



PNA Members Swim Sharkfest and the Strait of Gibraltar

**DON'T
MISS THIS
STUFF**



Leading Off	Page 2
Masters Calendar	Page 3
Coach Profile ORCA'S Paul Ikeda	Page 4
Pentathlon Results	Page 5
Health & Fitness	Page 9
Sharkfest and Gibraltar	Pages 11 & 12
PNA Board Minutes	Page 13
USMS Convention Summary	Page 15
Northwest Zone SCM Champs Entry Form	Page 18
PNA Registration Form	Page 19

Photo by Frank Leonard



Posing for a group shot with Alcatraz in the background are nine of the ten NEO swimmers who competed in the 11th Annual Alcatraz Sharkfest Swim. Front (from left): Orna Kristal, Robin O'Leary, Cathy Cooley & Frank Leonard. Back row: Leigh Johnson, Sheryl Melvin, Mike McColly, Barry Gjerdrum (holding son Finn) & Hans Heussy.

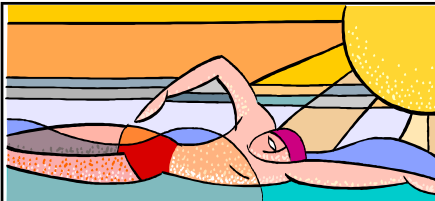
Ten swimmers from the North End Otters (NEO) traveled to San Francisco last month to participate in the 11th Annual Alcatraz Sharkfest Swim™, a 1.5-mile swim from Alcatraz Island to San Francisco's Aquatic Park. More than 900 people signed up for the event, which traverses chilly and occasionally shark-infested San Francisco Bay. But only 600 finished. Among them: all ten NEO members, several of whom took firsts. You'll find NEO

swimmer Frank Leonard's first-hand account on page 12.

Swimming the Strait

PNA members Scott Lautman and Charlie Van Zandt, along with Scott's brother Mark, all swam the 22-kilometer Strait of Gibraltar last month. According to the Strait of Gibraltar

(Continued on page 11)



WET SET

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Now that Indian summer is here with a chill in the mornings and warm afternoon sun, its time to set our sights on fall and winter swimming. But let's not leave summer too soon. Read elsewhere in this month's newsletter about some open water adventures of your fellow PNA swimmers.

Some swimmers' stories we hear about and share with you, but there are many others we don't hear about. Let us know what you and your lane mates are doing, and about your team activities.

A Perfect Time to Refocus

For many of us our swimming has moved indoors and we are spending less time in pursuit of outdoor activities. This is a perfect time to focus on strength and conditioning, and improve your technique. Start your workouts with stretching and an easy warm-up as well as an easy cool-down and more stretching afterward. Get enough sleep and pay attention to your diet. Focus on quality workouts. I guarantee you will get more enjoyment from your practice time.

We Want Your Comments

The PNA board is interested in knowing why you swim. Is it for fitness, competition or both? So PNA can better serve your needs, we would like to hear from you.

Please share with me your comments, likes and dislikes, about the sport of swimming, Masters swimming, competition, fitness, special events (Postal swims, February Fitness Challenge, Check Off Challenge, stroke clinics, etc.), coaching, practices, workouts, newsletters and websites, or anything else.

LEADING OFF



By Jeanne Ensign,
PNA
President

We have a board planning retreat scheduled for early January and we will be discussing your comments and ideas. You can email me at jeanne@raincity.com or call (206) 324-1354. I look forward to hearing from you.

BAM Coach Thanks Team, PNA and Others for Support

Editor's Note: The following is an abbreviated version of a letter BAM coach Lynn Wells recently sent to USMS, BAM, BIPRD (Bainbridge Island Parks and Recreation Department) and the PNA Board.

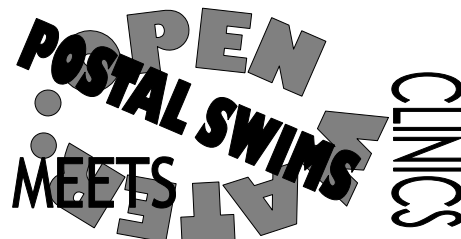
Thanks to all of you for the monetary contribution that allowed me to participate recently in the American Swim Coaches

(Continued on page 8)

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 2003-2004 CALENDAR



*Events in Washington, Oregon, British Columbia, Idaho and Alaska, plus USMS Championship events.
PNA Events are listed in bold.*

October 18, 2003
Second Annual BAMFEST
SCY Swim Meet
Bainbridge Island Aquatic Center
Brian Russell (206) 842-5849
brian_a_russell@urscorp.com

November 8-9, 2003
Northwest Zone Short Course
Meters Championships
South Kitsap High School
Port Orchard, WA
Steve Peterson (360) 692-1669
speterson@bandwagon.net
(See entry form on page 18)

January 1-31, 2004
USMS One-Hour Postal
Championship
Nancy Ridout (415) 892-0771
nancyridout@mindspring.com
Chris Foote (415) 457-9645
dummy4me80@hotmail.com

January 18, 2004
SCY Meet
Anacortes, WA

February 15, 2004
SCM Meet
Bellevue Club, WA

March 14, 2004
SCY Mercer Island Sprint Meet
Mercer Island, WA

April 9-10, 2004
SCY PNA Champs
WKCAC
Federal Way, WA

April 22-25, 2004
USMS Short Course
Championships
Indianapolis, IN
Mel Goldstein (417) 253-8829
goldstein@mindspring.com

May 5-September 30, 2004
USMS 5K & 10K Postal
Championship
Bruce Hopson (314) 569-2220
(314) 569-0382
bhopson@swbell.net

6/12/2004
USMS 5K Open Water
Championship
Fernandina, FL
Edward Gaw
edginc@att.net

6/27/2004
USMS 2-Mile Cable Championship
Eagle Creek Reservoir,
Indianapolis, IN
Mel Goldstein (317) 253-8289
goldstein@mindspring.com

6/28/2004
USMS 1 Mi Open Water
Championship Wildwood, NJ
Vicki Anders (410)502-5395
andervi@jhmi.edu

July 2004
3.5K Open Water Championship
Applegate Lake, Jacksonville, OR
Dan Gray (541)890-5483
dangray45@hotmail.com

July 2004
2004 USMS 10K Open Water
Championship Huntington Bay,
Huntington, NY
Bea Hartigan (631)271-3349
bea10k@yahoo.com

8/11-8/15/2004
USMS Long Course
Championships
Savannah, GA
Scott Rabalais (912) 927-7016
scottrabalais@compuserv.com

9/1-10/31/2004
USMS 3000/6000 Yard Postal
Championship
Bob Bruce (541) 317-4851
bobbruce13@attglobal.net

9/12-9/19/2004
US Aquatic Sports Convention
Orlando, FL

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

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

ORCA Coach Paul Ikeda Swims, Bikes and Works with Boeing Pensions

Coach Profile

Paul Ikeda didn't swim much as a child, primarily because athletics weren't high on his family's priority list. "My mother thought studying was more important," says Paul.

Studying certainly paid off for Paul. He wound up at a top school for college, the University of Virginia, graduating from there in 1981 with a B.A. in Mechanical Engineering. The next year he earned a masters degree in Engineering from Stanford.

In college Paul started lap swimming for fitness. When he went to work in 1985 for Boeing, he started swimming with a group of fellow employees. Four years later, he joined ORCA, a PNA team that swims at Seattle University. He's also a member of GLAD, which swims at Seattle's Evans Pool.



Photo by Paul Ikeda

Paul Ikeda after finishing the AIDS/LifeCycle 2 Ride this past June.

Orca Coach Since 2001

Paul started coaching ORCA two years ago. He limits his ORCA coaching to two of the team's five weekly workouts because he doesn't want to spend all his pool time coaching. On a temporary basis Paul is also coaching GLAD once a week until that team hires a full-time person.

