02.15
MARKUS BOEDTKER	35	SACM	1:02.52
JEFF GUSTAVSON	38	TSUN	1:12.91
NICK SMITH	38	ORCA	1:17.87
MCDUGALL-GOULET	35	EBSC	1:19.68

200 YD. I.M.			
ANDREW BRENNAN	39	SACM	2:12.31
MARKUS BOEDTKER	35	SACM	2:21.81

MEN 40-44

50 YD. FREE			
SCOTT LORENZEN	41	WAAC	25.87
TODD KOWALSKI	41	BAM	26.79
TOM MITCHELL	41	ORCA	27.63
GUNNAR FORSMAN	42	BAM	30.45

100 YD. FREE			
SCOTT LORENZEN	41	WAAC	57.34
ERIC DYBDAHL	40	FWM	57.63
TODD KOWALSKI	41	BAM	58.71
GUNNAR FORSMAN	42	BAM	1:07.22
PAUL IKEDA	41	ORCA	1:09.63

200 YD. FREE			
TODD KOWALSKI	41	BAM	2:09.72

50 YD. BRST			
PAUL IKEDA	41	ORCA	36.48
ERIC DYBDAHL	40	FWM	39.59

100 YD. BRST			
GUNNAR FORSMAN	42	BAM	1:21.11

200 YD. BRST			
GUNNAR FORSMAN	42	BAM	2:58.70

50 YD. FLY			
TOM MITCHELL	41	ORCA	30.61
PAUL IKEDA	41	ORCA	33.60

100 YD. FLY			
RALPH DOORE	43	TSUN	1:27.81

200 YD. FLY			
PAUL IKEDA	41	ORCA	3:04.17

100 YD. I.M.			
SCOTT LORENZEN	41	WAAC	1:07.89
TOM MITCHELL	41	ORCA	1:09.46
TODD KOWALSKI	41	BAM	1:12.42
RALPH DOORE	43	TSUN	1:27.33

200 YD. I.M.			
SCOTT LORENZEN	41	WAAC	2:32.70
TOM MITCHELL	41	ORCA	2:38.39
RALPH DOORE	43	TSUN	3:12.11

MEN 45-49

50 YD. FREE			
RICK PETERSON	48	ORCA	24.37
GILLES BEAUDIN	45	EBSC	26.95
TED HACKETT	45	UNAT	27.18
JIM STEPHENS	45	FWM	28.70
CHIP WATERBURY	45	ORCA	34.72
ANTONIO SKARIC	48	DCAC	35.88

100 YD. FREE			
RICK PETERSON	48	ORCA	54.59
TED HACKETT	45	UNAT	1:00.12
JIM STEPHENS	45	FWM	1:08.22
CHIP WATERBURY	45	ORCA	1:17.95
ANTONIO SKARIC	48	DCAC	1:24.55

200 YD. FREE			
JIM STEPHENS	45	FWM	2:32.61

50 YD. BACK			
JIM STEPHENS	45	FWM	40.90

50 YD. BRST			
DANA COX	48	ORCA	31.50
RICK PETERSON	48	ORCA	32.27
GILLES BEAUDIN	45	EBSC	33.02
AL RUBECK	46	UNAT	43.85
CHIP WATERBURY	45	ORCA	45.08

100 YD. BRST			
GILLES BEAUDIN	45	EBSC	1:11.31
DANA COX	48	ORCA	1:12.44
IAN MATTHEWS	45	EBSC	1:27.27
AL RUBECK	46	UNAT	1:40.70

50 YD. FLY			
TED HACKETT	45	UNAT	28.99
GILLES BEAUDIN	45	EBSC	29.67
DANA COX	48	ORCA	30.34

100 YD. FLY			
IAN MATTHEWS	45	EBSC	1:28.02

100 YD. I.M.			
RICK PETERSON	48	ORCA	1:05.84
GILLES BEAUDIN	45	EBSC	1:06.48
TED HACKETT	45	UNAT	1:08.96
CHIP WATERBURY	45	ORCA	1:30.96

