



## Sprinters, Middle Masters, and Animals

Photo by Sandy McNeel



Paul Ikeda, swimming the 100 Free in the Oak Harbor Pentathlon..

Oak Harbor, September 28, 2002—The North Whidbey Masters hosted their 5th Annual Short Course Meter Pentathlon at the John Vanderzicht Memorial Pool. This meet breaks away from our traditional formats and groups swimmers in divisions of:

**Sprinter's 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

PNA records were set by Francesca Drum, Pat Matthiesen, Steven Peterson, and Gary Chase.

Zone records were set by Jean Dillon, Ginger Pierson, Francesca Drum, and Pat Matthiesen. In fact, Pat set a record in every one of her swims.

## LEADING OFF

By  
Jeanne Ensign

The aging up of a Masters swimmer is a proud moment. Often heard on the celebratory day is one of the oldest jokes in Masters swimming—if you can't beat the competition, outlive them. Neither gender gets credit for saying it more often. Nor is age a distinction. The youthful boast is hopeful, the elders, reverent, determined.

Aileen Riggan Soule, the nation's oldest female Olympic gold medalist and the first person to win Olympic medals in both swimming

and diving, died in last month at 96. She became the youngest woman to win a gold medal, at the Antwerp Olympics in 1920, and set Masters World records into her nineties. Swimming was her world and her life. She attributed her longevity to swimming.

We swim. We work to swim? We work at swimming. We play in the water with our families. We are swim parents, or children of

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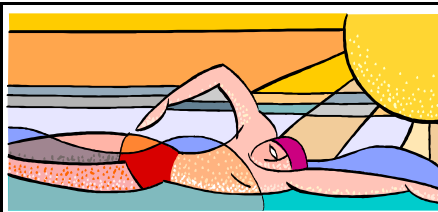
2003 Registration form

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# WETSET

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**Publicity:** Lynn Wells

**Safety:** Kathy Casey

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# MASTERS 2002 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**.

## □ December 3

**PNA Board Meeting, 6:30 pm**  
**Potluck at Lee Carlson's house**

## □ December 8

**SCM PNA Meet**  
**Puget Sound Naval Shipyard**  
**Steve Peterson**  
**(360) 692-1669**  
**speterson@bandwagon.net**  
**Entry form in this WetSet**

## □ December 14

**SCM Alaska State Champs**  
**Anchorage, AK**  
**Joanne Wainwright**  
**PO Box 2953, Soldotna, AK**  
**99669**  
**(907) 252-5308**  
**jowain@ptialaska.net**

## □ December 14-15

**SCM Northwest Zone Meet**  
**Oregon City, OR**  
**Colette Crabbe (503) 659-2114**  
**colettecrabbe@hotmail.com**  
**www.swimoregon.org/**  
**MeetEntryForms/**

## □ January 1-31, 2003

**1 Hour Postal Championship**  
**Kristine Lewis**  
**onehour@swimoregon.org**

## □ January 1– December 31, 2003

**Short Course Meters Season**

## □ January 19, 2003

**SCY PNA Meet**  
**Anacortes, WA**  
**Mike Bemis**  
**(360) 293-0673**  
**tbirds@fidalgo.net**  
**Entry form in this WetSet**

## □ January 28, 2003

**PNA Board Meeting**  
**Seattle Parks & Recreation**

## □ March 16, 2003

**SCY Mercer Island Sprint Meet**  
**Lee Carlson (425) 427-8430**  
**leedee@cablespeed.com**

## □ April 12-13, 2003

**SCY PNA Champs**  
**WKAC, Federal Way, WA**  
**Hosted by Federal Way Masters**

## □ May 15-18, 2003

**Short Course Nationals SCY**  
**Arizona State University**  
**Tempe, AZ**  
**www.usms.org**

## □ May 15-September 30, 2003

**2003 USMS 5K/10K Postal**  
**Championship**  
**Mel Goldstein**  
**(317) 253-8289**  
**goldstein@mindspring.com**

## □ June 1-May 31, 2003

**Short Course Yards Season**

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.



# LEADING OFF

(Continued from page 1)

swimming parents. We swim often, or rarely. We may have swum age group or summer league, maybe lakes and rivers, or in the ocean. You choose evening, I choose morning. We swim alone, laps, or on a team.

Will we leave a swimming legacy to those younger than us? Will they have pool time and swim programs? Clean rivers and lakes? Will they be able to attribute their longevity to swimming? There are many ways to shape our swimming legacy. Teach a child to swim. Help save a King County pool. Ask what you can do to help the PNA board or your team. Bring coffee to your coach. Volunteer at a pool or open water event. Go swimming.

To those of you who know me well, you know that I have difficulty saying no if it has to do with swimming. While swimming a 1500 free at world record pace would be rewarding, the friendships and camaraderie I have developed through swimming are more enduring. Give to your sport in any way you can. You won't live to regret it.

*Jeanne Ensign*

## Tid Bits

To date we have 1032 registered swimmers in the Pacific Northwest Association of Master Swimmers (PNA), which makes us the ninth largest LMSC among 54. Each year we grow a little larger. We have several new teams including the Western Washington University Swimmers, Seattle Athletic Club/Northgate, and the Down Town YMCA Masters.



# HAPPY BIRTHDAY

to the following PNA swimmers!

11 15 Bonnie Raume	11 29 Peggi Norman
11 15 Lonny Kaneko	11 29 Liz McCormack
11 15 Lori Naig	11 30 Shirley Kolm
11 17 Valerie O'Neil	11 30 Derek Mullen
11 17 Elizabeth Scott	12 01 Janet Johnson
11 17 Julie Watts	12 01 Ann Mendenhall
11 18 Mark Ellis	12 02 Mike Grimm
11 19 Karl Jeffers	12 02 Laura Dowd
11 19 Kimberly Hulett	12 03 Deborah Bellinghausen
11 19 Michael Schaeffer	12 03 Gretchen Lorhammer
11 19 Adair Dingle	12 04 Tim Welch
11 19 Kymmberly Myrick	12 05 Gary Kimura
11 19 Tatyana Mishel	12 05 Chad Rolfs
11 20 Adria Ellen Cullom	12 06 J Page
11 20 David Turner	12 06 Laura Rookstool
11 20 Rhae Christie Shaw	12 06 Geoff Wilwerding
11 21 Thomas Smith	12 07 Peter Jones
11 21 Dana Cox	12 07 Everett McCooey
11 21 Rachel Maslowski	12 07 Ken Ragsdale
11 22 Blake Wagner	12 07 Marsha Hansen
11 22 Joan Haab	12 07 Linda Hamilton
11 23 Ronald Jones	12 08 Kirk Kallander
11 23 Jason Myers	12 08 Erika Miller
11 23 Danielle Makis	12 09 Megan Berger
11 24 Kayte Comes	12 09 Dan Nellis
11 24 Debbie Glassman	12 09 Mark Davies
11 25 Peter Liekkio	12 09 James Hursh
11 25 D. Kiko Vanzandt	12 09 Diana Miller
11 25 Chris Jones	12 09 Micaela Stackpoole
11 26 Paul Clements	12 10 Dana Dean Doering
11 26 Shelley Hall	12 11 Stacy Cummings
11 27 David Schulz	12 12 James Kurtz
11 27 Linda Mariz	12 12 Daniel Huie
11 28 Joan Adkisson	12 13 Kristen Naegle
11 28 Michael Murray	12 13 Scott Lautman
11 29 Mark Adams	12 14 Sally MacLaren-Meuer

# Lake Padden

## Open Water Swim— July 20, 2002

Now that cooler weather is here, here's a chance to remember one of our summer swims. Lee Carlson took these photos from the Lake Padden open water swim. You can find results of the swim on the PNA web site. <http://swimpna.usms.org/>, under Results.



*Waiting for the start.*



*Dave Austin from Bellingham Masters finished first in age group for the 2.5K.*



*Jeanne Ensign, Greenlake Aquaducks, finished first in her age group for the 2.5K.*



*Dave Radcliff from Oregon climbs to the race finish.*



# PNA SWIMMING NEWS - NEWS - NEWS



## Mentor Coach and Swimmer Clinic

Both swimmers and coaches, 58 all together, took part in a dynamic clinic held October 12-13 at Seattle University Connolly Center. Mike Collins, Masters Coach of Novaquatics in Southern California and chair of the USMS coaches committee led the clinic. Doug Garcia, Head Masters Coach at WSU and coordinator for clinics, assisted with the program.

Using an analogy from the martial arts that swimming is an art demanding precision and exactness the group begin learning with simple and basic drills and expanded from this point. Comfort in the water, posture and balance, and increasing stroke length were among the many key points made in the clinic.

The classroom session emphasized what was to be done. Video analysis of world class swimmers illustrated keeping the head and hips at the same level. The drills in the water showed how the body position and balance are maintained. These in-the-water drills built in a series of steps to reinforce the concepts. At the end of a classroom and pool session the swimmers were videotaped and a review of the videotape was conducted.

The 14 coaches on deck were under the mentorship and guidance of Mike and Doug. The coaches provided comments to swimmers that reinforced what was working well and what could be better.