Paul enjoys coaching, he says, "because I like talking with people. It's my social outlet, and I like watching people get better."

Working with Actuaries

At Boeing, Paul works with actuaries on employee pensions. Strictly speaking, this isn't engineering work. But it involves math and modeling, subjects familiar to Paul because of his engineering background. "I also have a sister who used to be an actuary," he says.

Major Bike Ride

Two years ago, Paul started bicycling. In June he completed the AIDS/LifeCycle 2, a seven-day, 585-mile event from San Francisco to Los Angeles. The money raised—a minimum of \$2,500 per rider—supports the San Francisco AIDS Foundation and the HIV/AIDS services of the L.A. Gay & Lesbian Center. Paul enjoyed the ride so much he already signed up for it next year.

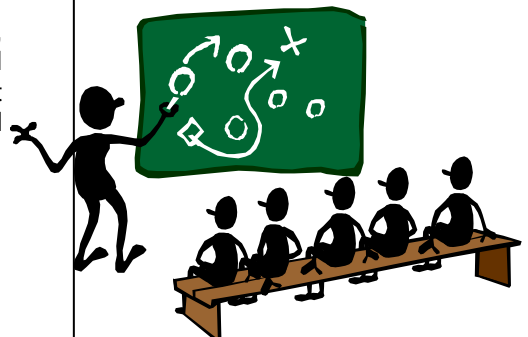
Between Paul's bicycling, swimming, coaching and Boeing career, his mother must certainly be proud—and glad she encouraged him to study.

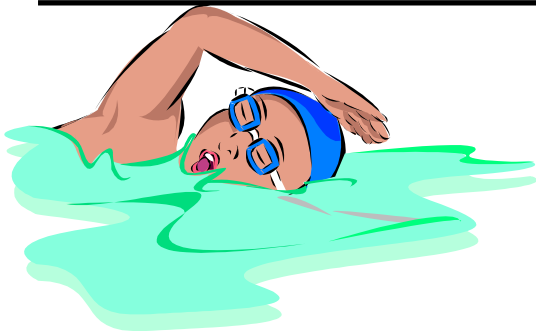


Swimmers and Coaches Clinic Dec. 13 & 14

- Featuring Bob Bruce, 2003 USMS Coach of the Year and Sara Quan, Masters National Record Holder
- Clinic Includes Underwater Stroke Video Taping
- Mark Your Calendars

Look for details in November *WetSet*





Sixth Annual Short Course Meters Pentathlon September 27, 2003

This year's Pentathlon at the John Vanderzicht Memorial Pool in Oak Harbor drew 60-plus swimmers, about the same number as last year. Four of the bravest competed in the Animal Division, which meant that in the space of three-plus hours they raced in four individual 200 Meter events and then wrapped up their "pentathlon" with a 400 IM. Whew!

Congratulations to all who participated. And thanks to Pentathlon Meet Director Sally Dillon and her able crew, who staged this exciting event.

P PNA Record
Z Northwest Zone Record

WOMEN 25-29

50 M. FREE		
RENEE HUKKANEN	26 BEST	30.67
50 M. BACK		
RENEE HUKKANEN	26 BEST	34.01
50 M. BRST		
RENEE HUKKANEN	26 BEST	38.18
50 M. FLY		
RENEE HUKKANEN	26 BEST	31.90
100 M. I.M.		
RENEE HUKKANEN	26 BEST	1:14.44

WOMEN 30-34

50 M. FREE		
ELLEN CULLOM	33 SAC	47.41
50 M. BACK		
ELLEN CULLOM	33 SAC	1:02.34
50 M. BRST		
ELLEN CULLOM	33 SAC	53.56
50 M. FLY		
ELLEN CULLOM	33 SAC	1:18.73
100 M. I.M.		
ELLEN CULLOM	33 SAC	2:04.23

WOMEN 35-39

50 M. FREE		
JODI STEBBINS	35 LYNN	36.26
KATHY MOORE	36 PNA	37.09
CJ MORLAN	39 PNA	38.01
100 M. FREE		
KERRY DUVALL	37 WRW	1:09.05

50 M. BACK		
KATHY MOORE	36 PNA	44.10
CJ MORLAN	39 PNA	45.02
JODI STEBBINS	35 LYNN	47.18
100 M. BACK		
KERRY DUVALL	37 WRW	1:25.04
50 M. BRST		
CJ MORLAN	39 PNA	50.23
KATHY MOORE	36 PNA	50.29
JODI STEBBINS	35 LYNN	54.57
100 M. BRST		
KERRY DUVALL	37 WRW	1:30.90
50 M. FLY		
KATHY MOORE	36 PNA	42.76
CJ MORLAN	39 PNA	44.62
JODI STEBBINS	35 LYNN	46.13
100 M. FLY		
KERRY DUVALL	37 WRW	1:22.74
100 M. I.M.		
CJ MORLAN	39 PNA	1:35.57
KATHY MOORE	36 PNA	1:38.44
JODI STEBBINS	35 LYNN	1:43.36
200 M. I.M.		
KERRY DUVALL	37 WRW	3:00.43

50 M. BACK		
SHARI SLATER	44 WRW	49.10
CAROL WAGNER	42 WRW	50.07
100 M. BACK		
DALE FREEMAN	43 WRW	1:23.15
WENDY HOFFMAN	41 GLAD	1:35.99
50 M. BRST		
SHARI SLATER	44 WRW	52.21
CAROL WAGNER	42 WRW	58.04
100 M. BRST		
DALE FREEMAN	43 WRW	1:32.65
WENDY HOFFMAN	41 GLAD	1:42.78
50 M. FLY		
SHARI SLATER	44 WRW	40.55
CAROL WAGNER	42 WRW	45.49
100 M. FLY		
DALE FREEMAN	43 WRW	1:20.46
WENDY HOFFMAN	41 GLAD	1:44.05
100 M. I.M.		
SHARI SLATER	44 WRW	1:39.23
CAROL WAGNER	42 WRW	1:49.32
200 M. I.M.		
DALE FREEMAN	43 WRW	2:54.49
WENDY HOFFMAN	41 GLAD	3:23.69

WOMEN 40-44

50 M. FREE		
SHARI SLATER	44 WRW	37.68
CAROL WAGNER	42 WRW	39.96
100 M. FREE		
DALE FREEMAN	43 WRW	1:13.51
WENDY HOFFMAN	41 GLAD	1:22.80

WOMEN 45-49

50 M. FREE		
DONA WILLIAMS	49 UNAT	35.22
JULIE IDDON	49 WIN	36.36
TOMLINSON-MACIAS	45 INWM	37.23
200 M. FREE		
BRENDA KNUTSON	45 UNAT	2:49.64



Photo by Paul Freeman

Jodi Stebbins and William Garber from the Lynnwood Sharks display their team's swim caps.

Photo by Paul Freeman



Competing in the Pentathlon were eight swimmers from B.C.'s White Rock Wave Masters. Front row (from left): Kerry Duvall, Carol Gair, Dale Freeman and Elsa Deleeuw. Back row: Craig Slater, Shari Slater, Carol Wagner and Dave Sinitsin.