200 YD. I.M.			
RICK PETERSON	48	ORCA	2:31.98

MEN 50-54

50 YD. FREE			
STEVEN PETERSON	53	OOPS	29.21

100 YD. FREE			
M.MONTGOMERY	54	SACM	1:00.72
STEVEN PETERSON	53	OOPS	1:03.60
JEFF RUDA	52	TSUN	1:15.82

200 YD. FREE			
M.MONTGOMERY	54	SACM	2:09.90

50 YD. BRST			
STEVEN PETERSON	53	OOPS	33.65
THOMAS WALKER	53	UNAT	42.91

100 YD. BRST			
STEVEN PETERSON	53	OOPS	1:14.81
THOMAS WALKER	53	UNAT	1:34.81

200 YD. BRST			
THOMAS WALKER	53	UNAT	3:26.06

100 YD. FLY			
JEFF RUDA	52	TSUN	1:29.73

100 YD. I.M.			
STEVEN PETERSON	53	OOPS	1:10.13
JEFF RUDA	52	TSUN	1:27.42

200 YD. I.M.			
JEFF RUDA	52	TSUN	3:05.11
THOMAS WALKER	53	UNAT	3:18.69

MEN 55-59

50 YD. FREE			
MIKE AHERN	55	DSST	24.16

100 YD. FREE			
MIKE AHERN	55	DSST	53.95

50 YD. FLY			
MIKE AHERN	55	DSST	27.03

100 YD. I.M.
MIKE AHERN 55 DSST 1:02.12

MEN 65-69

50 YD. FREE
HERB LARSON 69 UNAT 51.61
JOE MICHEL 66 YNAU 53.97

100 YD. FREE
DON REHFELDT 66 GLAD 1:26.16
JOE MICHEL 66 YNAU 2:03.01

HERB LARSON 69 UNAT 2:15.59

100 YD. BACK
TOM FOLEY 66 UNAT 1:45.48

HERB LARSON 69 UNAT 2:43.10

200 YD. BACK
TOM FOLEY 66 UNAT 3:47.42

50 YD. BRST
HERB LARSON 69 UNAT 1:08.07

100 YD. BRST
JOE MICHEL 66 YNAU 2:20.06

50 YD. FLY
DON REHFELDT 66 GLAD 48.63

100 YD. FLY
DON REHFELDT 66 GLAD 1:54.27

TOM FOLEY 66 UNAT 2:09.45

100 YD. I.M.
DON REHFELDT 66 GLAD 1:37.14

TOM FOLEY 66 UNAT 1:44.20

MEN 85-89

50 YD. FREE
GENE CROSSETT 86 GLAD 44.82

100 YD. FREE
GENE CROSSETT 86 GLAD 1:43.59

200 YD. FREE
GENE CROSSETT 86 GLAD 3:49.19

RELAYS-WOMEN 200 YD FREE

25 +
CINDY SPRENGER 27 PNA 2:13.77
SANDY LAURENCE 43
ARNI LITT 54
SUSAN AMOTT 52

RELAYS-MEN 200 YD FREE

25 +
RAYMOND REITSMA 34 EBSC 1:47.47
MCDOUGALL-GOULET 35
GREGORY HEAD 39
TOM KEMPLE 38

JOE DENTON 28 ORCA 1:51.54

NICK SMITH 38
AARON SEEMER 26
TOM MITCHELL 41

LUIS SANTANA 29 ORCA 2:00.77

CHIP WATERBURY 45
PAUL IKEDA 41
TIM WELCH 30

35 +
RICK PETERSON 48 ORCA 1:41.90

DANA COX 48
JIM LASERSOHN 35
LEO ESPINOSA 39

MARKUS BOEDTKER 35 SACM 1:46.73

ANDREW BRENAN 39
SCOTT REUSS 38
M.MONTGOMERY 54

TED HACKETT 45 PNA 1:59.10

RICHARD AVELLINO 35
BILL FARRAR 47
SCOTT FARRAR 46

RELAYS-MEN 200 YD MEDLEY

25 +
AARON SEEMER 26 ORCA 2:10.04
PAUL IKEDA 41
TOM MITCHELL 41
JOE DENTON 28

35 +
MARKUS BOEDTKER 35 SACM 1:55.46

ANDREW BRENAN 39
SCOTT REUSS 38
M.MONTGOMERY 54

NICK SMITH 38 ORCA 2:05.51

DANA COX 48
JIM LASERSOHN 35
RICK PETERSON 48

SCOTT FARRAR 46 PNA 2:28.24

RICHARD AVELLINO 35
TED HACKETT 45
BILL FARRAR 47

RELAYS-MIXED 200 YD FREE

35 +
GUNNAR FORSMAN 42 BAM 1:58.52

BARBY CAHILL 44
TODD KOWALSKI 41
JAMIE WHITNEY 35

RELAYS-MIXED 200 YD MEDLEY

35 +
BARBY CAHILL 44 BAM 2:15.47

JAMIE WHITNEY 35
TODD KOWALSKI 41
GUNNAR FORSMAN 42

Send your comments on the UW swimming program to the following people:

Richard L. McCormick
President, University of Washington
Box 351230
310 Gerberding Hall
Seattle, WA 98195

Barbara Hedges
Athletic Director
Box 354070
253 Graves Building
Seattle, WA 98195

Norman Arkans
Executive Director
University Relations
400 Gerberding Hall
Seattle, WA 98195

Ralph Bayard
Senior Associate Director
250 Conibear Shellhouse
Seattle, WA 98195

William H. Gates, President
Cindy Zehnder
Christopher S. Knaus
Jeffery H. Brotman
Shelly Yapp
Mari J. Clark
Gerald Grinstein
Constance L. Proctor
Ark G. Chin
Daniel J. Evans
John W. Amaya

All of the above are members
of the Board of Regents

Board of Regents
University of Washington
Box 35164
Seattle, WA 98195

Governor Gary Locke
Legislative Building
PO Box 40002
Olympia, WA 98504-0002

Frank Chopp
State Representative 43rd District
324 15th Ave E, Suite 103
Seattle, WA 98112

Edward Murray
State Representative 43rd District
324 15th Ave E, Suite 103
Seattle, WA 98112

Late-breaking news:
UW reverses decision!
UW will keep swimming
program.
See gohuskies.fansonly.com

UW Drops Swim Program—What Do You Do?

A letter from Mary Coddington

Husky parent, co-meet director of University of Washington, PNS official, Masters swimmer, and all around nice gal

On July 27, 2000 Barbara Hedges, Athletic Director at the University of Washington, announced that after a "thorough" review of the men's and women's swimming programs the University was terminating both programs at the end of the 2000-2001 season.

Having been involved in the local swimming community for the past twelve years and with Husky Swimming for the past season I, along with the rest of the swimming community, was shocked. Mrs. Hedges stated that without a 50-meter pool at the university the program would never be able to recruit top swimmers and therefore never be "competitive at a national level." No one that we know of in the swimming community was contacted in this review of the program.

A decision of this magnitude would certainly result in a "trickle down effect" in our swimming community. Could high school swimming be next?

According to information received by students entering athletic programs at the University of Washington, the University provides a "Total Student-Athlete Program." The focus is to provide resources needed to realize their full potential. These areas include:

Commitment of community service: The University of Washington's Men's and Women's swimming program is the Best Team in Community Service.

Commitment to athletic development: In the past two years the team has broken 22 school records, qualified 12 athletes for Olympic Trials, qualified Men and Women to NCAA both years (earning All-American honors both years), and has one of the best win/loss record in the entire athletic department.

Commitment to academic development: The UW website identified the All Pac-10 Academic team from Winter Quarter, 2000. First Team selection includes six UW athletes. Four of these (67%) are swimmers. No other team comes close. Four out of nine (44%) of the honorable mention selections are from the swim team as well.