Feedback from both the coaches and swimmers reinforced that simple instructions and concentrating on one or two points made a big difference in improving the stroke.

## Thanks

Thanks to all of these PNA swimmers who contributed to this month's *WetSet*: Carolyn Behse, Lee Carlson, Kathy Casey, Sally Dillon, Jeanne Ensign, Tom Foley, Jan Kavadas, Arni Litt, Hugh Moore, Jane Moore, Steve Peterson, Walt Reid.

Sandy McNeel



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

Tina Allen, Donna Andrews, Corinne Bennett, Kent Bishop, Michelle Bloxham, Olivia Braden, Lori Brizee, Cheryl Choy, Jeff Clark, Jennifer Clarke, Scott Corcorran, Adria Ellen Cullom, Gina Dacquisto, Debra DeVlieger, Leslie Dobrenski, James Doherty, Laura Dowd, Debra Dragovich, Bracy Elton, Kathleen Farrell, Julie Fay, Alice Fraser, Karen Gervais, Cary Greigor, Jennifer Hanson, Lindsay Harron, Naomi Jacobson, Amy Jahnke, Carmen Jensen, Susan Johnson, Melisa Kennedy, Chris Kerkering, David Koch, John Koschwanez, Charles (Chuck) Kroll, Michael Land, Jenny LaRose, Katherine Lindsey, Miles Lippold, Alyson Littman, Deborah Lodish, Donald Luby, Lisa Lund, Meryl Martin, Janet Massey, Mark Maurer, Robert McGarr, Ann Mendenhall, Linda Meyer, Kaz Morishita, Barbara Morrison, Jason Myers, Kirk Nelson, Erin Okuno, Steven Parker, Gregory Poels, Britten Poulson, Kristen Ray, Terese Richmond, Erin Salman, Lisa Scheib, Brian Schultz, Danielle Shaver, Alexandre Shu Fong, Edwardo Shu Fong, Bernard Silbert, Aaron Smith, Micaela Stackpoole, Jane Stewart, Melissa Swanson, Mike Torchie, Jean Welch, Haleigh Werner, Judy Wick, Collen Williamson, Leslie Wilson, Donna Wood



# Whidbey Island Pentathlon

## Oak Harbor, WA

### Results

September 28, 2002  
Short Course Meters

**P** PNA Record  
**Z** Northwest Zone Record

#### WOMEN 25-29

<b>50 M. FREE</b>			
MELANY RICHMOND	28 GLAD		38.00
<b>100 M. FREE</b>			
JEAN DILLON	28 UNA		1:05.36
<b>200 M. FREE</b>			
SARAH MARCHILDON	28 EBST		2:46.75
JEN RICHTER	29 WSYD		4:14.01
<b>50 M. BACK</b>			
MELANY RICHMOND	28 GLAD		41.95
<b>100 M. BACK</b>			
JEAN DILLON	28 UNA		1:23.59
<b>200 M. BACK</b>			
SARAH MARCHILDON	28 EBSC		3:18.95
JEN RICHTER	29 WSYD		4:30.17
<b>50 M. BRST</b>			
MELANY RICHMOND	28 GLAD		54.01
<b>100 M. BRST</b>			
JEAN DILLON	<b>28 UNA</b>		<b>1:18.40 Z</b>
<b>200 M. BRST</b>			
SARAH MARCHILDON	28 EBSC		3:52.63
JEN RICHTER	29 WSYD		4:31.21
<b>50 M. FLY</b>			
MELANY RICHMOND	28 GLAD		52.02
<b>100 M. FLY</b>			
JEAN DILLON	<b>28 UNA</b>		<b>1:10.23 P</b>

#### Team Abbreviations

<b>BAM</b>	Bainbridge Area Masters
<b>EBSC</b>	English Bay Swim Club BC
<b>GLAD</b>	Green Lake Aqua Ducks
<b>LYN</b>	Lynnwood Sharks
<b>MAC</b>	Multnomah Athletic Club
<b>MIR</b>	Mercer Island Redwoods
<b>NEW</b>	New England Masters
<b>NEO</b>	North End Otters
<b>NWM</b>	North Whidbey Masters
<b>OOPS</b>	Old Olympic Peninsula
<b>ORCA</b>	ORCA
<b>OREG</b>	Oregon Master Swimmers
<b>PNA</b>	Pacific Northwest Aquatics
<b>SKY</b>	
<b>SVY</b>	Skagit Valley Y
<b>TACY</b>	Tacoma Pierce Co YMCA
<b>TIG</b>	Tigers
<b>TOSC</b>	Thurston Olympians
<b>UNA</b>	Unattached
<b>WAVE</b>	
<b>WIN</b>	Winskill Otters
<b>WSYD</b>	West Seattle YMCA Dolphins

<b>200 M. FLY</b>			
SARAH MARCHILDON	28 EBSC		3:36.43
JEN RICHTER	29 WSYD		4:17.27
<b>100 M. I.M.</b>			
MELANY RICHMOND	28 GLAD		1:40.04
<b>200 M. I.M.</b>			
JEAN DILLON	28 UNA		2:38.84
<b>400 M. I.M.</b>			
SARAH MARCHILDON	28 EBSC		6:56.27
JEN RICHTER	29 WSYD		9:08.11

#### WOMEN 30-34

<b>50 M. FREE</b>			
TARA SIMSAK	33 BAM		33.71
KAYTE COMES	33 NWM		35.13
DARCIE PETERSON	32 WIN		36.94
JODI STEBBINS	34 LYN		37.18
<b>50 M. BACK</b>			
TARA SIMSAK	33 BAM		39.23
DARCIE PETERSON	32 WIN		43.04
KAYTE COMES	33 NWM		43.05
JODI STEBBINS	34 LYN		46.59
<b>50 M. BRST</b>			
KAYTE COMES	33 NWM		43.89
TARA SIMSAK	33 BAM		45.66
DARCIE PETERSON	32 WIN		51.19
JODI STEBBINS	34 LYN		58.04
<b>50 M. FLY</b>			
TARA SIMSAK	33 BAM		36.46
KAYTE COMES	33 NWM		37.91
DARCIE PETERSON	32 WIN		41.28
JODI STEBBINS	34 LYN		48.97
<b>100 M. I.M.</b>			
TARA SIMSAK	33 BAM		1:24.22
KAYTE COMES	33 NWM		1:27.46
DARCIE PETERSON	32 WIN		1:31.78
JODI STEBBINS	34 LYN		1:44.07

#### WOMEN 35-39

<b>50 M. FREE</b>			
BECKY KLIEMAN	39 NWM		35.36
CHERYL VANDENBERG	37 WAVE		36.58
KATHY MOORE	35 UNAT		38.67
<b>200 M. FREE</b>			
JENNIFER OGLE	35 ORCA		2:35.22
<b>50 M. BACK</b>			
KATHY MOORE	35 UNAT		43.09
BECKY KLIEMAN	39 NWM		43.70
CHERYL VANDENBERG	37 WAVE		47.86
<b>100 M. BACK</b>			
JENNIFER OGLE	35 ORCA		1:15.69
<b>50 M. BRST</b>			
CHERYL VANDENBERG	37 WAVE		47.80
KATHY MOORE	35 UNAT		50.51
BECKY KLIEMAN	39 NWM		50.87
<b>50 M. FLY</b>			
BECKY KLIEMAN	39 NWM		41.66
CHERYL VANDENBERG	37 WAVE		42.54
KATHY MOORE	35 UNAT		44.31
<b>100 M. FLY</b>			
JENNIFER OGLE	35 ORCA		1:19.67
<b>100 M. I.M.</b>			
BECKY KLIEMAN	39 NWM		1:33.91
CHERYL VANDENBERG	37 WAVE		1:35.30
KATHY MOORE	35 UNAT		1:39.20

#### WOMEN 40-44

<b>50 M. FREE</b>			
KAMERA BAKER	44 UNAT		34.47
KATHY GRAHAM	44 WAVE		34.62
GRETTE HEINTZ	41 WAVE		34.94
SHARI SLATER	42 WAVE		37.56
CAROL WAGNER	41 WAVE		42.00