50 M. BACK		
JULIE IDDON	49 WIN	43.53
DONA WILLIAMS	49 UNAT	44.97
TOMLINSON-MACIAS	45 INWM	45.88
200 M. BACK		
BRENDA KNUTSON	45 UNAT	3:17.90
50 M. BRST		
JULIE IDDON	49 WIN	45.69
DONA WILLIAMS	49 UNAT	46.26
TOMLINSON-MACIAS	45 INWM	52.70
200 M. BRST		
BRENDA KNUTSON	45 UNAT	3:27.61
50 M. FLY		
JULIE IDDON	49 WIN	40.54
DONA WILLIAMS	49 UNAT	41.24
TOMLINSON-MACIAS	45 INWM	49.04
200 M. FLY		
BRENDA KNUTSON	45 UNAT	3:38.45
100 M. I.M.		
DONA WILLIAMS	49 UNAT	1:31.19
JULIE IDDON	49 WIN	1:31.51
TOMLINSON-MACIAS	45 INWM	1:39.63
400 M. I.M.		
BRENDA KNUTSON	45 UNAT	6:47.23

WOMEN 50-54

100 M. BRST		
MARGARET GLENN	51 NWM	1:58.73

WOMEN 55-59

50 M. FREE		
SALLY ANN SMITH	55 UNAT	39.78
100 M. FREE		
SARAH WELCH	56 SSEA	1:20.76 P
ARNI LITT	57 GLAD	1:34.04
JEANNE ENSIGN	56 PNA	1:50.76
200 M. FREE		
JEANNE ENSIGN	56 PNA	3:39.40
50 M. BACK		
SALLY ANN SMITH	55 UNAT	50.51
100 M. BACK		
GINGER PIERSON	57 MACO	1:37.21
SARAH WELCH	56 SSEA	1:44.76
ARNI LITT	57 GLAD	2:01.63
50 M. BRST		
SALLY ANN SMITH	55 UNAT	59.12
100 M. BRST		
GINGER PIERSON	57 MACO	1:33.69
ARNI LITT	57 GLAD	1:46.08
SARAH WELCH	56 SSEA	1:52.47

50 M. FLY		
SALLY ANN SMITH	55 UNAT	49.17
100 M. FLY		
GINGER PIERSON	57 MACO	1:34.57
SARAH WELCH	56 SSEA	1:36.75
ARNI LITT	57 GLAD	1:54.70
100 M. I.M.		
SALLY ANN SMITH	55 UNAT	1:41.89
200 M. I.M.		
SARAH WELCH	56 SSEA	3:25.58 P
ARNI LITT	57 GLAD	3:55.22

WOMEN 60-64

100 M. FREE		
BONNIE PRONK	61 MSBC	1:20.00
100 M. BACK		
BONNIE PRONK	61 MSBC	1:27.15
100 M. BRST		
BONNIE PRONK	61 MSBC	1:30.58
100 M. FLY		
BONNIE PRONK	61 MSBC	1:32.27
200 M. I.M.		
BONNIE PRONK	61 MSBC	3:06.10

WOMEN 70-74

50 M. FREE		
JANET KAVADAS	72 NEO	1:03.83
50 M. BACK		
JANET KAVADAS	72 NEO	1:12.61
50 M. BRST		
JANET KAVADAS	72 NEO	1:13.45
50 M. FLY		
JANET KAVADAS	72 NEO	1:39.01
100 M. I.M.		
JANET KAVADAS	72 NEO	2:37.26

WOMEN 75-79

50 M. FREE		
ELSA DELEEUEW	79 WRW	46.96
50 M. BACK		
ELSA DELEEUEW	79 WRW	1:03.00
50 M. BRST		
ELSA DELEEUEW	79 WRW	1:00.70
50 M. FLY		
ELSA DELEEUEW	79 WRW	1:08.38
100 M. I.M.		
ELSA DELEEUEW	79 WRW	2:06.37

MEN 19-24

00 M. FREE		
JASON SPEER	22 SSEA	2:20.58
200 M. BACK		
JASON SPEER	22 SSEA	2:43.26
200 M. BRST		
JASON SPEER	22 SSEA	3:17.35
200 M. FLY		
JASON SPEER	22 SSEA	2:54.21 P
400 M. I.M.		
JASON SPEER	22 SSEA	6:12.84

MEN 25-29

50 M. FREE		
ERIC HUKKANEN	25 BEST	26.55
50 M. BACK		
ERIC HUKKANEN	25 BEST	33.30
50 M. BRST		
ERIC HUKKANEN	25 BEST	38.39
50 M. FLY		
ERIC HUKKANEN	25 BEST	29.02
100 M. I.M.		
ERIC HUKKANEN	25 BEST	1:10.92

MEN 30-34

50 M. FREE		
KEVAN BATES	32 WIN	25.83
100 M. FREE		
DAVE ALLES	31 PNA	1:04.22
TOM SCHULTZ	32 PNA	1:06.72
WILLIAM GARBER	34 LYNN	1:11.77

50 M. BACK		
KEVAN BATES	32 WIN	29.15
100 M. BACK		
DAVE ALLES	31 PNA	1:15.63
TOM SCHULTZ	32 PNA	1:27.89
WILLIAM GARBER	34 LYNN	1:34.63
50 M. BRST		
KEVAN BATES	32 WIN	32.69
100 M. BRST		
DAVE ALLES	31 PNA	1:26.76
WILLIAM GARBER	34 LYNN	1:28.33
TOM SCHULTZ	32 PNA	1:31.64
50 M. FLY		
KEVAN BATES	32 WIN	27.74
100 M. FLY		
DAVE ALLES	31 PNA	1:15.09
WILLIAM GARBER	34 LYNN	1:21.81
TOM SCHULTZ	32 PNA	1:25.69
100 M. I.M.		
KEVAN BATES	32 WIN	1:12.52
200 M. I.M.		
DAVE ALLES	31 PNA	2:42.67
TOM SCHULTZ	32 PNA	2:57.99
WILLIAM GARBER	34 LYNN	3:04.63

MEN 35-39

50 M. FREE		
PETER HEUSEL	35 WIN	26.66
GREG MARGHARITIS	37 WIN	26.93
100 M. FREE		
CHRIS GAARDER	38 OREG	1:03.81
GARVIN MORLAN	39 PNA	1:06.67
DAVID MCINTOSH	36 WRW	1:08.14
MICHAEL GRIMM	35 PRO	1:09.29
50 M. BACK		
PETER HEUSEL	35 WIN	31.99
GREG MARGHARITIS	37 WIN	34.63
100 M. BACK		
DAVID MCINTOSH	36 WRW	1:21.97
CHRIS GAARDER	38 OREG	1:23.11
GARVIN MORLAN	39 PNA	1:23.25
MICHAEL GRIMM	35 PRO	1:26.17
50 M. BRST		
PETER HEUSEL	35 WIN	34.77
GREG MARGHARITIS	37 WIN	36.34
100 M. BRST		
CHRIS GAARDER	38 OREG	1:18.64
MICHAEL GRIMM	35 PRO	1:26.99
GARVIN MORLAN	39 PNA	1:28.99
DAVID MCINTOSH	36 WRW	1:31.03
50 M. FLY		
PETER HEUSEL	35 WIN	29.08
GREG MARGHARITIS	37 WIN	29.40
100 M. FLY		
CHRIS GAARDER	38 OREG	1:15.49
GARVIN MORLAN	39 PNA	1:16.11
MICHAEL GRIMM	35 PRO	1:16.24
DAVID MCINTOSH	36 WRW	1:26.63
100 M. I.M.		
PETER HEUSEL	35 WIN	1:06.70
GREG MARGHARITIS	37 WIN	1:13.87
200 M. I.M.		
CHRIS GAARDER	38 OREG	2:44.80
MICHAEL GRIMM	35 PRO	2:51.01
GARVIN MORLAN	39 PNA	2:52.30
DAVID MCINTOSH	36 WRW	2:56.63

MEN 40-44

50 M. FREE		
BOB FISH	40 BMSC	26.93
JAMES LITTLEFIELD	43 SAC	27.78
BOB SCHLEMMER	44 SAC	29.81
DAVID SINITSIN	43 WRW	36.75
100 M. FREE		
DAN SMITH	40 FWM	1:03.34
CRAIG SLATER	43 WRW	1:04.26
200 M. FREE		
ERIC DYBDAHL	43 UNAT	2:29.86
50 M. BACK		
BOB FISH	40 BMSC	32.33
JAMES LITTLEFIELD	43 SAC	33.25
BOB SCHLEMMER	44 SAC	38.29
DAVID SINITSIN	43 WRW	51.73