In addition, the two year old booster club has raised over \$60,000 and Coach Wender had the best recruiting class in the last 25 years. Local High School All-Americans (and Olympic Trials qualifiers) refused offers to other prestigious schools to stay and swim in this unique and growing program in the great northwest.

Ironically, the notification from Mrs. Hedges came to the athletes in a UPS letter envelope with an Olympic hopeful swimmer pictured on the front. The timing of the notification left these fine student athletes with effectively no time to transfer to another University. They are left in turmoil for next year as they try to compete in a program they know has been cancelled, search for a new school, and question whether their credits will transfer.

Misunderstandings are prevalent on the part of the school president and the board. When told that the team could not be competitive without a 50-meter pool they figured (per Dr. McCormick) that this is because the colleges compete at 50-meter distance. The NCAA competes in short course facilities. This is typical of the lack of knowledge the Board and University leadership has for our sport. We, the concerned swimming community, must work together to help the appropriate people recognize what we are risking: the future of

dedicated athletes, exemplary students, and future community leaders.

Swimming is a much loved, underappreciated and misunderstood sport. The hours these athletes have invested to reach this level of competition and the hours spent by parents, coaches, and officials to make these achievements possible are mind boggling. We have been told that swimming has no community support. If nothing else, I hope to prove the University of Washington wrong on this count. I want them to know that they have never dealt with a tougher group of dedicated people.

Please take the time to send your comments to each and every one of the people on the list (and others you think will matter). Every letter will make a difference. If you know of other interested parties, please ask them to send a few letters too. The time is **now** and it is up to us.

If you need any additional information, I will do my best to provide it for you. You can contact me at maryc@citylinq.com.

Great news! Your letters must have worked. As of August 29th, when this article was going to the press, the University of Washington announced that it reinstated the men's and women's swimming program.



PNA Board Meeting Minutes

June 27, 2000

President Lee Carlson called the meeting to order at the Robert McNeel & Associates offices at 7:05 p.m. Attending were Ed Artis, Carolyn Behse, Kathy Casey, Sally Dillon, Sue Dills, Jeanne Ensign, Tom Foley, Gregg Metzler, Mardi and Jim McCleery, Sandy McNeel, Hugh Moore, Kathy Moore, Robin O'Leary, Steve Peterson, Walt Reid, and Sarah Welch. Teams represented included Bellevue Club, Federal Way, Ft. Steilacoom, GLAD, Mercer Island, North Whidbey, OOPS, Salmon Bay, Samena Club, and Tigers.

Minutes:

The Board approved the May minutes as corrected.

Treasurer's Report:

Total assets are \$30,502 including the Wiggin Fund's \$2,087. The Board approved reimbursing Steve Peterson for Dawn Musselman Award expenses (\$30.29), and accepted Jeanne's report as submitted. The treasury is flush because of many registrations and few expenses at this time of the year.

Committee Reports:

Membership: Total registrations stand at 820, within range of the predicted 865.

Meets: The meet bid packet is on hold for KCAC date selections and confirmations. Hugh will mail it next week and send the source to Jim McCleery for web posting. SCM Zones will be at KCAC on October 7-8. Kathy Casey may have a potential age group club to host it. December and May dates are still open.

Records/Top Ten: Walt reported that the SCY Nationals results are ready for the September *WetSet*. Zone SCY results are posted on the website.

Publicity: Steve noted that Brad Palmer (in absentia) expressed in-

terest in assisting for Nationals. Sally's NWM Strokes for Stroke team challenge drew two responses, Bainbridge and Centralia.

Newsletter: Sandy received Gordon Gray's latest "Performance Percentages" article. Comments are due back Wednesday, June 28, to meet Friday's printing schedule; mailing may occur as soon as Monday before the July 4 holiday.

Awards: Sally has the medals for Kathy Casey to take to the Orca meet. Who will convey them to NWM's Pentathlon meet, September 16, then back to Sally? Champs ribbons are running short, but there's still time to order before the meet.

Social: Lee reported that the Coaching Clinic and workout were "very social."

Officiating: PNSA gave Jan Kavadas 10 minutes to discuss issues with officials at their meeting. The whistle start continues to be a learning process for swimmer and official alike. She reminded them that rule differences are (a) in their rulebook and (b) world records can be set at our local meets. Are our meets posted on the PNSA website? No, but links to our site from theirs will be coordinated by Hugh.

Fitness: Lee reiterated that the Nike Championship clinic was a success. Carolyn handed out a "10 Reasons Muscles Matter" flyer, reminding us to credit the ACSM Health and Fitness Journal if copied.

Computer Applications: Jim McCleery, having "grown tired of the current appearance" of the website, plans to rebuild it (happily taking suggestions from interested parties). He and Walt have a great working relationship which eases the posting of current data; this is not so with the Zone SCM and LCM records folks. Walt asked if Dave Radcliff is a source for Zone



records. Jim has talked with Dave and will continue that dialog. Steve will take this issue to the Zone meeting (assuming he attends the Zone LCM meet). Jim will post a workaround that appears to solve the browser-specific "disappearing PDF" problem that some users experience. Our \$36/month MindSpring fee is well-spent and efficient, considering that the *WetSet* is contained on Sandy's server and PNA records data is maintained on Jim's employer's server. "Places to Swim in the Northwest" could be posted—Sandy maintains this list. Jim notes that he can provide better member service if he gets calendar information ASAP, since he's sometimes not in the meet-award loop.

Safety: Kathy says that Orca has the Safety Equipment for their meet.