<b>100 M. FREE</b>			
DALE FREEMAN	42 WAVE		1:12.01
JACKIE KIMPTON	40 PNA		1:14.16
SUSIE NESS	40 ORCA		1:24.58
<b>200 M. FREE</b>			
BRENDA KNUTSON	44 UNAT		2:53.63
<b>50 M. BACK</b>			
KATHY GRAHAM	44 WAVE		37.39
KAMERA BAKER	44 UNAT		42.23
SHARI SLATER	42 WAVE		48.68
CAROL WAGNER	41 WAVE		49.52
GRETTE HEINTZ	41 WAVE		51.28
<b>100 M. BACK</b>			
DALE FREEMAN	42 WAVE		1:25.55
JACKIE KIMPTON	40 PNA		1:26.23
SUSIE NESS	40 ORCA		1:36.07
<b>200 M. BACK</b>			
BRENDA KNUTSON	44 UNAT		3:19.94
<b>50 M. BRST</b>			
GRETTE HEINTZ	41 WAVE		44.16
KATHY GRAHAM	44 WAVE		46.33
KAMERA BAKER	44 UNAT		47.96
SHARI SLATER	42 WAVE		57.32
CAROL WAGNER	41 WAVE		58.02
<b>100 M. BRST</b>			
DALE FREEMAN	42 WAVE		1:32.39
JACKIE KIMPTON	40 PNA		1:38.25
SUSIE NESS	40 ORCA		1:42.96
<b>200 M. BRST</b>			
BRENDA KNUTSON	44 UNAT		3:33.81
<b>50 M. FLY</b>			
KATHY GRAHAM	44 WAVE		37.45
KAMERA BAKER	44 UNAT		40.73
GRETTE HEINTZ	41 WAVE		41.77
SHARI SLATER	42 WAVE		42.99
CAROL WAGNER	41 WAVE		55.80
<b>100 M. FLY</b>			
DALE FREEMAN	42 WAVE		1:19.92
JACKIE KIMPTON	40 PNA		1:29.58
SUSIE NESS	40 ORCA		1:33.76
<b>200 M. FLY</b>			
BRENDA KNUTSON	44 UNAT		3:39.51
<b>100 M. I.M.</b>			
KATHY GRAHAM	44 WAVE		1:25.23
KAMERA BAKER	44 UNAT		1:32.28
GRETTE HEINTZ	41 WAVE		1:33.28
SHARI SLATER	42 WAVE		1:43.21
CAROL WAGNER	41 WAVE		1:59.61
<b>200 M. I.M.</b>			
DALE FREEMAN	42 WAVE		2:58.47
JACKIE KIMPTON	40 PNA		3:07.42
SUSIE NESS	40 ORCA		3:22.35
<b>400 M. I.M.</b>			
BRENDA KNUTSON	44 UNAT		6:49.10

#### WOMEN 45-49

<b>50 M. FREE</b>			
JULIE IDDON	48 WIN		35.83
DONA WILLIAMS	49 UNAT		36.47
<b>50 M. BACK</b>			
JULIE IDDON	48 WIN		43.90
DONA WILLIAMS	49 UNAT		44.16
<b>50 M. BRST</b>			
JULIE IDDON	48 WIN		46.67
DONA WILLIAMS	49 UNAT		46.74
<b>50 M. FLY</b>			
JULIE IDDON	48 WIN		40.82
DONA WILLIAMS	49 UNAT		41.86
<b>100 M. I.M.</b>			
JULIE IDDON	48 WIN		1:32.48
DONA WILLIAMS	49 UNAT		1:32.52



Photo by Sandy McNeel



Sally Dillon, officiating at the meet.

**WOMEN 50-54**

<b>50 M. FREE</b>			
SALLY ANN SMITH	54 UNAT	38.87	
<b>50 M. BACK</b>			
SALLY ANN SMITH	54 UNAT	48.08	
<b>50 M. BRST</b>			
SALLY ANN SMITH	54 UNAT	59.54	
<b>50 M. FLY</b>			
SALLY ANN SMITH	54 UNAT	45.59	
<b>100 M. I.M.</b>			
SALLY ANN SMITH	54 UNAT	1:43.22	

**WOMEN 55-59**

<b>50 M. FREE</b>			
ARNI LITT	56 GLAD	43.74	
<b>100 M. FREE</b>			
GINGER PIERSON	56 MAC	1:21.72	
JEANNE ENSIGN	56 GLAD	1:40.42	
<b>200 M. FREE</b>			
JEANNE ENSIGN	56 GLAD	3:35.35	
<b>50 M. BACK</b>			
ARNI LITT	56 GLAD	53.34	
<b>100 M. BACK</b>			
GINGER PIERSON	56 MAC	1:34.05	
<b>50 M. BRST</b>			
ARNI LITT	56 GLAD	50.29	
<b>100 M. BRST</b>			
GINGER PIERSON	56 MAC	1:32.85	
<b>50 M. FLY</b>			
ARNI LITT	56 GLAD	51.06	
<b>100 M. FLY</b>			
GINGER PIERSON	56 MAC	1:32.34 Z	
<b>100 M. I.M.</b>			
ARNI LITT	56 GLAD	1:52.00	
<b>200 M. I.M.</b>			
GINGER PIERSON	56 MAC	3:17.03	

**WOMEN 60-64**

<b>50 M. FREE</b>			
FRANCESCA DRUM	61 OOPS	40.52	
<b>50 M. BACK</b>			
FRANCESCA DRUM	61 OOPS	48.76 P	

<b>50 M. BRST</b>			
FRANCESCA DRUM	61 OOPS	48.11 Z	
<b>50 M. FLY</b>			
FRANCESCA DRUM	61 OOPS	54.30	
<b>100 M. I.M.</b>			
FRANCESCA DRUM	61 OOPS	1:43.18	

**WOMEN 70-74**

<b>50 M. FREE</b>			
JANET KAVADAS	71 NEO	1:00.68	
<b>50 M. BACK</b>			
JANET KAVADAS	71 NEO	1:09.86	
<b>50 M. BRST</b>			
JANET KAVADAS	71 NEO	1:14.62	
<b>50 M. FLY</b>			
JANET KAVADAS	71 NEO	1:28.99	
<b>100 M. I.M.</b>			
JANET KAVADAS	71 NEO	2:32.35	

**WOMEN 85-89**

<b>50 M. FREE</b>			
PAT MATTHIESEN	86 TIG	1:19.27 P	
<b>50 M. BACK</b>			
PAT MATTHIESEN	86 TIG	1:26.33 Z	
<b>50 M. BRST</b>			
PAT MATTHIESEN	86 TIG	1:41.80 P	
<b>50 M. FLY</b>			
PAT MATTHIESEN	86 TIG	1:51.00 Z	
<b>100 M. I.M.</b>			
PAT MATTHIESEN	86 TIG	3:31.62 Z	

**MEN 30-34**

<b>50 M. FREE</b>			
KEVIN BATES	31 WIN	25.81	
PETER HEUSEL	34 WIN	26.55	
KERRY NESS	33 SVY	34.13	
<b>100 M. FREE</b>			
MARK OLDHAM	33 EBSC	58.12	
<b>50 M. BACK</b>			
KEVIN BATES	31 WIN	28.94	
PETER HEUSEL	34 WIN	31.83	
KERRY NESS	33 SVY	45.19	
<b>100 M. BACK</b>			
MARK OLDHAM	33 EBSC	1:12.35	
<b>50 M. BRST</b>			
KEVIN BATES	31 WIN	32.62	
PETER HEUSEL	34 WIN	34.74	
KERRY NESS	33 SVY	41.87	
<b>100 M. BRST</b>			
MARK OLDHAM	33 EBSC	1:16.66	
<b>50 M. FLY</b>			
KEVIN BATES	31 WIN	27.70	
PETER HEUSEL	34 WIN	29.51	
KERRY NESS	33 SVY	37.58	
<b>100 M. FLY</b>			
MARK OLDHAM	33 EBSC	1:08.57	
<b>100 M. I.M.</b>			
KEVIN BATES	31 WIN	1:02.63	
PETER HEUSEL	34 WIN	1:06.77	
KERRY NESS	33 SVY	1:27.19	
<b>200 M. I.M.</b>			
MARK OLDHAM	33 EBSC	2:32.29	

**MEN 35-39**

<b>50 M. FREE</b>			
BILL VOLCKENING	36 NEM	26.56	
GREG MARGHARITIS	36 WIN	27.35	
GANO BUTCHER	38 OREG	27.94	
CHRIS GAARDER	37 OREG	28.94	
CHRIS STITT	38 EBSC	29.63	
MICHAEL MOTT	38 WIN	32.70	
<b>100 M. FREE</b>			
CHARLES NORMAN	36 TOSC	1:06.99	
JIM LASERSOHN	37 ORCA	1:07.34	
<b>50 M. BACK</b>			
BILL VOLCKENING	36 NEM	31.96	
GANO BUTCHER	38 OREG	33.86	
GREG MARGHARITIS	36 WIN	34.89	
CHRIS STITT	38 EBSC	37.21	
CHRIS GAARDER	37 OREG	39.95	
MICHAEL MOTT	38 WIN	43.12	

<b>100 M. BACK</b>			
JIM LASERSOHN	37 ORCA	1:25.85	
CHARLES NORMAN	36 TOSC	1:28.09	
<b>50 M. BRST</b>			
BILL VOLCKENING	36 NEM	34.84	
GANO BUTCHER	38 OREG	35.60	
GREG MARGHARITIS	36 WIN	36.13	
CHRIS GAARDER	37 OREG	36.39	
CHRIS STITT	38 EBSC	38.43	
MICHAEL MOTT	38 WIN	44.88	
<b>100 M. BRST</b>			
CHARLES NORMAN	36 TOSC	1:20.67	
JIM LASERSOHN	37 ORCA	1:23.25	
<b>50 M. FLY</b>			
GANO BUTCHER	38 OREG	29.98	
GREG MARGHARITIS	36 WIN	29.99	
BILL VOLCKENING	36 NEM	30.05	
CHRIS GAARDER	37 OREG	32.18	
CHRIS STITT	38 EBSC	33.87	
MICHAEL MOTT	38 WIN	37.27	
<b>100 M. FLY</b>			
JIM LASERSOHN	37 ORCA	1:12.98	
CHARLES NORMAN	36 TOSC	1:19.81	
<b>100 M. I.M.</b>			
BILL VOLCKENING	36 NEM	1:08.08	
GANO BUTCHER	38 OREG	1:10.20	
GREG MARGHARITIS	36 WIN	1:15.21	
CHRIS GAARDER	37 OREG	1:16.15	
CHRIS STITT	38 EBSC	1:16.85	
MICHAEL MOTT	38 WIN	1:24.78	
<b>200 M. I.M.</b>			
JIM LASERSOHN	37 ORCA	2:48.62	
CHARLES NORMAN	36 TOSC	2:52.20	