100 M. BACK		
CRAIG SLATER	43 WRW	1:14.74
DAN SMITH	40 FWM	1:19.87
200 M. BACK		
ERIC DYBDAHL	43 UNAT	2:49.01
50 M. BRST		
BOB FISH	40 BMSC	37.67
JAMES LITTLEFIELD	43 SAC	41.45
BOB SCHLEMMER	44 SAC	41.99
DAVID SINITSIN	43 WRW	45.56
100 M. BRST		
DAN SMITH	40 FWM	1:20.61
CRAIG SLATER	43 WRW	1:21.31
200 M. BRST		
ERIC DYBDAHL	43 UNAT	3:30.45
50 M. FLY		
JAMES LITTLEFIELD	43 SAC	30.53
BOB FISH	40 BMSC	30.89
BOB SCHLEMMER	44 SAC	33.13
DAVID SINITSIN	43 WRW	48.63
100 M. FLY		
DAN SMITH	40 FWM	1:10.59
CRAIG SLATER	43 WRW	1:12.14
200 M. FLY		
ERIC DYBDAHL	43 UNAT	2:45.47
100 M. I.M.		
BOB FISH	40 BMSC	1:09.58
JAMES LITTLEFIELD	43 SAC	1:13.74
BOB SCHLEMMER	44 SAC	1:18.20
DAVID SINITSIN	43 WRW	1:38.52
200 M. I.M.		
DAN SMITH	40 FWM	2:40.57
CRAIG SLATER	43 WRW	2:40.61
400 M. I.M.		
ERIC DYBDAHL	43 UNAT	5:58.67

MEN 45-49

50 M. FREE		
JESSE MACIAS	45 INWM	55.43
100 M. FREE		
DONALD SPENCER	46 PRO	1:02.46
50 M. BACK		
JESSE MACIAS	45 INWM	1:33.38
100 M. BACK		
DONALD SPENCER	46 PRO	1:14.40
50 M. BRST		
JESSE MACIAS	45 INWM	1:22.77

100 M. BRST		
DONALD SPENCER	46 PRO	1:24.85
50 M. FLY		
JESSE MACIAS	45 INWM	1:26.35
100 M. FLY		
DONALD SPENCER	46 PRO	1:10.92
100 M. I.M.		
JESSE MACIAS	45 INWM	3:14.40
200 M. I.M.		
DONALD SPENCER	46 PRO	2:39.02

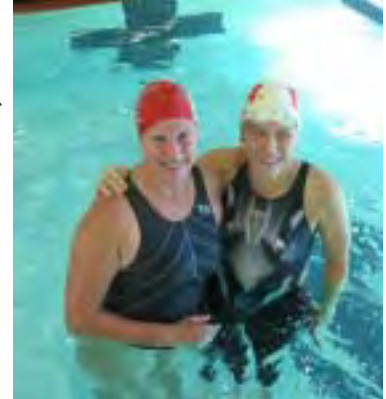
MEN 50-54

200 M. FREE		
SCOTT LAUTMAN	51 UNK	2:18.43
200 M. BACK		
SCOTT LAUTMAN	51 UNK	2:53.23
200 M. BRST		
SCOTT LAUTMAN	51 UNK	3:07.59
200 M. FLY		
SCOTT LAUTMAN	51 UNK	2:30.75
400 M. I.M.		
SCOTT LAUTMAN	51 UNK	5:47.87

MEN 55-59

50 M. FREE		
STEVEN PETERSON	57 OOPS	31.69
AART LOOYE	59 WIN	33.84
DENNIS SAWYER	59 BAM	34.00
GARY STAMPER	58 GLAD	38.08
100 M. FREE		
HUGH KIMBALL	57 GLAD	1:24.45
50 M. BACK		
AART LOOYE	59 WIN	38.68
STEVEN PETERSON	57 OOPS	41.46
GARY STAMPER	58 GLAD	44.83
DENNIS SAWYER	59 BAM	48.98
100 M. BACK		
HUGH KIMBALL	57 GLAD	1:55.66
50 M. BRST		
STEVEN PETERSON	57 OOPS	37.42
GARY STAMPER	58 GLAD	40.48
DENNIS SAWYER	59 BAM	41.85
AART LOOYE	59 WIN	59.99
100 M. BRST		
HUGH KIMBALL	57 GLAD	1:46.94

Photo by Paul Freeman



Ginger Pierson from Oregon's MACO and Bonnie Pronk from B.C.'s MSBC.

50 M. FLY		
STEVEN PETERSON	57 OOPS	36.26
AART LOOYE	59 WIN	40.38
GARY STAMPER	58 GLAD	42.59
DENNIS SAWYER	59 BAM	48.90
100 M. FLY		
HUGH KIMBALL	57 GLAD	1:52.93
100 M. I.M.		
GARY STAMPER	58 GLAD	1:32.96
DENNIS SAWYER	59 BAM	1:36.33
AART LOOYE	59 WIN	1:37.18
200 M. I.M.		
STEVEN PETERSON	57 OOPS	2:51.46
HUGH KIMBALL	57 GLAD	3:37.88

MEN 60-64

50 M. FREE		
LEE CARLSON	63 PNA	39.72
100 M. FREE		
PAUL FREEMAN	60 SSEA	1:18.56
50 M. BACK		
LEE CARLSON	63 PNA	44.62
100 M. BACK		
PAUL FREEMAN	60 SSEA	1:53.42
50 M. BRST		
LEE CARLSON	63 PNA	50.37
100 M. BRST		
PAUL FREEMAN	60 SSEA	1:41.73
50 M. FLY		
LEE CARLSON	63 PNA	50.61
100 M. FLY		
PAUL FREEMAN	60 SSEA	1:42.30
100 M. I.M.		
LEE CARLSON	63 PNA	1:42.44
200 M. I.M.		
PAUL FREEMAN	60 SSEA	3:31.05

MEN 75-79

100 M. FREE		
HARVEY PROSSER	75 NWM	1:31.06 P
100 M. BACK		
HARVEY PROSSER	75 NWM	1:57.95
100 M. BRST		
HARVEY PROSSER	75 NWM	2:08.15
100 M. FLY		
HARVEY PROSSER	75 NWM	2:04.62 P
200 M. I.M.		
HARVEY PROSSER	75 NWM	4:07.55 P

MEN 80-84

50 M. FREE		
ANDREW HOLDEN	84 OREG	37.80 Z
50 M. BACK		
ANDREW HOLDEN	84 OREG	49.38
50 M. BRST		
ANDREW HOLDEN	84 OREG	55.54
50 M. FLY		
ANDREW HOLDEN	84 OREG	46.04
100 M. I.M.		
ANDREW HOLDEN	84 OREG	1:47.90

Photo by Paul Freeman



Pentathlon competitor Harvey Prosser (Men 70-75), along with his son Steve, Steve's wife Ana and their daughter Octavia.

(Continued from page 2)

Lynn Wells Letter

Association (ASCA) Clinic in San Diego.

To the USMS, I want you to know that the speakers at the clinic were knowledgeable, positive, motivational and inspirational. Each left me feeling how important Masters coaches are to our community and the development of our athletes and ourselves.

To my BAM (Bainbridge Aquatic Masters) team, you are my lifeline. My deepest appreciation and gratitude to all of you. We count heavily on one another for support and affirmation each day, as we grow and excel in our athletic and personal lives.

To BAM's parent organization, BIPRD, you also sponsored me in past clinics. Those clinics fueled my desire to become a professional swim coach. BIPRD's aquatics director strongly supports a professional Masters swim program. When I bring new ideas to BIPRD, they are appreciated and generally applied.