Ad Hoc Open Water: Ed Artis and Michael Meyer are sponsoring the 2nd "Fat Salmon" 1- and 3-mile swim on July 15. City approvals are

met for an 8 a.m. start; ten power boats with lifeguards in each are lined up; the Harbor Patrol will be there; water temp is upper 60s. Tom Foley will contact his kayak club for volunteers. Attendance is limited to 70; about 40 are signed up. Hugh moved to accept their sanction request contingent on Sally's review of the entry information. Ed said that Sally's comments and several others (e.g., time limit and entry form changes) would be incorporated. The Board then agreed to sanction. Motions to waive the PNA fee (\$1.75/swimmer), permit one-event registration, and set the registration fee at \$10 were also approved. Sue Dills will fax the one-event form to Ed.

Ad Hoc Coaches: Sarah Welch said 17 swimmers attended the Colman Pool event. The time trials weren't as popular as the 5K and workout. To defray the \$260 pool cost, \$170 was collected. Sarah's

motion to compensate Robin O'Leary \$60 for coaching was approved with applause. Robin reminded swimmers to pick up PNA t-shirts that were ordered.

Team Reps: Sarah announced that Seattle Parks & Recreation seeks a long-haul rep to work with them to develop a long range "strategic plan for Seattle parks and aquatics." She distributed a related questionnaire and will send a copy to Jim for posting.

Old Business:

Mentor Clinic: Lee reported that the Nike clinic was very successful, with 24 swimmers and 8 coaches attending BJ Bedford's presentation. Bill Volckening did an outstanding job; the facility and food were great; kudos to organizer Cynthia Hirst. Samena Club will make about \$350.

Team Handbook: Several contributors need to complete their submissions. Hugh will ask Jane to send

reminders. Current goal is to be ready by the Zone SCM meet in October.

New Business:

Convention: Three delegate slots are available. Return applications by July 18.

Electronic Comm: Much discussion ensued over two issues, (1) Electronic *WetSet* distribution and (2) E-mail address list maintenance. Lee appointed a subcommittee (J. McCleery, K. Moore, H. Moore) to study and report.

Nationals Publicity: Deferred to meeting at Hugh's, July 8.

Rule Changes: Kathy Casey's six rule proposals were approved.

President Lee adjourned the meeting at 9:31 p.m.

—Steve Peterson, Secretary

July 18, 2000

President Lee Carlson called the meeting to order at the Carlson home at 7:15 p.m. Attending were Carolyn Behse, Kathy Casey, Jeanne Ensign, Jan Kavadas, Hugh Moore, Jane Moore, Steve Peterson, and Sarah Welch. Teams represented included Bellevue Club, Federal Way, Ft. Steilacoom, GLAD, Mercer Island, Swim Seattle, and OOPS.

Minutes:

The Board approved the June minutes as corrected.

Treasurer's Report:

Total assets are \$29,967 including the Wiggan Fund's \$2,687. An internal audit by Sarah Welch found Jeanne's books to be in great shape. Jeanne will redeposit an NSF check received for two registrations (\$64). Orca filed a timely meet financial report (including the safety equipment inventory) showing a net profit of \$406 (87 swimmers at \$4.67 each); PNA received \$152.25. Samena

Club reimbursed PNA \$73 to cover miscellaneous clinic expenses. The Board accepted Jeanne's report as submitted and also approved an expenditure for flowers for Dee Carlson (which Lee said was much appreciated).

Committee Reports:

Membership: Total registrations stand at 843, right on target.

Meets: Kathy Casey reported that Orca made only one mistake in their meet: she placed first in 100 Back, not second! The backstroke and whistle starts were done correctly. Walt found just three timing errors in the whole meet—well done! PNA's LCM Nationals may be labeled a "small meet," joked Hugh, considering Baltimore's 1400 swimmers, of which 500 entries were submitted electronically. Not much progress to report regarding future meets. Because of KCAC date availability conflicts there's a chance that Champs may have to be held elsewhere. (The floating

Easter date interferes with fixed meet dates.) Should we push Champs to May at KCAC or seek another venue?

Records/Top Ten: Walt has just received the preliminary Top Ten data from Pieter Cath for updating the records.

Publicity: A member suggested that an announcement be put in the *WetSet* seeking help with publicity for Nationals.

Newsletter: The *WetSet* July-August issue was mailed on July 6. The September issue deadline is August 20.

Officiating: Jan noted that "what goes around comes around" as Orca meet starter Bev Bell appreciated being asked to officiate and actually enjoyed her first Masters meet. (Jan of course has swum and officiated for many years.)

Fitness: Carolyn handed out a flyer, "10 Tips for Safe Herb Usage."

Constitution & By-Laws: Jane noted that if By-Law amendments are

warranted, we should start preparing them now to have proposals ready to send out with re-registrations in November. Jeanne reiterated one structure to consider: an Executive Committee to run day-to-day operations with quarterly meetings to decide major questions. Or perhaps have minor meetings at swim meets with major sessions only as needed. Should a subcommittee be formed to draft ideas and recommend proposed changes? Jane will e-mail the current By-Laws to Board members. Comments should be returned before the next meeting, August 22.

Safety: Kathy noted that Orca's safety equipment inventory was completed properly and submitted with the meet financial report.

Ad Hoc Open Water: The 5K/10K Postal Swim entries are arriving steadily. The Applegate Lake, Oregon, meet had 87 10K entrants, twice the number of last year's National open water event. The

meet was well run with great food and weather. The overall winner was in Hugh's age bracket, and nearly everyone stayed through the awards presentation. The Fat Salmon Swim had several PNA swimmers and volunteers. (Jeanne helped with registration and Tom Foley was the lead safety kayak.) Directors Ed Artis and Michael Meyer asked to meet with the Board to plan next year's event. Thirty-one entrants used one-event registration—we should send a follow-up letter to recruit these prospects. (Jane offered to locate a previous letter as an example.) Sarah Welch is working along Sally's timeline to get Swim Seattle's age group team ready to host the One-Hour Postal Swim.

Old Business:

Mentor Clinic: The questionnaire responses were constructive and supportive.