**MEN 40-44**

<b>50 M. FREE</b>			
RICHARD DENDY	42 WIN	26.84	
<b>100 M. FREE</b>			
CRAIG SLATER	42 WAVE	1:03.28	
PAUL IKEDA	43 ORCA	1:19.95	
<b>50 M. BACK</b>			
RICHARD DENDY	42 WIN	32.28	
<b>100 M. BACK</b>			
CRAIG SLATER	42 WAVE	1:14.09	
PAUL IKEDA	43 ORCA	1:31.67	
<b>50 M. BRST</b>			
RICHARD DENDY	42 WIN	35.35	
<b>100 M. BRST</b>			
CRAIG SLATER	42 WAVE	1:21.59	
PAUL IKEDA	43 ORCA	1:32.12	
<b>50 M. FLY</b>			
RICHARD DENDY	42 WIN	29.82	
<b>100 M. FLY</b>			
CRAIG SLATER	42 WAVE	1:12.04	
PAUL IKEDA	43 ORCA	1:27.93	
<b>100 M. I.M.</b>			
RICHARD DENDY	42 WIN	1:07.85	
<b>200 M. I.M.</b>			
CRAIG SLATER	42 WAVE	2:40.81	
PAUL IKEDA	43 ORCA	3:18.35	

**MEN 45-49**

<b>50 M. FREE</b>			
BILL KRIEGER	48 SKY	30.51	
<b>100 M. FREE</b>			
GILLES BEAUDIN	48 EBSC	1:08.92	
<b>50 M. BACK</b>			
BILL KRIEGER	48 SKY	35.35	
<b>100 M. BACK</b>			
GILLES BEAUDIN	48 EBSC	1:26.71	
<b>50 M. BRST</b>			
BILL KRIEGER	48 SKY	36.13	
<b>100 M. BRST</b>			
GILLES BEAUDIN	48 EBSC	1:23.86	
<b>50 M. FLY</b>			
BILL KRIEGER	48 SKY	33.15	
<b>100 M. FLY</b>			
GILLES BEAUDIN	48 EBSC	1:24.40	
<b>100 M. I.M.</b>			
BILL KRIEGER	48 SKY	1:16.78	
<b>200 M. I.M.</b>			
GILLES BEAUDIN	48 EBSC	2:52.22	

**MEN 55-59**

<b>50 M. FREE</b>		
DENNIS SAWYER	58 BAM	35.82
AART LOOYE	58 WIN	38.65
GEORGE IDDON	56 WIN	38.87
<b>100 M. FREE</b>		
STEVEN PETERSON	56 PNA	1:11.06
GARY STAMPER	57 GLAD	1:30.45
<b>50 M. BACK</b>		
AART LOOYE	58 WIN	38.72
DENNIS SAWYER	58 BAM	48.34
GEORGE IDDON	56 WIN	51.13
<b>100 M. BACK</b>		
STEVEN PETERSON	56 PNA	1:28.72
GARY STAMPER	57 GLAD	1:50.85
<b>50 M. BRST</b>		
DENNIS SAWYER	58 BAM	42.75
GEORGE IDDON	56 WIN	49.10
AART LOOYE	58 WIN	1:00.77
<b>100 M. BRST</b>		
STEVEN PETERSON	<b>56 PNA</b>	<b>1:23.44 P</b>
GARY STAMPER	57 GLAD	1:28.90
<b>50 M. FLY</b>		
AART LOOYE	58 WIN	41.14
DENNIS SAWYER	58 BAM	57.45
GEORGE IDDON	56 WIN	58.41
<b>100 M. FLY</b>		
STEVEN PETERSON	56 PNA	1:28.46
GARY STAMPER	57 GLAD	1:38.68
<b>100 M. I.M.</b>		
AART LOOYE	58 WIN	1:37.90
GEORGE IDDON	56 WIN	1:50.30
<b>200 M. I.M.</b>		
GARY STAMPER	57 GLAD	3:40.24

**MEN 60-64**

<b>50 M. FREE</b>		
LEE CARLSON	62 MIR	40.14
<b>200 M. FREE</b>		
GARY CHASE	62 TACY	2:52.12
<b>50 M. BACK</b>		
LEE CARLSON	62 MIR	44.59
<b>200 M. BACK</b>		
GARY CHASE	62 TACY	3:08.36
<b>50 M. BRST</b>		
LEE CARLSON	62 MIR	49.35
<b>200 M. BRST</b>		
GARY CHASE	<b>62 TACY</b>	<b>3:23.06 P</b>
<b>50 M. FLY</b>		
LEE CARLSON	62 MIR	50.71
<b>200 M. FLY</b>		
GARY CHASE	<b>62 TACY</b>	<b>3:38.21 P</b>
<b>100 M. I.M.</b>		
LEE CARLSON	62 MIR	1:42.24
<b>400 M. I.M.</b>		
GARY CHASE	<b>62 TACY</b>	<b>6:48.48 P</b>

**MEN 65-69**

<b>100 M. FREE</b>		
DAVE DRUM	67 PNA	1:18.90
<b>200 M. FREE</b>		
TOM FOLEY	68 TIG	4:34.78
<b>100 M. BACK</b>		
DAVE DRUM	67 PNA	1:39.51
<b>200 M. BACK</b>		
TOM FOLEY	68 TIG	4:15.13
<b>200 M. BRST</b>		
TOM FOLEY	68 TIG	4:42.77
<b>50 M. FLY</b>		
DAVE DRUM	67 WAVE	40.22
<b>200 M. FLY</b>		
TOM FOLEY	68 TIG	5:26.32
<b>400 M. I.M.</b>		
TOM FOLEY	68 TIG	9:36.04

**MEN 70-74**

<b>50 M. FREE</b>		
HERB LARSON	72 UNAT	55.53
<b>100 M. FREE</b>		
HARVEY PROSSER	74 NWM	1:31.56



Pat Matthiesen cheers for Tom Foley during the 400 IM. Tom finished to a roaring crowd. He would say it is because the crowd is glad he's finished, but he is one our favorite PNA swimmers.

<b>50 M. BACK</b>		
HERB LARSON	72 UNAT	1:11.91
<b>100 M. BACK</b>		
HARVEY PROSSER	74 NWM	2:04.77
<b>50 M. BRST</b>		
HERB LARSON	72 UNAT	1:16.71
<b>100 M. BRST</b>		
HARVEY PROSSER	74 NWM	2:14.50
<b>50 M. FLY</b>		
HERB LARSON	72 UNAT	1:12.40
<b>100 M. FLY</b>		
HARVEY PROSSER	74 NWM	2:10.20
<b>100 M. I.M.</b>		
HERB LARSON	72 UNAT	2:44.54
<b>200 M. I.M.</b>		
HARVEY PROSSER	74 NWM	4:13.35



This was Jodi Stebbins' first Masters swim meet.

Photos by Sandy McVee

**Correction**

We incorrectly listed our new web master e-mail address in last month's *WetSet*. Jim William's e-mail address is: [PWS@attbi.com](mailto:PWS@attbi.com).

We hope this has caused any problems.

**Got News?**

- Do you have a great idea for an article?
- Any suggestions or comments?
- Great swim meet or workout photos?
- Anything you think you fellow swimmers might find interesting?
- Let us know and we might use them in future *WetSet* issues. Electronic submissions preferred.

E-mail: [swim@troutlake.com](mailto:swim@troutlake.com)





**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
 SHORT COURSE METERS MEET: DECEMBER 8, 2002 (Meet Sanction #023609)  
 Hosted by NSB Bangor TRIDENTS Competitive Programs

EVENTS (ORDER #2)	
#	Event
Sunday, Dec. 8	
1	400 Free
Warmup Break	
2	200 Free Relay
3	100 Back
4	200 Free
5	50 Fly
6	200 Breast
7	100 IM
5 minute break	
8	200 Mixed Free Relay
9	200 Back
10	50 Free
11	100 Fly
12	50 Breast
5 minute break	
13	200 Medley Relay
14	50 Back
15	100 Free
16	200 Fly
17	100 Breast
18	200 IM
5 minute break	
19	200 Mixed Medley Relay
20	400 IM

DATE: **Sunday, December 8, 2002**  
 TIME: Warmup: **8:15 AM**; Meet starts **9:00 AM**  
 Warmup after Event #1; resume **10:00 AM**

PLACE: Puget Sound Naval Shipyard Pool  
 Phone: **360-476-9416**

MEET DIRECTOR: **Michele Anderson**  
 anderson.michele@pacnw.navy.mil  
 360-476-9416 (pool)

FACILITY: Six-lane 25 meter pool  
 Warmup: Lane 1; Meet: Lanes 2 - 6  
 Water temperature: ~ 82 degrees F

CONCESSIONS: None

RULES: Current USMS Rules will govern the meet

ELIGIBILITY: Open to all USMS 2002 or 2003 registered swimmers, 19 and above as of *December 31, 2002*.