To PNA (Pacific Northwest Association of Masters Swimming), you were my catalyst into Masters Swimming. After volunteering in 1997 at a PNA-sponsored meet, I became hooked on Masters swimming. PNA has provided me endless growth opportunities, including countless opportunities to learn from coaches, vendors and administrators at the international, national, regional and local level.

Because of all of you, I am a better coach and person.

Take the 30-Minute Challenge

The 30-minute challenge is a fitness event to help swimmers improve or build on their base and "open the door" for longer postal swims and meet events such as the 1000 or 1650.

Here is a plan that I would like your help and support with before the end of the year:

- Take the 30-minute fitness challenge yourself.
- Record your yardage and send in your entry. It only costs \$5. You can find the form on the "fitness" tab on the left margin at www.USMS.org.
- Talk up the challenge and see if you can recruit at least two or three teammates to do it with you.
- If 70 percent of your team takes the challenge, this achievement will be acknowledged on the USMS Web site.
- If you are a coach, encourage your team to do the challenge. You can do it as part of the 3000/6000 postal swim through October or you can do it to get ready for the hour swim.
- If you're not a coach, talk to your coach about doing the swim.

Everyone doing the swim will receive a certificate and can order a t-shirt for \$15.

This is a great way for us to "walk our talk." Let me know how the swim went and the logic you used to "sell" your coach or team members.

Lee Carlson
30-minute Swim Director

Welcome New PNA Swimmers

K. Bruk Ballenger
James Banfill
Kaitlin Bourne
Liza Burke
Betty Chan
Eve Cohen
Maureen Devlin
Cathy Doonan
Jennifer Evans
Jason Frazier
Robert French
Virginia Gilder
Paul Glezen
Sharon Goldstein
Carl Haynie
Amy Heyhoe-Griffiths
Jonas Højfeldt
Eric Hukkanen
Renee Hukkanen
Craig Irvine
Frazier Jason

Jerrold Jones
Laurie Leonetti
Jordan McAmmond
Ronald Messmer
John Mikrut
Robert Moore
Brad Mott
Adelle Myldred
Elizabeth Noble
Kathie Oeser
Tim Reese
Renee Russak
Elinor Saunders
Jane Swanson
Frank Tsao
Jon Walker
Stewart Williams
Barbara Yao
Tara Young
David Zuckerman

Take the 30-Minute Challenge





Health and Fitness

TOUGHEN YOUR CUFF

By Vincent M. Santoro, M.D.,
Bellevue Orthopedic Associates

"It's all downhill after 18"—at least that's what they say. Truth be told, this doesn't have to be the case. While age and degeneration go hand in hand, a training program that emphasizes aerobic conditioning, flexibility and strength can minimize the effects of aging and help stave off injury, such as the rotator cuff problems discussed in this article.

There are two types of injuries: acute and chronic. Acute injuries, such as a sprained ankle, torn ACL or dislocated shoulder, are accidental and thus out of our control. Chronic injuries may occur as a result of under- or over-training and therefore are often preventable. Rotator cuff injuries, such as rotator cuff tendonitis or (worse) a rotator cuff tear, fall into the latter category.

You may have noticed that rotator cuff problems are in the headlines a lot these days. They are a hot topic to talk about but not to experience! Let's look at ways to prevent this type of trouble.

Rotator Cuff Explained

The rotator cuff is a group of four muscles and tendons that dynamically stabilize the shoulder. The shoulder is an intrinsically unstable joint, so a weak or injured rotator cuff increases the instability of the shoulder and can be accompanied by a painful loss of function. The rotator cuff muscles act as elevators and rotators,

positioning the arm in space to throw a baseball, hit a backhand in tennis, lift a box off a shelf or reach behind us to wash our backs. These activities of daily living are taken for granted until an "event" occurs that seems to change our lives. This event may be subtle, such as hammering too many nails on a home-improvement project or skimming too many stones at the beach, or dramatic, such as shanking a golf shot or trying to throw a runner out at home plate. We ask, "What did I do?" when the pain does not abate after one, two, four or seven days. The answer generally lies in our rotator cuff!

Most of us have done weight training, concentrating on the so-called mirror muscles—the pecs, deltoids and biceps—and ignoring the back muscles and rotator cuffs. This leads to an imbalance in strength and places the rotator cuff at risk for injury. Over-training can lead to chronic irritation while undertraining leads to progressive weakness and atrophy. Couple this with lack of flexibility, bone spurs and age-related tissue degeneration and the rotator cuff mechanics may suffer irreversible damage.

Impingement

The rotator cuff acts to center the humeral head in the "socket." When the rotator cuff becomes damaged, the humeral head can rise, leading to a problem known as impingement. This is a process in which abrasion or abutment of the rotator cuff against normal or pathologic bone occurs. It is generally painful.

In sports, athletes such as golfer Greg Norman and baseball



players Kurt Schilling, Roger Clemens and Pedro Martinez have suffered from impingement and have had rotator cuff surgery. Obviously, even exceptionally trained individuals can suffer the effects of repetitive overuse.

Cuff Advice

So what do we do to stave off the effects of age and remain active in our lifestyle? Simple: You need to "toughen your cuff!" Get started in a daily stretching program, such as Yoga or T'ai Chi. These techniques increase flexibility and agility and help promote longer, leaner muscles that can handle stress better. Start an aerobic conditioning program consisting of nonimpact activities such as stationary biking or elliptical training (they protect the knees the best). Perform these activities three to five days a week for about 20 to 30 minutes at a time. This will help with your endurance. Run, sprint or jump (plyometrics) if your sport demands extra training. You may need to work with a trainer or therapist to prevent overdoing it.

Next, start your strengthening program, first concentrating on the rotator cuff and then the mirror and back muscles. Spend 20 to 30 minutes total, with at least 10 minutes on internal and external

(Continued on page 10)

(Continued from page 9)

Rotator Cuff

rotation and elevation exercises. These need to be done with light weights and multiple reps (three sets of 12). Always exercise both arms equally.

Finally, undertake a balanced weight program for the “pulling and pushing” muscles. Don’t forget the legs! Always talk with your orthopedist or therapist before initiating a new fitness program.

Performance tips

- All movements should be done slowly and deliberately.
- Do not work through pain... this may be a sign of further injury.
- Golfers, remember to turn. Use your torso to help unlock the shoulders. Also remember to stretch, especially your back.
- Tennis players, strengthen your elbows and make sure your equipment is right for your body type.
- Throwers, concentrate on external rotation strengthening.
- Swimmers, avoid the butterfly stroke if you can. Remember to use a kickboard if your shoulders hurt.

Web Sites and Resources

www.scoi.com/cuffdise.htm Good overview of rotator cuff issues.
<http://familydoctor.org/handouts/265.html>. Easy-to-follow demo on rotator cuff exercises.
 “7-Minute Rotator Cuff Solution” by Jerry Robinson and Joseph Horrigan. Available at bookstores. A great read!

Reprinted courtesy of Bellevue Club Reflections and Overlake Hospital Medical Center. Vincent M. Santoro, M.D., is an orthopedic surgeon on staff at Overlake Hospital Medical Center. Overlake is a not-for-profit regional medical center offering a full range of advanced medical services. For more information, visit the hospital’s Web site at www.overlakehospitalmedicalcenter.org.

Nutrition for Disease Prevention



By Overlake Hospital Outpatient Nutrition Services

For the two out of three adult Americans who do not smoke and do not drink excessively, the single factor that influences long-term health and successful aging more than any other is nutrition. The top three causes of death in the United States are heart disease, cancer and hypertension. Dietary factors are a major risk factor for these and many other deadly diseases.

Improving diet and lifestyle can help reduce your risk of disease. Consider quality foods, such as fresh fruits and vegetables, as medicine and allow them to guide you along a path to better health.