Convention Delegates: Four applications were submitted for the three

delegate slots. The Board selected Walt Reid, Sandy McNeel, and Lee Carlson with Suzanne Dills as alternate.

Nationals 2001: Hugh said the July 8 meeting was successful. Jim Stephen will be the head of the Timers Committee. Bainbridge Area Masters and Mercer Isle's Redwoods (just islanders!) will assist with check-in. Logo design is being developed by Mary Ann White. Jeanne moved that \$1000 seed money be allocated for Nationals, to be spent at the discretion of the meet directors, which the Board approved.

Electronic Comm. Subcommittee: The Board approved appointing Jim McCleery as chair, to expedite the subcommittee's assignment.

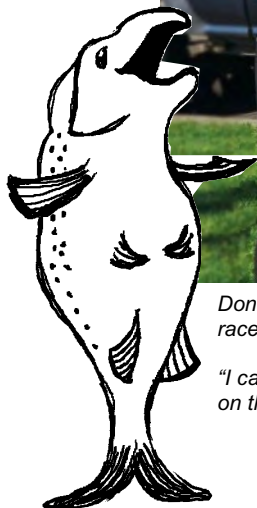
President Lee adjourned the meeting at 8:53 p.m. to a beautiful sunset.

—Steve Peterson, Secretary



Photo by Ed Artis

Donna Peters, Liz McCormick, and Tim Peters suiting up before the 3-mile race.



"I came, I swam, I got barbecued" and this salmon graphic were emblazoned on the t-shirts given out.



Photo by Sandy McNeel

(Continued from page 1)

Overall winner was Leon Angsioco (above), age 18, swimming the 3-mile no-wetsuit division in 1:09:31. Leon has a scholarship to the University of Washington swimming program. Other first-place winners in the 3-mile were Tim Peters—male wetsuit division, Terry Campbell—female wetsuit division, and Emili O'Neil—female no-wetsuit division. First-place winners in the 1-mile race, which rumor has it that it was actually 1.3 mile, are Michael Jones—male wetsuit, Jo Moore—female wetsuit, Julie Sommers—female no-wetsuit, and Jamie Millard—male no-wetsuit.



NEWS ABOUT PNA SWIMMERS



Applegate Lake

By Hugh Moore

Last fall when I learned that the 2000 USMS Open Water 10K National Championship was going to be held in southern Oregon, I decided that I would make competing in the event one of my goals for this summer. Even though I'm not a particularly good distance swimmer, competing in a national championship event close to home is appealing, especially if I'm not involved in organizing it.

The event was held on July 15th at Applegate Lake near Ashland, Oregon. The southern end of the lake is only a couple of miles from the California border. The trip of nearly 900 miles was worth the effort. Dan Gray and Rogue Valley Masters are to be congratulated for running a superb event.

Nearly every aspect of the event was perfect. I especially enjoyed the swim. The 72 degree water temperature was excellent. The administrative aspects of the event were well organized. The scenery was gorgeous, prompting me to consider buying prescription goggles so that I can really enjoy the scenery if I enter similar events in the future. The post-event barbecue was wonderful. Dan and

Rogue Valley Masters went the extra mile to make sure everything was done right, including helping to arrange escorts and renting escort crafts. Pre-race instructions, starts, lunch, and awards were all right on schedule.

The event attracted 83 swimmers, nearly double the size of any previous national championship in the greater than 5 mile category. Though most of the competitors came from Oregon and California, there were also swimmers from Washington, Idaho, Utah, Arizona, Minnesota, and Michigan. Since it was a national championship event, many of the competitors were in excellent shape. I was humbled as the overall winner was in my age group (I won't mention how much he beat me by).

But I will! Hugh's time of 2:28:22 was nothing to sneeze about. It was faster than swimmers 15 years younger than him. The impressive first place winner in his age group, Jim McConica from Ventura, California, was also the overall first place winner.

Also swimming from PNA was Alan Bell who finished in 1:54:19, placing first in the Men's 50-54 age group.

— Sandy McNeel

What ever happened to Dan Frost?

Remember Dan Frost? Dan Frost, the previous editor of the *WetSet*, former PNA webmaster, and prolific writer? To update us Dan interviewed himself:

Where are you living now?

Seaside California, a suburb of Monterey.

Why are you living there?

Because the daily commute from Whidbey Island was too long.

Commuting to where?

The Naval Postgraduate School.

What are you taking?

I am a MS candidate in the Operations Research (Operations Logistics) curriculum.

What is Operations Research?

It is a scientific method for providing executives with a quantitative basis for decisions regarding operations under their control.

I'm sorry, in English please?

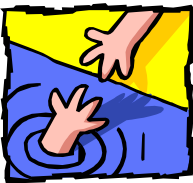
It is the application of scientific methods to improve the effectiveness of operations, decisions, and management. By analyzing data, creating mathematical models and proposing innovative approaches, Operations Research (OR) professionals develop scientifically based information that gives insight and guides to decision-making. They also develop software, systems, services and products.

I still don't follow you, could you be clearer?

Sorry, it's all Greek to me, too.

Do you like being in school again?

Well, OR is probably the toughest curriculum here, but I am enjoying



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

RICHARD AVELLINO, LYNN BELL, MATTHEW BOHAN, KEN BONN, MICHELLE CUNNINGHAM, LYNNE DAVISON, BILL FARRAR, SANDY FROM, CYNTHIA FULLER KING, MAUREEN GARDNER, BARBARA LAWSON, RICH LOUGH, PATRICK MCKNIGHT, JIM MILES, REBEKKA PALMER, AARON SEEMER, ROBIN SHERWOOD, LESLIE ST. PIERRE

my time here very much. It beats being shot at by Iraqis anytime.

Are you still swimming?

Yes, and doing more triathlons now that I am in a place where the weather is nicer.

Ever thought about doing an Ironman triathlon?