SEEDING: Slow to fast TIMING: Electronic

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

**NOTE: Please list all those who might ride in your vehicle. We will create a Gate List to permit base entry.**

DIRECTIONS: From Tacoma, take Route 16 to Bremerton. Stay on the waterfront, taking Highway 304 into Bremerton. Turn RIGHT at Burwell, go 6 blocks, turn RIGHT on Naval to the PSNS gate...

From Bremerton Ferry, depart ferry terminal on Washington Street. Turn LEFT on Burwell, go 9 blocks and turn LEFT on Naval to the PSNS gate...

From Bainbridge Island (Ferry), go north on Highway 305 and continue through Poulsbo. Go straight through all 6 lights to enter Highway 3 (South). Continue south to the Kitsap Way exit. Turn LEFT, following Kitsap Way onto 6<sup>th</sup>. Turn RIGHT on Naval to the PSNS gate ...

Naval Avenue Gate: Go to stop sign, turn RIGHT. Continue until you see the "Concourse West" sign. Park in either the Exchange or Gym parking lots.

**NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES**

**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
 MEET ENTRY FORM: December 8, 2002 Meet Sanction #023609  
 Hosted by NSB Bangor TRIDENTS Competitive Programs

NAME: \_\_\_\_\_ M F AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ USMS #: 362- \_\_\_\_\_

CLUB/TEAM: \_\_\_\_\_ or UNATTACHED: \_\_\_\_\_ ASSOCIATION: \_\_\_\_\_

AGE GROUP (determined by your age as of DECEMBER 31, 2002):

19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59

60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME (for SC METERS)

**GATE LIST:** Driver: \_\_\_\_\_

All Passengers: \_\_\_\_\_

ENTRY FEES: \$ 9.00 (includes LMSC and electronic timing surcharges)

Individual Events: + \_\_\_\_\_ (\$5 max @ \$1 each; no charge for relays or if 65 and up)

Total: \$ \_\_\_\_\_ [from \$9.00 (relays only or senior) to \$14.00 (six events)]

Please make checks payable to: **STEVE PETERSON** 360-692-1669 (h)  
 Mail this entry form and fees to: **11165 CENTRAL VALLEY ROAD**  
**POULSBO WA 98370-7014**

**speterson@bandwagon.net**

Please send entries postmarked no later than Wednesday, **November 27, 2002**.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_



# Northwest Zone Short Course Meters Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #372-10  
 Eligibility: Currently registered USMS swimmers, 19 years and older.  
 Unregistered swimmers must submit a 2003 registration form and fee with this form.

Hosted by: Oregon City Swim Team  
 1211 Jackson Street  
 Oregon City, Oregon  
 5 lanes competition-electronic timing  
 1 lane for continuous warm-up/down area

**DATE: Saturday & Sunday, December 14 & 15, 2002**

**SATURDAY: WARM-UPS: 10AM • MEET STARTS: 11AM**  
**SUNDAY: WARM-UPS: 7AM • MEET STARTS: 8AM**

Meet director: Colette Crabbe • Phone: 503-659-2114 • E-mail colettecrabbe@hotmail.com

Directions to the pool: From I-205 North or South, take exit #9 (99E, Oregon City, Gladstone), turn left or go South on 99E. At the 1st light (coming from South) or at the 2nd light (coming from North), go left on 14th St., go two blocks, turn right on Washington St., go 2 blocks, turn left on 12th St, go up the hill until Jackson St. The pool is at the corner of 12th and Jackson on the left hand side.

**ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2003 FORM WITH THIS ENTRY.**

RECOMMENDED HOTELS NEAR THE POOL: (BOTH HAVE BREAKFAST) • RIVERHOUSE HOTEL, 503-655-7141 • OXFORD SUITES MOTEL, 503-722-7777

**ENTRY DEADLINE: POSTMARK NO LATER THAN NOVEMBER 29, 2002**

✂ FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY ✂

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_  
 STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_  
 E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
 2002-2003 USMS # \_\_\_\_\_  
 USMS CLUB (OREG, MACO, PNA, ETC) \_\_\_\_\_  
 IS THIS YOUR FIRST MASTERS MEET?  Yes  No

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 79-99, 110-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359, ETC. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). THE 400M AND 800M RELAYS WILL BE SEEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. THE 400, 800 AND 1500 FREESTYLES & 400 IM WILL BE DECK SEEDED. CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM. CHECK IN FOR THE 1500 WILL OPEN MIDWAY THROUGH SUNDAY'S EVENTS. ALL EVENTS WILL BE SEEDED SLOW TO FAST. YOU MAY SWIM EITHER THE 800 FREE OR 1500 FREE BUT NOT BOTH.

**Saturday, December 14, 2002**

- 800 FREE (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 20 minute warm-up. Event 2 will not start before noon.
- 200 BACK (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 FREE (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 BREAST (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 I.M. (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \*\*5 MINUTE BREAK\*\***
- MIXED MEDLEY RELAYS (6-7)
- 50 FLY (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 FREE (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 BACK (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \*\*5 MINUTE BREAK\*\***
- FREE RELAYS (11-16)
- 400 I.M. (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**Sunday, December 15, 2002**

- 400 FREE (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 20 minute warm-up. Event 19 will not start before 9AM
- 200 FLY (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 BREAST (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 FREE (21) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 I.M. (22) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \*\*5 MINUTE BREAK\*\***
- MIXED FREE RELAYS (23-25)
- 100 FLY (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 BACK (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 BREAST (28) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \*\*5 MINUTE BREAK\*\***
- MEDLEY RELAYS (29-32)
- 1500 FREE (33) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**ZONE MEETING TO FOLLOW THIS SESSION**

"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 & 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, HOSTS 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 \_\_\_\_\_

**MEET ENTRY FEE: \$18.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.**  
**SEND FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220**

**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
 SHORT COURSE YARDS MEET: January 19, 2003 (Meet Sanction #033601)  
 Hosted by TAC/AHS Boys Swim Team

EVENTS (ORDER #3)	
#	Event
	Sunday, Jan. 19
1	200 Free Relay
2	200 Fly
3	200 Back
4	50 Breast
5	100 Free
	5 minute break
6	200 Mixed Free Relay
7	200 IM
8	50 Fly
9	100 Back
10	200 Breast
11	50 Free
12	400 IM
	5 minute break
13	200 Medley Relay
14	100 Fly
15	50 Back
16	100 Breast
17	200 Free
18	100 IM
	5 minute break
19	200 Mixed Medley Relay
20	500 Free

DATE: **Sunday, January 19, 2003**  
 TIME: Warmup: **9:00 AM**; Meet starts **10:00 AM**  
 PLACE: Fidalgo Pool, Anacortes, WA  
 1603 22<sup>nd</sup> Anacortes, WA  
 Phone: **360-293-0673**

MEET DIRECTOR: **Mike Bemis**  
 Tbirds@fidalgo.net  
 360-293-0673 (daytime)  
 FACILITY: Six-lane 25 yard pool  
 Warmup: 42 ft. by 23 ft.  
 Water temperature: ~ 84 degrees F  
 CONCESSIONS: None  
 RULES: Current USMS Rules will govern the meet  
 ELIGIBILITY: Open to all USMS 2003 registered swimmers, 19 and above as of *January 19, 2003*.  
 SEEDING: Slow to fast TIMING: Electronic  
 RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.  
 DIRECTIONS: From I-5, take exit 230. Go west on highway 20 to its end in Anacortes. Turn right onto Commercial Ave. and go about ten block to 22nd street and turn left. Go up the hill to J Ave (about six blocks). Fidalgo pool is on the left.

**M o t e l s :**  
 The Marina Inn 3300 Commercial 360-293-1100  
 Anaco Bay Inn 916 33<sup>rd</sup> (kithchens) 360-299-3320  
 Islands Inn 3401 Commercial (complimentary Dutch breakfast) 360-293-4644

**NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES**

**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
 MEET ENTRY FORM: January 19, 2003 Meet Sanction #033601  
 Hosted by TAC/AHS Boys Swim Team

NAME: \_\_\_\_\_ M F AGE: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ USMS #: \_\_\_\_\_  
 CLUB/TEAM: \_\_\_\_\_ or UNATTACHED: \_\_\_\_\_ ASSOCIATION: \_\_\_\_\_

AGE GROUP (determined by your age as of JANUARY 19, 2003):  
 19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59  
 60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 9.00 (includes LMSC and electronic timing surcharges)  
 Individual Events: + \_\_\_\_\_ (\$1 each; optional for age 65 and over)  
 (no charge for relays)  
 Total: \$ \_\_\_\_\_ [from \$9.00 (relays only) to \$14.00 (six events)]

Please make checks payable to: **MIKE BEMIS** 360-293-0673 (w)  
 Mail this entry form and fees to: Mike Bemis  
 1603 22<sup>nd</sup> Anacortes, WA 98221  
 Questions? Email tbirds@fidalgo.net  
 Please send entries postmarked no later than Thursday, January 9th.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

# 2002 Convention Reports

Ten PNA members traveled to Dallas, Texas, September 10-15, to attend USMS Convention. This is where USMS establishes its rules, policies, and budgets. Following are reports of some of the decisions made at this year's convention.