Although many nutritionists now recommend a daily multivitamin for protection, there are a lot of nutrients you just can’t



put in a pill. Nature has a way of putting things together in perfect proportions and we’re constantly

learning about the optimum amount of nutrients we need. Researchers are still discovering crucial phytochemicals in foods, so it’s better to get your daily nutritional requirements from a variety of foods than to isolate a particular nutrient in pill form.

Here are several nutrition chart-toppers:

Protein—necessary for building and maintaining muscle
 Good sources: lean meat, fish, chicken, milk, cheese, legumes (beans, split peas, etc.) and tofu

Vitamin C—helps keep the immune system strong
 Good sources: green peppers,

broccoli, cantaloupe and citrus fruits

Vitamin E—an antioxidant that protects cells against damage by free radicals

Good sources: nuts, vegetable oils, green leafy vegetables and fortified cereals

Beta Carotene—a precursor to vitamin A necessary for good vision
 Good sources: darkly colored fruits and vegetables such as cantaloupe, carrots, mangoes, pumpkin and green leafy vegetables

Calcium—crucial for building and keeping bones strong

Good sources: milk and milk products (yogurt, low-fat cheese), green leafy vegetables, tofu with calcium added, calcium-fortified orange juice

Vitamin D—necessary for the absorption of calcium

Good sources: just a few minutes of sunlight every day is the best source; others include eggs, fatty fish and milk and other products that are fortified with vitamin D

Folic Acid—a B-vitamin necessary for DNA, the building blocks of cells; also makes normal red blood cells to prevent anemia

Good sources: green leafy vegetables, oranges, dried beans and peas and foods fortified with folic acid, such as cereals

Water—a vital nutrient that helps move all those important vitamins and minerals through your body

Good sources: fluids can come from water, juice, milk, etc. However, be careful of drinking too many high-caloric fluids. Adequate fluid intake is important, and water is the best noncaloric fluid of all.

Eating Smart When Eating Out

The American Cancer Society provides these tips for smart dining:

(Continued on page 14)



(Continued from page 1)

Sharkfest and Gibraltar

Crossing Association, only 117 swimmers have accomplished this feat. Scott swam it in rough seas in four hours, 16 minutes, just two minutes shy of the American record.

Below is an excerpt from Mark Lautman's account of the trio's Gibraltar adventure. You can find the full account on PNA's Web site: <http://www.swimpna.org/>.



View from the Zodiac of Mark Lautman and Charlie Van Zandt swimming the Strait of Gibraltar.

The 22-kilometer strait which separates the continents of Europe and Africa, is rarely attempted by swimmers because of few good weather days, unusually strong currents, commercial ship traffic, logistical barriers and fear of sharks.

....

The Strait is plagued by notoriously high winds and unpredictable weather induced by the confluence of two oceans and the juxtaposition of two continents. Relentless high winds off the Atlantic makes the Strait one of the most popular windsurfing venues in the world.

....

Scott's Swim

Editor's note: Scott was accompanied by two ships: a deep-hulled 30 foot inboard-outboard and a 12-foot inflated Zodiac.

At a little after 6 a.m. Scott, his arms and neck greased for protection against chaffing, jumped feet first off the back of the mother ship, disappeared into the black water for what seemed a long time. When he surfaced, he took a couple of accelerated strokes and settled into a relaxed steady pace that seemed incongruent with the turbulent conditions.

With the Zodiac following 25-75 meters behind the mother ship, the swimmer is supposed to be able to

visually triangulate a heading by peeking at their relative positions during each breath.

It was obvious that the combination of darkness and the waves slamming Scott from his right side were preventing him from seeing us in the Zodiac on every breath. The mother ship was too far away for him to see unless he stopped and lifted his head. Further complicating the situation, the guy steering was having trouble keeping the Zodiac in line with the mother ship.

We were also unable to maintain an even pace with Scott. The power of the motor at its lowest setting combined with the wind quartering behind us would move the Zodiac ahead to the point where every two minutes the motor would have to be idled for 30 seconds or more to let Scott catch up.

This resulted in the Zodiac quartering ahead of him most of the time making it a lot harder for him to see us as he



looked back under his left arm to breathe. This caused Scott to occasionally lose his line

and he would start swimming away from us. At this point the guy sitting across from me in the Zodiac would shine a flashlight directly at Scott blinding him. I could tell this was a problem and I tried several times to relay my concerns about both the quartering problem and the flashlight. But they seemed preoccupied with their attempts to deal with being bounced around and blown off course.

The feeding plan was to stop every half hour and drink 6 ounces of Power Aid. I actually waited 40 minutes for the first feeding so we would be on even half hours. As Scott pulled up and treaded water a few feet away the waves were bouncing us around and I had to throw the Power Aid bottle to him. My first throw was good. He caught it, twisted the top off and drank it quickly throwing the bottle back to me. He resumed a strong mechanical pace punching holes in the waves that got in his way.

Fifteen minutes after the third feeding Scott pulled up, yelled and pointed behind us. When we turned around the sun was rising through the fog in a spectacular sunrise.

....

Soon we were in the shipping channel and looking at giant freighters and cruise ships passing by, some only a few hundred meters

(Continued on page 12)

(Continued from page 11)

Gibraltar Crossing

away. We also saw several schools of dolphins, one of which came in close to check Scott out.

....

We had entered the notorious Atlantic rip current guarding the African coast. The color of the water had changed to a dark almost metallic blue and the water began to roil like a class five rapid. Scott looked like a cork bouncing around in a grid of 1-2 foot waves. You could tell he was tired but he powered through like a machine.

....

It took about 30 minutes for him to get through the rip and into to calmer water. . . . We could see Moroccans moving along the shore and the captain decided against a beach landing preferring to call a successful crossing a couple of hundred meters past the point clearly inside the bay.

....

After a few pictures they hauled Scott into the mother ship, the Zodiac was tethered and the captain quickly throttled to full speed for the trip back to Spain for lunch and a siesta.

Tomorrow it would be Charlie's and my turn.



Mark Lautman (left) and Charlie Van Zandt high five during their Strait swim.

First-Hand Account of Sharkfest Swim by NEO's Frank Leonard



After months of training in Puget Sound and Lake Washington, ten members of the North End Otters swim team (NEO) traveled to San Francisco to participate in the 11th Annual Alcatraz Sharkfest Swim in San Francisco Bay.

The ten NEO swimmers captured four firsts, two seconds, a fourth, a fifth, a sixth and a 26th.

Thinking Sharks

The event day dawned with a bit of fog covering the course, all the better, we thought, to keep the sharks at a distance!

By race time, conditions were ideal. The water was a reputed "balmy" 65 degrees and we had sunshine in the east, so bright that swimmers who breathe only on the left side wished they had perfected their bilateral breathing.

Wetsuits Optional

There were two divisions: sans wetsuit and wetsuit. NEO head coach Robin O'Leary, Mike McColly and Donna Keyser, going sans wetsuit, came in first, first and

second respectively in their age groups.

View From the Rear

Cathy Cooley had the fastest NEO time with a 31:56.7. She came in second, just ahead of one of two nude male swimmers.

I came in right *behind* this guy. Not exactly the view I would have chosen.

Orna Kristal was concerned about the cold water. But after jumping into the Bay from the ferry for the start, was heard to say "This is warmer than the sound."

Supporting Members

Two NEO members, Julia Bent and June Vanley, didn't swim, but came with us and provided much-needed support and encouragement.

For those interested in records, the fastest time was 25:39.9, set by a young sans wetsuit woman from Cleveland. The oldest finisher was a 74-year-old woman who logged 45:07.0.