Funny you asked! I just completed my first Ironman last month, the inaugural Ironman California triathlon down at Camp Pendleton. It was a great experience and I did quite well in the race.

How's your golf game, now that you are near Pebble Beach and all those great golf courses?

My golf game has plenty of room for improvement and it has shown some from time to time. But, I'm not good enough to play Pebble Beach. Actually, I don't think anyone except Tiger Woods is good enough.

I guess that you are still in the Navy?

Correct, and I am still a Lieutenant.

Aren't you up for promotion soon?

Yes, for the second time. The results for the promotion board are due to be announced in August.

What happens if you don't get selected?

Well, that's part of the long story.

OK, we'll think optimistically. What happens if you do get selected?

Besides having to fix my uniform wardrobe and seeing a few extra \$\$ \$ in the bank account, I think that I would be sent back to Whidbey Island after graduation to fly EA-6Bs again, but that's not guaranteed.

What other interesting things have happened to you in the past year?

Besides graduate school, the Ironman and various other races, there was the Big Sur Marathon relay, the Inspirational Swimmer award for Masters swimming in Washington state, my election as the vice president of the Masters Aquatic Coaches Association, the feature article about myself in a national magazine, and my family's fascination with professional hockey.

I noticed that marriage wasn't in the list. Any, er, possibilities?

Excellent observation! Yes, I am still quite single, with no immediate plans to marry.

How can I get a hold of you to say, "Gee, Dan, it's great hearing from you!"?

You can reply to my never-changing e-mail address of *desertfrost@yahoo.com*, give me a phone call at (831) 899-7213, or send me a card at 2160 California Avenue Ste B-179, Sand City CA 93955-3172. The military types could send

e-mail to *dlfrost@nps.navy.mil* or DSN 878-2786.

Where is Sand City?

The place where I pick up my mail. Sand City is so small, it really isn't a suburb of anything. But it does have a Starbucks, Jamba Juice, Mail Boxes Etc., and a bagel shop right next to each other. What more could I ever need?

Last question, anything we can pray for?

The direction of my military career is probably the biggie. Same with school, my volunteer work with various swimming programs, having more opportunities to be with the parents and grandparents and fellow students, and not crashing on my bicycle and slamming against a tensioned steel cable with my ribcage (again). I'm getting better with managing my free time, but I could probably do a better job following God's guidance here.

Thank you all for your messages. Best wishes to all for a great summer!

—Dan Frost

And the news is out. Dan was recently promoted to Lieutenant Commander. Consequently, he will be moving back to Whidbey Island in September, 2001.



Entrants at the starting point for the 3-mile Fat Salmon swim.

Secrets of Successful Strength Training

Are you getting bored with your strength training program, or not getting the same results you did when you started? It's easy to fall into a weight training rut, doing the same old routine of favorite exercises day in, day out. Unfortunately, too much "same old, same old" can be the enemy of effective physical conditioning. The key to successful training lies in varying the training stimuli, says William J. Kraemer, PhD, professor of applied physiology at the Pennsylvania State University's Laboratory for Sports Medicine. The most effective way to add variety to your workouts is through periodization, which means making systematic changes to your training at regular intervals. Periodizing your strength workouts can help you avoid plateaus; prevent injury; and make greater gains in strength, power, muscular size and endurance, and athletic performance.

A qualified personal trainer can design a periodized strength training program specifically for your needs, so, if at all possible, enlist the services of a professional when developing your program. Kraemer offers the following additional tips to help you succeed.

1 List your goals and plan to achieve them over time. A typical way to plan your program is to set goals for one year and goals to achieve approximately every three months. Fitness assessment tests can help you determine these goals. If you have several, you and your trainer will need to decide which to prioritize.

2 Don't try too much too soon. Before you begin a periodized program, complete 4 to 12 weeks of basic training. Use this training to develop general conditioning and practice proper form and technique.

3 Change your exercises. Many fitness experts believe you should change your program at least every four to six weeks for maximum effectiveness. The muscle groups to be trained (based on your goals) should determine the type of exercises you perform.

4 Change the exercise order. Plan the order in which you do our exercises as seriously as you plan the exercises themselves. Try alternating between muscle groups—e.g., doing elbow curls (arms) followed by knee extensions (legs)—or stacking all the exercises for one muscle group (i.e., performing them consecutively). A third possibility is to start with the exercises of greatest priority to you and follow them with exercises of lesser importance.

5 Change the number of sets. Not all exercises require the same number of sets. Prioritizing your goals will help you determine which muscle groups or exercises need the most attention, and which need simply to be maintained.

6 Vary the recovery time. Your greatest physical gains are made during recovery, when your body makes the adaptations needed to support further physical development. The length of your rest periods should be based on your training goals, not on how long it takes to talk to a friend or get a drink of water, says Kraemer. Short rest periods (less than one minute) are normally used when the goal is to build local muscular endurance; long rest periods (more than three minutes) are used when the primary goal is to increase strength and power.

7 Change the resistance load. There is no consensus on what combination of reps and weights will yield the best training results.



However, popular combinations include pyramid training (decreasing the number of reps per set as the weight increases, and then the number of reps per set as the weight decreases); half-ascending pyramid training (just the first half of pyramid training); and half-descending pyramid training (just the second half of pyramid training). Note that your genetic makeup plays a large part in determining your ability to lift heavy weights.

8 Evaluate your progress every four to eight weeks. Keep a detailed record of your workouts, noting exercises performed, number of reps and sets, amount of resistance and length of rest periods. Monitor your results.

9 Be flexible with your training. Remember, be prepared to change your workouts to accommodate personal circumstances such as illness, mood, soreness, etc.

10 Give purpose to every workout. The more carefully you plan your weight training program, the more meaningful, exciting, and effective each session will be.

Reprinted from IDEA, Health & Fitness Source, the reading international membership organization in the health and fitness industry.



THE FINAL LAP



Photo by Lee Carlson



BJ's going to the Olympics!