## International

Discussed and approved a motion for USMS to make a bid for the 2005 Pan-Pac meet and the 2006 FINA Masters World Championships. Sub-Committees were formed to explore possible venues and other details of the bid process.

## Records and Top Ten

Discussed how to implement the proposed pool length measurement requirements. A new form will be available on the web and in the rulebook. It will be the responsibility of the LMSC to maintain a file of pool length measurements for USMS National Records and Top Ten. A copy of the pool length measurement must be submitted (one time only) with the USMS National Record Application.

Discussed and approved a motion to require a copy of a birth certificate or passport for all USMS National Records.

## Rules

All pools must be measured in all lanes one time (must be measured again if structural changes have been made to the pool) and reported on a pool length certification form and, for bulkhead pools, in each outside lane and a center lane after every session of the meet to have times from our meets count for Top Ten as well as USMS records. If a pool is found to be short, times will not count for Top Ten or USMS records.

For National Championship Meets:

- The 1500/1650 may be run first at Nationals (followed by the 800/1000).

- For events 800 meters and longer, men and women may be seeded together at the discretion of the Championship Committee. Two-to-a-lane seeding shall not be used.
- On a distance day only, men's and women's heats may be alternated.
- A new rotation of orders of events (three schedules) for national championship meets was developed for the next four years.
- If a national championship meet is five days long, the meet host may charge a \$38 surcharge (instead of the current \$30 surcharge).

## Recognition & Awards

Hugh and Jane Moore were ceremoniously presented the Capt. Ransom J. Arthur, M.D., Award at the USAS banquet in a traditional "roasting" fashion in the presence of approximately 1300 revelers. The "roasting" began with the posting of signs, "For a good time call Hugh 555-SWIM," earlier in the day in all the ladies' bathrooms. The signs were a take-off on how Jane and Hugh met. (She found his name on a bulletin board at the Wichita "Y.")

An awards page has just been established on the USMS web site. It includes an historical list of all noncompetitive award winners. A paragraph on each Ransom Arthur Award winner will be added this year as well as a picture of each. On-line application forms will also be added. Kelly Crandell will coordinate the updating of the on-line awards page with the USMS webmaster.

## Communications

The House of Delegates approved the committee's recommendation that the compensation for the USMS Webmaster and the USMS SWIM Magazine editor be increased as of

October 1st and that Jim Matysek and Bill Volckening continue in these positions. The USMS Magazine Editor is a part-time job and will receive \$20,000 annually. The Webmaster will receive \$60,000 annually and will be a full-time position. The job will include project administration for the Data Base Project. The Data Base Project is an effort to create a comprehensive database system that will maintain the data USMS uses to support our organization and our swimmers.

## History & Archives

The committee will continue with its Request for Proposal for converting its web site to more conventional formats.

## Endowment Fund

The Fund balance is approximately \$111,000. USMS will not match donated funds for the remainder of 2002 nor in 2003. There were no grant requests received in 2002.

## Championship

There will be an early check-in process used at 2003 Short Course Championships in Tempe. Heat sheets will be printed for days 2-4. The 2003 Long Course Championships at Rutgers will use a 5-day format. The 2004 Short Course Championships will be in Indianapolis April 22-25 and the Long Course Championships will be held in Savannah, Georgia August 11-15.

## Sports Medicine

The committee adopted guidelines for Sports Medicine Articles in SWIM Magazine and on the web. Articles will soon be posted on the USMS web site. The committee will no longer send a representative to Olympic Training Center camps.

## Legal Counselors

USMS Convention 2002 saw the conclusion of Jack



Geoghegan's 16 years as Legal Counsel. Patty Powis takes over this position and chair of this Committee.

The committee is looking for a member with expertise in Information Technology to advise in regard to electronic transactions statutes and electronic signatures. If you can help, please contact [LegalCounsels@usms.org](mailto:LegalCounsels@usms.org).

The committee will develop a site for the USMS community that would answer the most frequently asked legal questions. The members cannot answer specific legal questions, however certain general questions repeatedly occur and they can post suggestions on how and where answers can be found.

### Registration

USMS registration reached 40,224 in August and total annual registration is expected to surpass last years of 40, 575. PNA is one of 20 LMSCs that has more than 90% of last year's registration. (To date, PNA has 100% of last year's registration with 1,032.)

The permanent swimmer ID will be implemented if possible by November 1st.

Two swimmers have been suspended for lying about their age. Legal Counsel indicated that it is within registrar's rights to request proof of age in questionable cases. Most birth date problems are honest mistakes often resulting from illegible registration forms.

Registrars may not accept fax, copied, or online registrations. A form may be faxed to get an ID number for registration for a meet, but the signed form and check must be in the hands of the Registrar or Meet Director by the day of the meet.

### Legislation

The House of Delegates ratified the Committee's recommendation

to pass all eight legislative proposals. Six were "housekeeping." The other two were deemed "emergency" to emphasize their importance and need for consideration in this "non Legislative" convention year. Proposal L-4 added "Affiliate" and "Allied" membership classes in response to USOC and USA Swimming requests to codify our relationship with other organizations. In contrast to USA Swimming, however, USMS granted such members only non-voting status as Board members and Delegates. Proposal L-8 added the USMS Mission Statement to the Committee's jurisdiction. Though this oversight existed since 1993, it became important this year as the Executive Committee attempted to change the statement unilaterally. The HOD rejected the Committee's recommendation to include the Financial Operating Guidelines in the Rule Book.

For 2003, the Committee plans to review the Board of Directors and Governance, to reconcile the LMSC Handbook with code, to do a legislative rewrite of Part 4 (Athletes' Rights, Hearings, and Appeals), and to produce an LMSC by-laws model.

### Insurance

Last year's \$97K liability premium was unaffected by 9/11 because a binding quote had been made in August. The Committee recommended budgeting \$150K for 2003 coverage. If under \$2.4K, Directors and Officers liability will be renewed. With USMS' increasing communications exposure, the Committee authorized our agent to investigate Media Professional liability coverage.

### Publications

The Committee selected Oregonian Alison Moore's design

for the 2003 Rule Book cover from 13 submitted. Gateway Printing was awarded the contract to print the 2003 edition. For 2003, the Committee will update the Rule Book index, and urges and will assist each committee to develop its own policy manual.

### Safety

The Safety Committee is spearheading a campaign to get USMS members certified in CPR. To that end, they will be contacting LMSC Safety Chairs and they will be conducting CPR training at next year's convention. The Safety Manual that has been developed over the past few years will be posted on the USMS web site in the near future.

### Long Distance

The Long Distance Committee awarded National Championships to numerous locales for the 2004 season. Most important of those to us in the Northwest will be the 1-3 mile Championship in Southern Oregon. We are pleased that Oregon has so actively bid for open water championships and the 2004 event will be the fifth in a row in their state. Several rule proposals were passed but none were controversial.

### ISHOF Nominating

Laura Val will be inducted into The International Swimming Hall of Fame in May 2003. The USMS nominee submitted for consideration by ISHOF for 2004 induction is Frank Piemme. The USMS candidate selection policy was refined to more closely align with that of ISHOF.

### Officials

Established a procedure, which is not yet finalized, to certify USMS officials so that LMSCs will be able to certify their own swimming officials with the help of and in conjunction with USA-Swimming.

What's happening at the PNA Board Meetings?

# PNA Board Meeting Minutes

By Steve Peterson  
PNA Secretary



**August 27, 2002**—President Lee Carlson called the meeting to order at 6:40 pm at the Federal Way Regional Library. Attendees included Kathy Casey, Jeanne Ensign, Jan Kavadas, Arni Litt, Sandy McNeel, Hugh Moore, Jane Moore, Steve Peterson and Sarah Welch. These ten represented Federal Way, GLAD, Mercer Island, Swim Seattle, and the membership at large.

**Minutes:** The Board approved the July meeting minutes as updated.

**Treasurer's Report:** The Board approved the Treasurer's report as presented. (Sarah will show future income and expense comparisons against the annual rather than monthly budget for consistency.) Current PNA assets are \$49,210 including the Wiggin Fund's \$2,792. The Board approved Arni's motion to pay up to \$1,356.35 to King County for the July 27 LC meet upon receipt of an itemized breakout of KCAC pool expenses. Arni will be reimbursed \$28.81 for envelope labels. Kathy submitted a reimbursement request for two relays at LCNationals (\$24).