NEO Results for Alcatraz Sharkfest 2003

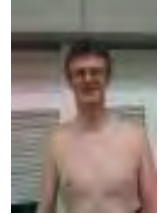
Name	Age	Gen	OA	AG	Finish
Barry Gjerdrum	34	M	112	26	0:35:22.1
Hans Heussy	20	M	57	1	0:32:44.2
Frank W. Leonard	48	M	49	6	0:32:07.3
Michael McColly	58	M	25	1	0:34:43.3 (No Wetsuit)
Orna Kristal	37	F	26	5	0:34:31.6
Robin C. OLeary	46	F	9	1	0:34:03.5 (No Wetsuit)
Donna Keyser	45	F	11	2	0:36:43.7 (No Wetsuit)
Cathy Cooley	45	F	11	2	0:31:56.7
Sheryl Melvin	45	F	40	4	0:36:16.0
M Leigh Johnson	54	F	33	1	0:35:38.0



Find Out What Your PNA Board is Doing

PNA Board Meeting Minutes

by Hugh Moore, PNA Secretary



Minutes of the PNA Board Meeting, July 22, 2003

The following motions were tentatively approved. However, a quorum was not present. Therefore, the actions will need to be approved at the August meeting.

- Minutes from June 25 as corrected
- Treasurer's report
- Champs to be hosted by Federal Way Masters at the Aquatic Center on April 9-10, 2004 (Friday & Saturday only)
- Anacortes will host a short course yards meet on January 18th 2004.
- Membership policies as amended
- Financial policies as amended
- Jerry Plunkett as at-large member

Details for these motions can be found below. Motions are shown in bold.

I. Call to Order:

A. The meeting was called to order at 7:03 by President Jeanne Ensign at the Seattle Parks and Recreation Office. Board members present included Sarah Welch, Hugh Moore, Jane Moore, Arni Litt, Lee Carlson, Chaya Amiad, and Ross Linderman. Jerry Plunkett was also present.

B. President's Report. Jeanne will arrange for name tags for board members at meets.

C. Minutes. MSA minutes from June 25 as corrected

D. Treasurer's Report. MSA Treasurer's report. A request for reimbursement for flowers for an ill board member was tabled until next month so that the exact amount will be known and a quorum will be present.

II. Board Meeting Focus

A. LCM Zone Meet organization.

Jeanne has taken care of the insurance endorsements. Lee will organize a meeting with the Aquatic Center Director. Lee will draft an email request for timers that will be distributed to board members.

B. SCM Zone Meet Host. A host for the meet is still needed.

C. 2004 Meet Schedule. The Aquatic Center reserves the same weekend each year for organizations that host annual events. Unfortunately the weekend reserved for 2004 is Easter weekend. **MSA FWM as host for PNA Champs on April 9-10. MSA Meet at Anacortes on January 18th, 2004.**

D. Policy Review: MSA revisions to membership policies. MSA revisions to financial policies. The adopted policies are attached. Meets policies will be reviewed at the August board meeting.

III. Old Business

A. Coordination of USMS Promotional Booth: We gave away approximately 10 brochures at Fat Salmon. Few participants had questions. The booth will be shipped to us on August 10th for use at the Danskin Triathlon and Emerald City Open Water. Sarah will help at Emerald City, but we still need more staffing and copies of relevant information for Emerald City Open Water.

IV. Committee Reports

A. Newsletter. The deadline for submitting articles for the September issue of the WetSet will be August 20th.

B. Membership: We have 1094 members, including 2 members residing in Canada, 1 in Russia, and 1 in Japan. Arni will draft a letter reminding coaches of insurance requirements. The letter will be reviewed by officers, then distributed to coaches and team reps.

C. Coaches. Lee announced that all five coaches who applied for USMS support to the ASCA clinic were approved.

D. Long Distance. Sally submitted a written report on Fat Salmon and the upcoming open water swims at Elk Lake, Oregon. The 5K/10K postal swim at South Kitsap has been changed to August 16.

V. New Business.

MSA to appoint Jerry Plunkett as At-large Representative

VI. Next Meetings

The next meeting will be at the Federal Way Regional Library. A review of Convention issues will be on the agenda. Future meetings include Tuesday, September 23rd at Seattle Parks and Tuesday, October 28th at Bellevue Club
Adjourned at 9 pm.

PNA STANDING POLICIES

Membership

R-1 Membership chair shall use the electronic database to enter and correct registration information.

R-2 The membership chair shall have access to email.

R-3 Membership Chair shall send an updated membership list with name, registration number, and date of birth to the meet director approximately 1 week before each meet.

R-4 PNA mailing list shall not be given out for commercial purposes; it shall only be used for official PNA business.

R-5 Requests for use of the PNA membership list shall be presented to the board for approval on a case-by-case basis.

R-6 Transfers from other LMSCs or within the PNA shall be charged the applicable USMS transfer fee plus a handling fee of \$1.50.

R-7 Annual registration fee for

(Continued on page 14)

(Continued from page 13)

Board Minutes

PNA membership shall be the required USMS registration fee plus \$15.00 per person or plus \$5.00 per person for those aged 65 and over and for needs based requests. A reduction in the total fee to \$20 shall be effective beginning September 1st for the current year. If an amount is overpaid the excess shall be transferred to the Wiggin Fund, although it can be refunded at the discretion of the membership chair.

R-8 Membership fee for non-US residents shall be \$40.00 per person per year.

R-9 There may be a \$5.00 charge for faxed and/or duplicate registration cards. 9/28/02

R-10 Registration records shall be retained for seven years.

Finance

F-1 Team fees shall be \$10.00 per year.

F-2 All bills that are presented for payment must come complete with supporting documentation for protection of PNA non-profit status.

F-3 PNA checking account shall be maintained at a large regional bank with many different branches for ease of transacting PNA business.

F-4 President and Treasurer shall have authority to sign checks.

F-5 Upon receipt of a notification of a NSF check for membership, a letter shall be sent to the check writer. The check writer shall have 30 days from the date of the letter to respond at which time the check writer shall be notified of being dropped from the LMSC membership.

F-6 PNA fiscal year shall be the calendar year.

F-7 The Board must approve any expense over \$25.00 prior to payment or reimbursement.

F-8 PNA shall contribute \$0.25 per swimmer as of May 1st to the NW Zone fund.

F-9 PNA has always depended on volunteers. If the Board deter-

mines that a task may be paid for because of its scope, then it must be subject to proposal, budgeting, and Board approval prior to undertaking the task.

F-10 PNA shall fund relay fees for national meets and postal competitions.

(Continued from page 10)

Nutrition for Disease Prevention

*Get exactly what you want by ordering each item separately (a la carte). For example, one chicken enchilada easy-on-the-sauce, side salad, and fruit dessert instead of the #8 enchilada plate with rice, beans, sour cream and guacamole.



*Ask how dishes are prepared and if they can do it your way: grill the chicken, steam the vegetables, bring sauces and salad dressings on the side, put just a dollop of cream sauce on the pasta primavera and extra grilled vegetables.

*Don't tempt yourself. Have the waiter remove the bowl of chips or peanuts, or the basket of bread, after you've had a small portion. Calories from mindless nibbling can add up before you know it. Don't sit near the dessert cart.

*Limit alcohol. It's high calorie, has few nutrients and can weaken your willpower.

*Go easy on the bacon bits, croutons, cheese and mayonnaise-based items like macaroni or tuna salad.

*Choose meats that are grilled, broiled, roasted or baked without added fat. Choose seafood that is broiled, baked, steamed, blackened, or poached—think tender sole poached in parchment with broth, savory vegetables and herbs.

Jan Kavadas Wins Service Award

NEO swimmer Jan Kavadas recently received the Dave DuVall Award from Northwest District One. The award honors people who provide exceptional athletics or activities service in District One, which includes the Edmonds School District.

Jan, who was nominated by the Edmonds Athletics Department, has officiated at Edmonds School District swim meets since 1984. She's also been a district track and field official for 15 years.

A long-time PNA member, Jan has served our organization in a number of capacities, including board member and meet director.