August 11, 2000—BJ Bedford's long quest to make the Olympic team finally succeeded. At the Olympic Trials in Indianapolis BJ solidly took first place in the 100 back at 1:01.85.

BJ was the speaker at our Nike Championship Clinic last June. She related her barely missing the Atlanta Olympics team and the trials she has gone through since. BJ inspired many Masters champions at the clinic and fostered a local fan club for her at the Trials.

USMS Safety Tip

Diabetic Emergency

If the person is conscious give them something containing sugar (candy, fruit juice, soft drink). If the person is unconscious or the sugar doesn't improve their condition in a few minutes call 911.

USMS Safety News

Performance Percentages by Gordon Gray

Following are the 1999/2000 short course yards swim percentages based on USMS National records by age group. Of the 359 PNA swimmers (of 813 registered) who swam in at least one meet, 169 swam five or more different races to qualify for a percentage, i.e., of the ranking by average of their five best events. Jim Penfield, the Tiger Woods of the PNA, returned with the top percentage for the 5th year since 1995. He swam in five events including the 100 breast in which he broke his own national record.

The percentages are based upon national records in the current age group plus the next age group up. A more detailed discussion on how these values are computed may be found on the PNA Web Site at www.swimpna.org.

A couple of questions may arise:

1. *I swam better than last year. How come my percentage is lower?*
You may not have competed in your strongest events this year compared to last year. Or maybe a swimmer in your age group shattered a national record in your favorite event.
2. *OK, but how do I know which are my strongest events?*
I will extract and send you your individual event percentages, even if you swam fewer than five events, if you e-mail your request to swimpercent@aol.com. I can do this only via e-mail.

PNA 1999/2000 Short Course Yds—By Percentage

1 Jim Penfield	91	107.0381	37 Linda Chapman	44	85.6410
2 Steve Sussex	44	98.5097	38 Michael Schaeffer	42	85.4075
3 Suzanne Dills	55	94.8506	39 Scott Stone	30	85.2256
4 Gary Chase	60	94.5839	40 Bill Reeder	47	85.0371
5 Zena Courtney	40	94.0255	41 Sarah Welch	53	84.4215
6 Sally Dillon	53	93.8117	42 Walt Reid	59	84.2641
7 Debbie Glassman	46	93.1854	43 Steve Freeborn	44	84.0745
8 Kathrine Casey	51	93.0624	44 Hugh Moore	45	83.8449
9 Kathy Byers	39	93.0080	45 Tom Leonard	37	83.7754
10 Mary Lippold	44	92.9645	46 Jan Beckman	44	83.7465
11 Lisa Wilson	38	92.7858	47 Karin Gardner	30	82.7767
12 Ron Jacobs	48	92.7016	48 Marc Fairbanks	48	82.6327
13 Jim Mc Cleery	54	91.9704	49 Michael Jones	39	82.6265
14 Bob Fish	36	91.8657	50 Harold Tauscher	62	82.6261
15 Muriel Flynn	77	91.6723	51 Linda Sullivan	43	82.3869
16 Steve Ruitter	35	91.4520	52 Francesca Drum	58	82.3823
17 Tonya Berg	40	91.2679	53 Dempsey Dybdahl	51	82.1921
18 Maggie Kinsella	42	91.1058	54 Matt Lind	35	82.0645
19 Linda Hegeberg	29	89.8891	55 Jim Williams	43	82.0337
20 Betty Kercheval	75	89.5510	56 Coral Bernier	45	81.9443
21 Karen Leahy	31	88.6808	57 Todd Small	32	81.7548
22 Kathy Oves	22	88.6066	58 Dan Clark	50	81.7522
23 Michael McColly	54	88.0681	59 Eric Dybdahl	40	81.7211
24 Joe Gross	29	88.0139	60 Sarah Kramer	23	81.6873
25 Gene Crossett	86	87.8270	61 Susan Carleton	40	81.5003
26 Steve Peterson	53	87.3376	62 Kelly Crandell	19	81.3147
27 Michael McKinlay	56	87.2585	63 Scott Kelley	26	81.1424
28 Allison Beadle	35	87.0869	64 David Baer	47	81.0301
29 Gary Hood	34	86.7077	65 Leslie McCullough	30	80.8061
30 Harvey Prosser	71	86.5776	66 Bob Dorse	68	80.7484
31 Mark Williamson	24	86.4403	67 Linda Mariz	51	80.6487
32 Christy Taylor	31	86.3006	68 Jim Lasersohn	35	80.5395
33 Carolyn Mathews	37	86.1496	69 Tim Markus	40	80.5213
34 Gregory Harrison	48	85.9408	70 James Worrel	77	80.3817
35 Michael Young	37	85.7769	71 Karen Oyama	32	80.1522
36 Greg Martin	39	85.7269	72 Rich McKeown	36	79.9533
			73 David Austin	25	79.9312
			74 Todd Kowalski	41	79.7824
			75 Joy Rogers	58	79.7654