## Committee Reports

**Membership:** Arni received upgrades from five Fat Salmon One-Event registrations and has brought registration processing up to date. Current membership stands

at 926. Arni could find no official policy regarding registration records retention. Recommendations vary by state according to relevant statutes of limitation on liability. She plans to pursue this at Convention. Arni reported that she had distributed an e-mail list to team reps so they could identify unattached swimmers to change their registration to a team if appropriate. No coaches or team reps have responded regarding the earlier list.

**Meets:** Jeanne noted that the meet bid packet has not been updated since last year.

**Newsletter:** Lacking the Fat Salmon and Lake Padden results source data, Sandy will postpone these to the October issue. World Top Ten information should appear in the September issue. Input deadline for the October issue is September 20.

**Awards:** Swimmers purchased \$204 worth of medals at the July 27 LCM meet—more than at the last Nationals!

**Convention Issues:** Kathy noted that pool measurement will be a hot topic. She prepared and distributed an enumeration of the three proposals against current rule by related topic to assist the Delegates' evaluation. Proposals acceptable to the Board were (see USMS.org for proposal text): R1,

R3, R4, R6, R7. Needing further work were R2, R5, R8. Jeanne expressed concern that L4 (creating Allied and Affiliate members) could bloat the size of the Board of Directors. Time ran out before R9 through R19 could be evaluated.

## Old Business

**King County Park and Pool Closures:** Layoff notices went out to employees at ten selected pools. Hugh asked Ron Sims and the County Council whether this suggests that a budget decision has already been made.

**Coaches Clinic:** Lee asked about alternate means to advertise this event, planned for October 12-13, since it will not appear in the October *WetSet*.

## Next Meetings

Saturday, September 28, Oak Harbor (after NWM Pentathlon meet)

Tuesday, October 22, Bellevue Club

The Board approved adjourning the meeting at 9:00 pm.

Steve Peterson, Secretary

## 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  
US Masters Swimming  
USMS Northwest Zone  
Oregon Masters  
Alaska LMSC  
Utah Masters  
Masters Swimming of BC

swimpna.usms.org  
www.usms.org  
www.northwestzone.org  
www.swimoregon.org  
akmswim.org  
www.utahmasters.org  
www.mastersswimming.bc.ca



UNITED STATES MASTERS SWIMMING, INC.

# 2003 REGISTRATION APPLICATION

Pacific Northwest Association of Masters Swimmers

Please print clearly and fill out the entire form. Register with the same name you have or will use for competition. If your name has changed, please include old and new names.

Name \_\_\_\_\_ Birth date \_\_\_\_\_  
 Last First Initial Month Day Year  
 Address \_\_\_\_\_ Age \_\_\_\_\_ M/F \_\_\_\_\_  
 Street or box number  
 City State Zip+4 E-Mail \_\_\_\_\_  
 Telephone (\_\_\_\_\_) \_\_\_\_\_ If you coach a Masters swim team check here

My Club is  Pacific NW Aquatics (PNA) My Team is  \_\_\_\_\_  
 Sequim (SQM)  Unattached  Unattached

## 2003 Annual Fee: Your fee includes a subscription to the *WetSet* and to *SWIM Magazine*

Regular:	\$35	\$ _____
Need-based or Seniors (65 & over):	\$25	\$ _____
After September 1, 2003:	\$20	\$ _____
Canadian:	\$40 (US dollars)	\$ _____
<i>Optional Donations:</i>		
USMS Endowment Fund	(\$1 or \$ _____)	\$ _____
International Swimming Hall of Fame	(\$1 or \$ _____)	\$ _____
	TOTAL	\$ _____

Mail to: Arni H. Litt, Registrar  
 1920 10th Ave East  
 Seattle, WA 98102-4253

Make check payable to: **PNA**  
 Questions: (206) 323-4712, arni@qwest.net

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE 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** \_\_\_\_\_

To help you out, here are definitions of a few terms:

- LMSC (Local Masters Swim Committee): Pacific Northwest Association of Master Swimmers (PNA) is the division of United States Masters Swimming (USMS) that covers (roughly) western Washington.
- Clubs are part of the LMSC. Currently there are two clubs in the PNA LMSC. Those are Pacific Northwest Aquatics (also abbreviated PNA) and Sequim (SQM). Swimmers not belonging to either club may register as "unattached." Use your club affiliation any time you register for a meet. To swim as part of a relay team at Zone or National meets, all swimmers on that relay must be registered with the same club. Swimmers unattached to a club may not swim in a relay.
- Teams are local groups with which people swim; e.g. Federal Way, Orca, GLAD. Team affiliations are used is to earn points at PNA Champs.



# THE FINAL LAP



Photo by Sandy McNeel



Maxine Carlson was an original members of Tigers, one of the first PNA teams organized in 1972.

## Maxine Carlson Moves On By Mot Yelof

Maxine Carlson, one of the few remaining active charter members of the PNA, has now moved to Forest Grove, Oregon. She is returning to her hometown where she grew up and still has numerous family and friends.

She says they have a good pool there and maybe she can get a Masters group going.

Maxine was there when we first got the PNA started in the summer of 1972 and has been an ardent booster of Masters swimming all these years. She has won untold awards over the years and has consistently placed in the top ten nationally.

For many years she was the PNA Sunshine Lady who would send a card and greetings to any PNA swimmer who was ailing.

Hopefully we will see her at meets in the future. It is hard to picture a meet without Maxine's radiant smile as she strolls around greeting everyone with it and a "Hi, how are you doing today." This from a lady who has had three hip replacements and still competes including diving off the blocks at a very "mature" age.

Best of luck in your new adventures in Oregon and thanks for all of you have given to the PNA over the years.

*Editor's note: Maxine's daughter says that Maxine would love to hear from PNA swimmers.*

Maxine Carlson  
1502 Pioneer Circle  
Forest Grove, OR 97116

## Like Water for Chocolate

By Alice Phillips

Few of you have many things you love as much as water, but I would wager that for some of you, chocolate ranks right up there. Come on, admit it—you'd do a 200 Fly for some homemade Toll House cookies and those Death by Chocolate desserts give you heart palpitations.

Okay, and for some of you, **not**.

But, the point is, having a food-related pleasure is a good thing. Whether it's chocolate or something else, it is actually healthy to indulge a craving. (I didn't say eat the whole pint of Haagen Daas...who could possibly do such a thing?) Recent research has even indicated that chocolate is good for you. Yes, good for you. Then again there's that famous quote about lies, damned lies, but since we live in the information age let's all continue to believe that the latest research is in fact the greatest.

So, here's what "they" (you know, the people who write press releases for researchers) have to say about chocolate:

Chocolate contains a number of essential nutrients as well as a collection of antioxidants called polyphenols. Antioxidants bind the body's biochemical garbage (free radicals) and can thus help prevent trash from turning into tumors.

The patriarchs in this polyphenol family are the flavonoids, also found in tea and wine. Flavonoids act as blood thinners, decreasing clotting. They also appear to reduce the build-up

*(Continued on page 17)*



# Athlete's Foot

By Dr. Bill Crouse,  
Overlake Hospital

## Like Water for Chocolate

(Continued from page 16)

of plaque in the arteries by lowering LDL cholesterol.

Right about now, several of you more astute readers are thinking, "Yeh, so what since the fat in chocolate increases cholesterol." In fact, it appears that the fat in chocolate has little effect on blood cholesterol. Chocolate contains three types of fatty acids. The oleic fatty acid is largely monounsaturated and thus heart healthy! The stearic fatty acid is more saturated but appears to be neutral in terms of its effect on blood cholesterol. (Does this explain why the Swiss make such great chocolate?) Chocolate also contains some palmitic fatty acid, which is highly saturated and can increase cholesterol, but two out of three ain't bad.

The magnesium in chocolate may explain why many women have premenstrual cravings for it, as magnesium appears to alleviate some of the symptoms of PMS. Apparently, if you want to make the significant woman in your life happy each month, you simply need to buy her a chocolate cheesecake. Just make sure you keep any comments to yourself about where that cheesecake is apt to end up on her body.

Pardon the voice of reason, but of course none of this is encouragement to add chocolate to every meal nor is it advice to enjoy anything but moderate amounts. (By the way, many people have asked me what the official serving size for Girl Scout Thin Mints is. Based on my "laboratory" observations, I would have to say one row, which equates to two servings per box.) Despite scads of diet book quacks (oops, I mean "authors") who would have you

(Continued on page 18)



If you've ever had a problem with athlete's foot, also known as *Tinea pedis*, you're not alone. Athlete's foot is most common of all fungal infections of the skin. About 70 percent of all people will have one or more episodes of this itchy, weeping, scaly foot rash at some time during their lives.

Fungal infections are enhanced by conditions that encourage heat, moisture, and breakdown of the skin. Perhaps that's where this common fungal infection gets its name. After all, athletes are likely to spend more time than other people working up a sweat in tennis shoes—the kind of living conditions these fungi enjoy.

It is commonly believed that athlete's foot is highly contagious. Preventive measures often include warnings about using public showers or walking barefoot in locker rooms, and encourage people to wear sandals when they do. But experiments in which researchers have tried to infect healthy skin with athlete's foot fungus suggest catching it in a public shower isn't as easy as once thought. That probably explains why one member in a family may have athlete's foot without spreading it to anyone else in the family.

The fungus that causes athlete's foot is actually a type of tiny "plant." Many people have it on their skin and never get an infection, even when conditions are right for the fungus to take hold. Exactly why some people have so much trouble with athlete's foot and others don't is unclear, although a breakdown in the immune system or coexisting diseases like diabetes

tend to make people even more susceptible to it.

Athlete's foot symptoms may vary from one person to another. In some people, the skin between the toes becomes soft and peels away. It may crack and ooze. The skin between the fourth and fifth toes is particularly vulnerable. Other people may experience a red, itchy rash or even blisters on the soles and sides of the feet. If the toenails get infected, there can be scaling, crumbling, thickening, and the nails may even fall off.

Because other conditions can be confused with athlete's foot, it's a good idea to seek a doctor's advice before starting treatment. If it's athlete's foot, a topical cream and special foot care may be enough to eradicate the infection. Treatment usually lasts four to six weeks. For stubborn infections, or when the nails are involved, oral antifungal medication may be needed. In this case again, the treatment usually lasts for several weeks.

To help prevent athlete's foot, wash your feet daily. Dry them completely, especially in between the toes. For sweaty feet, use an absorbent foot powder such as Zeasorb to help keep feet dry. Wear clean cotton socks and shoes or sandals that "breathe." Avoid plastic, rubber, or tennis shoes that are more likely to make feet sweaty. Experts recommend washing tennis shoes and socks in hot water to kill fungus, and using disinfectant or diluted bleach on shower and bathroom floors.

*Bill Crouse, MD, is Vice President and Chief Medical Information Officer for the Overlake Venture Center and Overlake Hospital Medical Center in Bellevue.*

## Like Water for Chocolate

(Continued from page 17)

believe otherwise, one of the most essential rules in healthful eating is that nothing need truly be taboo. Balance, variety, and moderation are still the only rules that apply.

So, what do these concepts mean when it comes to mouth-watering chocolate? I've actually been feeding myself for some time now and I'm still not sure. According to Consumer Reports, Godiva makes the best variety of chocolate, followed by Teuscher and Dove. Some research says that dark chocolate is the most preferable variety because it's the least processed and thus retains the most antioxidants as well as the least added fat. Moderation, according to health guru Dr. Dean Ornish, is one piece per day, but does that mean a single Hershey miniature or a life-sized Easter Bunny? Balance must mean that if your slab of chocolate cake rolls off the plate when you're carrying it to the couch, then it's not balanced... or something like that.

In all honesty, if chocolate does bring joy to your mouth, your stomach, and maybe even your mind or your soul, then go for it. The experience of good food is truly one of the healthiest we have. Just as only a few amazing souls can swim the Chesapeake Bay, only a few of us can enjoy infinite flavors and quantities of chocolate without becoming a personal floatation device. The rest of us have to seek out our favorites and discover which types and amounts work best for us.

*Alice Phillips is the Fitness Chair for the Virginia LMSC. Alice says, "If anyone asks you why they should trust what I say, feel free to tell them that no, I'm not a doctor, but I do play one on TV." Alice has been a worksite health educator for 10 years and has a Master's in health.*

## Letter from Ron Sims

This letter from Ron Sims and request for ideas has been sent to PNA and other groups. King County pools need your help. Write letters. Contact the newspapers. Let your local officials know how you feel. Point out Masters or adult swimming. If you have ideas, let Ron Sims know.

Dear Concerned Citizen:

Since you are someone who has indicated a desire to be kept informed on issues related to King County's parks system, I wanted to update you on where we stand and share some good news.

Though the challenges ahead of us are still great, we have made exciting progress on our goal to

create new partnerships and do business differently.

King County is seeking ideas for new public-private ventures for pools and parks. We are seeking new and innovative concepts that will enhance services and generate revenue for parks and pools. A formal Request for Ideas and Proposals (RFI&P) is being distributed nationwide and any for-

## King County Pools

This is the current status of King County's pools:

Auburn Pool—Auburn has not negotiated with the county and likely won't. The pool's closure, however, isn't imminent: King County must operate another four years under the terms of the bond issue that financed it.

Enumclaw Pool—Enumclaw is exploring the possibility of taking over the pool.

Federal Way Pool—Federal Way is discussing ways to raise revenue to operate the pool.

Kent Pool—Kent earlier sent a letter to the county saying it had no interest in operating the pool.

Mary Wayte Pool—Mercer Island has declined taking over ownership and the pool will likely close December 31.

Mt. Rainier Pool—Des Moines is seeking to form a coalition with nearby cities or other groups to operate.

Mt. Si View Pool—North Bend is considering forming a parks district to operate the pool.

Northshore Pool—Northshore School District is brainstorming with Bothell, Woodinville, and Kenmore to operate the pool.

Redmond Pool—Redmond has made no commitments. It's a strong possibility that the pool will close on December 1.

South Central Pool—Tukwila has negotiated with the county and may take over operation of the South Central Pool in exchange for other considerations.

Cottage Lake, Evergreen, Renton, Tahoma, Vashon, and Weyerhaeuser King County Aquatics Center are to be kept open by the county.

*Thanks to Seattle Post-Intelligencer Reporter for information on the Auburn, Federal Way, Kent, Mt. Rainier, Mt. Si View, and South Central pools.*





profit, non-profit, group or individual is eligible. If you have an idea, we want to hear it. We are interested in all ideas, even if you are unable to personally implement it. For more information I invite you to read the news release posted on my web site, at <http://www.metrokc.gov/exec/news/2002/100302.htm>.

More transfers and negotiations continue. Earlier this week, we announced the transfer of Beaver Lake Park and Lodge to the City of Sammamish. A news release with more information is posted online, at <http://www.metrokc.gov/exec/news/2002/100102.htm>. This is the second major transfer. As you may recall, in July we announced an agreement to transfer Juanita Beach to the City of Kirkland.

We have continued our discussions with other cities, and with few exceptions, we expect most of the roughly 35 local parks

to remain open under local ownership. I would like to express my appreciation to cities for stepping up to the plate and even expressing an interest in taking parks adjacent to, but outside of, their boundaries. It is a great example of government working collaboratively, and your input to your cities has helped greatly.

We also continue our discussions with cities to transfer pools. Discussions are going well with respect to most pools. Though we are making progress, time is running out. We are offering cities a generous financial package that includes five years of capital needs, not less than \$50,000 for capital enhancements and the money King County would otherwise spend mothballing the pools in 2003 (enough to operate each pool for about three months). More information about our discussions

with pools is available online, at <http://www.southcountyjournal.com/sited/story/html/106892>.

More positive news to come. Though faced with tremendous challenges, including layoffs, the King County Parks staff has remained vigilant in their efforts to enhance King County parks and pools and change the way we do business. Next week I will make several announcements about exciting new things happening and I will update you then.

Thank you again for your continued support of our parks system.

Sincerely,

Ron Sims  
King County Executive



## WetSet Subscription / Change of Address Form

The *WetSet* is PNA's official newsletter. It is produced ten 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 subscribe, please send this completed form to:

**Important** —The *WetSet* is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.

Arni Litt  
PNA Registrar  
1920 10th Ave E  
Seattle, WA 98102-4253

Attach old address label here (if available)

Name \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ USMS # \_\_\_\_\_

Change of Address

New Subscription

Subscription Renewal

*If you would like to become a PNA member or renew your membership, and receive The WetSet and Swim Magazine, please use the 2003 Registration Application elsewhere in this newsletter.*



# A Message from the Registrar

Arni Litt

USMS Registration for 2002 closes Oct. 31, 2002. Although your 2002 membership is valid until the end of the year, I am requesting that you register early for 2003. You will receive a 2003 registration form in the mail during November, so **do not** use the 2002 form.

In order to make my job easier, please read and fill out the form completely:

- Use your best grade school penmanship. Clear, distinct handwriting will insure that your subscription to the *WetSet* and to *SWIM Magazine* will continue uninterrupted.
- Include your zip+4. You can find the last 4 digits at the US Postal Service web site (<http://www.usps.com/zip4/>). The extra four digits help the delivery of bulk mail.
- Choose your club: PNA, SQM, or Unattached.
- Include your swimming group or team or Unattached.
- Seniors, please notice the optional reduced fee.
- If you are a swimmer that needs a bit of help with your 2003 registration fee, you may choose the reduced fee.

When you do get your new card, take it to your favorite copy center and make several copies, put one in a luggage tag and attach it to your swim bag, and put the rest in a safe, but not secret place. It seems that chlorine must affect our memory and secret places stay too secret. There will be a \$5 charge for reissues and last minute faxed copies.

During the year, if your name, address, phone number, or e-mail change, contact me so your subscriptions will continue. Also if you decide to change LMSCs during the year, you may do so without paying the annual registration fee. Contact the new LMSC's Registrar for the necessary form.

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**Pacific Northwest Association of Masters Swimmers**  
1000 Cabin Cr Lane SW D301  
Issaquah, WA 98027

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