76 Ian Thompson	50	79.7251	133 Janet Getzendaner	59	69.4250	8 Janet Getzendaner	59	3.9177
77 Mary Ann White	41	79.6173	134 Tim Welch	30	69.3624	9 Jeff Gross	48	3.8611
78 Cathy Herring	33	79.5507	135 Scott Engelhard	43	69.1914	10 Eric Dybdahl	40	2.5502
79 Brian Payne	48	79.5164	136 Tom Foley	65	69.1103	11 Dempsey Dybdahl	51	2.5368
80 Clark Pace	47	79.4080	137 Suzanne Way	36	69.0697	12 Jim Mc Cleery	54	2.2056
81 Lani Doely	44	79.0988	138 Jane Anderson	37	68.8607	13 Lance Calisch	44	2.0938
82 Eileen Collopy	45	79.0183	139 Thomas Walker	52	68.7004	14 Kathy Byers	39	2.0611
83 Gordon Gray	54	78.9479	140 Kathy Gill	46	68.5122	15 Michael Schaeffer	42	1.8883
84 Erik Swenson	47	78.8626	141 Arni Litt	53	68.4638	16 Bill Reeder	47	1.4990
85 Carolyn Behse	56	78.7155	142 Jett Vallandigham	53	68.4082	17 Robert Parker	59	1.4843
86 Joe Denton	28	78.2373	143 Steven Mitchell	37	68.0985	18 Steve Sussex	44	1.4836
87 Michele Mehaffey	30	78.1955	144 Kerry Ness	30	68.0827	19 Suzanne Dills	55	1.4118
88 Elizabeth Scott	48	78.1650	145 Robert Parker	59	68.0782	20 Gary Chase	60	1.1325
89 Troy Husband	30	78.0210	146 Bridget Oconnell	26	67.9223	21 Sally Dillon	53	1.0887
90 Jeff Gross	48	77.9924	147 Robert Lake	58	67.8041	22 Steve Ruitter	35	1.0480
91 Pat Matthiesen	83	77.6421	148 Lorraine Eadie	23	67.1753	23 Ron Jacobs	48	0.9314
92 Jamie Whitney	35	77.2553	149 Jane Moore	49	67.1078	24 Kathrine Casey	51	0.8990
93 Cynthia Hirst	37	76.6401	150 Jennifer Adams	24	66.7062	25 Lisa Wilson	38	0.6714
94 Lee Carlson	59	76.5300	151 Sandy McNeel	47	66.6221	26 Jennifer Leland	28	0.5921
95 Connie Cobb	31	76.5288	152 Helen Schuchart	81	66.5361	27 Debbie Glassman	46	0.5772
96 Tom Taylor	32	76.4142	153 Roger Rudolph	56	66.5312	28 Michael Jones	39	0.5075
97 Don Rehfeldt	65	76.2013	154 Thomas Jowett	41	65.5809	29 Sandy Mc Neel	47	0.2863
98 Greg Stoner	47	76.1664	155 Tell Asner	44	65.1564	30 Jim Lasersohn	35	0.2543
99 Jesse Pace	47	76.0236	156 Marion Chadwick	78	64.2779	31 Clark Pace	47	0.2234
100 John Leet	54	76.0215	157 Elliott Kephart	57	64.1920	32 Bob Fish	36	0.1868
101 Paul Verner	45	75.8836	158 Chip Waterbury	44	63.9474	33 Hal Young	78	0.1762
102 Brenda Nixdorf	42	75.6847	159 Holly Bork	23	63.6361			
103 Suzie Ness	38	75.4404	160 Hillary Marshall	28	62.1804			
104 Patrick Sullivan	52	75.4031	161 Ivan Oakes	56	61.7447			
105 Wendy Hoffman	37	75.2827	162 Kent DeVigne	46	61.1009			
106 Karen Lewis	34	75.2507	163 Kareena King	25	60.2905			
107 Beth Beyers	40	75.2379	164 Maia Haykin	40	60.0282			
108 Erika Habertzettl	26	75.1693	165 John Mettler	45	57.8534			
109 Paul Ikeda	40	75.1493	166 Aaron Brown	38	56.1571			
110 Jennifer Leland	28	75.0685	167 David Cheatle	39	53.2696			
111 Brian Herring	34	74.8380	168 Herb Larson	69	47.7082			
112 Charles Thrasher	36	74.8227	169 Forest Brooks	52	38.0961			
113 Doug Redfield	36	74.7867						
114 Ann Bailey	44	73.7792						
115 David Parsons	34	73.7299						
116 Hal Young	78	73.6995						
117 Ron Oren	40	73.3737						
118 Jerry Gallaher	71	73.0974						
119 Mike Lamb	30	72.7596						
120 Marcia Smith	39	72.5494						
121 Lance Calisch	44	72.4964						
122 Sara Wetstone	24	72.4878						
123 Kerry Sussex	44	72.0090						
124 Maureen Kelly	23	71.9028						
125 Mark Newport	36	71.7502						
126 Janet Kavadas	69	71.5962						
127 Brian Carlton	49	71.3659						
128 Paul Olmstead	60	71.3070						
129 George Gonzalez	28	70.9493						
130 Teri Rexroat	41	70.8368						
131 Jack Akamine	67	70.5228						
132 Karin Osterhaug	28	69.6888						

The third list shows the percentage improvement over your 1995 percentage. Out of the 35 swimmers that are listed in both 1995 and 2000, 18 bettered their percentage of five years ago.

PNA 1995-2000 Short Course

Yds—Percentage Improvement

1 Betty Kercheval	75	8.2193
2 Jim Penfield	91	6.1299
3 Jim McCleery	54	5.6580
4 Suzanne Dills	55	5.5215
5 Debbie Glassman	46	5.3934
6 Coral Bernier	45	5.3523
7 Janet Kavadas	69	3.7396
8 Brian Herring	34	2.7978
9 Linda Mariz	51	2.2751
10 Hal Young	78	2.0315
11 Gordon Gray	54	1.9357
12 Kathrine Casey	51	1.8776
13 Marc Fairbanks	48	1.5508
14 Sarah Welch	53	1.1824
15 Linda Sullivan	43	1.1498
16 Muriel Flynn	77	0.9141
17 Michael McColly	54	0.7643
18 Gene Crossett	86	0.0459

The second list shows the percentage improvement over your 1999 percentage. Out of the 76 swimmers that are listed in both 1999 and 2000, 33 bettered last year's percentages.

PNA 1999/2000 Short Course

Yds—Percentage Improvement

1 Chip Waterbury	44	11.2067
2 Leslie McCullough	30	8.3953
3 Betty Kercheval	75	7.6641
4 Michael McKinlay	56	5.1781
5 David Austin	25	4.1088
6 Linda Sullivan	43	4.0733
7 Jesse Pace	47	3.9180

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