Congratulations, Jan!

*Look for the following descriptions to uncover higher-calorie menu choices: pan-fried, sautéed, battered, breaded, au gratin, cheesy, creamy, buttered, deep-fried, béarnaise or crispy—as in the "crispy," deep-fried tortilla bowl holding the salad.

*If you just can't seem to get motivated to change your diet, consider sitting down with a professional. Registered dietitians use their knowledge of nutrition, medical science and food to provide optimal recommendations to fit your lifestyle.

Useful Web Sites

- American Dietetic Association www.eatright.org
- American Cancer Society www.cancer.org
- American Heart Association www.americanheart.org

Reprinted courtesy of Bellevue Club Reflections and Overlake Hospital Medical Center. Overlake is a not-for-profit regional medical center offering a full range of advanced medical services. For more information, visit the hospital's Web site at www.overlakeshospitaleducation.org



Summary of 2003 USMS Convention Prepared by Hugh Moore, PNA Secretary

PNA was well represented at the 2003 United States Masters Swimming convention, held in San Diego, September 10-14, as part of United States Aquatics Sports Convention. Representing PNA were Lee Carlson, Walt Reid and Sarah Welch. Additional delegates from PNA were: Sally Dillon, USMS Secretary and member of the Executive Committee; Hugh Moore, Chair, Communications Committee; Kathrine Casey, Chair, Recognition and Awards Committee; Steve Peterson and Arni Litt, Legislation Committee; Jan Kavadas, Rules Committee; Jane Moore, At-large; Jeanne Ensign, Internal Auditor; and Kelly Crandell. Significant actions from USMS committees are listed below. Committee meeting minutes can be found at www.usms.org

International/Championship:

USMS will submit a bid to FINA for the 2006 Masters World Championships to be held at Stanford University. If this meet is awarded to USMS, there will not be a USMS Long Course National Championship meet in 2006. World Championships include swimming, open water swimming, diving, water polo, and synchronized swimming.

The Amateur Swimming Union of the Americas (ASUA) has recently formed a Masters Committee. They propose organizing Masters Pan American Games every two years starting in 2005.

Upcoming USMS Championship meets include 2004 Short Course, Indianapolis, Ind., April 22-25; 2004 Long Course, Savannah, Ga., August 12-15; and 2005 Long Course, Mission Viejo, Calif., August 10-14. The location for 2005 Short Course meet will be determined later this year.

A proposal is being developed for a Short Course Meters National

Championship Meet. This would consist of four or five large regional short course meters meets with results pooled together for final results.

Coaches: The coaches committee has requested the online workouts be in a "members only" section of the USMS website. The coaches committee also recommended that USMS allow on-line registration for membership in 2004. The Masters coaches Conference at ASCA was extremely successful and three clinics are available with a stipend from USMS for the remainder of 2003.

Finance: Finance Committee presented a balanced budget for 2004 with revenues of \$990,000 based on membership remaining stable at 43,000.

Fitness: During the year the Fitness Web site has been developed and contains three main fitness events: the check-off challenge, virtual swim series and 30-minute swim. USMS members and teams are encouraged to do both the 30-minute swim and virtual swim this year (see more information in this edition of *The WetSet*). A fitness handbook is being developed.

Legislation: Most significant among the 22 approved legislation changes is a fully rewritten Part 4, "Participation, Conduct, Hearings, and Appeals." It defines swimmers' rights of participation and procedures for a National Board of Review in the event an LMSC cannot resolve a local grievance.

Long Distance: 2005 events awarded include the One Hour

Postal (Indy SwimFit); 5k&10 K postal (St Pete), 3000/6000 postal (Clemson); One Mile Open Water (Central Oregon); 2 mile OW (Adirondack); 1-3 mile OW (Chicago); 3-6 mile OW (La Jolla); and 6+ mile OW (Swim Florida).

Registration: Important issues discussed during the Registration meetings included the privacy of members' data and the National Database. Be assured that your personal information is not shared with others. Although it is necessary to provide meet directors with your birth date, it goes no further than the applicable meet and records. USMS is working toward the option of on-line annual USMS registration and local meet registration.

Safety Education: The Safety handbook will be completed and distributed via the Web site. A Safety section of the USMS Web site will be completed. Meet directors are encouraged to include space for emergency contact name and phone number on entry forms. Site specific waivers were discussed and the use of these was discouraged.

Recognition & Awards: Sandi Rousseau from Oregon is the recipient of the 2003 Ransom J. Arthur Award. Winners of the 2003 Dorothy Donnelly USMS Service Award were: Jack and Peg Buchanan, Michael Collins, David Diehl, Harry DeLong, Pam Himstreet, Margie Hutinger, Mike Lemke, Adrienne Pipes, Patty Powis, Dave Radcliff, Melissa Rinker, Shannon Sullivan and Kris Wingenroth.

(Continued from page 15)

USMS Convention

Records & Tabulation: The process for getting USMS Recognition of a meet sanctioned by a FINA Member Federation so the USMS swimmers can submit those times for USMS Records and Top 10 has been simplified. LMSC Top 10 recorders have begun the process of including USMS ID# when submitting the LMSC Top 10 for compiling the USMS Top 10. This should make the USMS Top 10 more accurate as it should only contain USMS registered swimmers.

Rules: Pools measured prior to January 1, 2003, will have to be re-measured if those measurements do not meet the current measurement criteria (e.g., if all lanes were not measured or a fiberglass tape was used). Pool length measurements are not required for pools outside the United States if the meets are held under the sanction of other FINA governing bodies (except for World Records). In pools with water depth 3 feet 6 inches to less than 4 feet at the starting end, the swimmer must start from the deck or from the water. In pools with water depth less than 3 feet 6 inches at the starting end, the swimmer must start from the water.

Sports Medicine: The Sports Medicine Committee will undertake a study of Masters athletes and aging. Testing will be done at National Championship meets and elsewhere beginning at 2004 Short Course Nationals in Indianapolis. Work on a Sports Medicine section of the USMS Web site continues. If World Championships are awarded to the United States, a sports medicine conference on The Aging Athlete will be held in conjunction with the meet.

Time is Running Out !!!! USMS NATIONAL CHAMPIONSHIP 3000 & 6000 YD Postal Swim

What . . . Another Postal Swim? Yes, September and October are the months when you can swim the last two National Championship postal swims for the year, the 3000 & 6000 yard events. These swims require only a 25-yard pool, so most PNA swimmers should find the event less difficult to accomplish than the summer's postal events that require a 50-meter course. Plus, the event distances are significantly shorter.

Entry forms are in *SWIM* Magazine and at www.usms.org/longdist. Do the swim at the pool of your choice and then send your entry form/split sheet to the PNA event coordinator. **PNA will organize relay teams for this event.**

- Swim the event as an individual and your results are used to form the relay teams.
- USMS registration must be current (2003).
- Completed entry form, individual entry fee (\$10) and copy of your USMS registration card must be in coordinator's hands by **11/2/2003**.
- Checks should be **payable to PNA** only.
- Teams will be organized by age group 19+, 25+ . . . and are 3 male, 3 female and 4 mixed (2+2).

MAIL YOUR COMPLETED ENTRY FORM and your individual entry fee of \$10 (payable to PNA) to the coordinator: Sally Dillon, PO Box 845, Oak Harbor, WA 98277. **DO NOT** mail your entry directly to the event director. The coordinator will mail your individual entry for you after forming the relay teams.

Questions? Contact Sally at salswmr@earthlink.net or (360) 679-5038.



Attention Bothell, Kenmore & Woodinville Swimmers

The Northshore Park & Recreation Service Area (PRSA), a special taxing district with boundaries the same as the Northshore School District, is evaluating existing aquatic facilities within and near the Northshore PRSA boundaries and developing recommendations for a new aquatics facility to serve the needs of the PRSA public. Existing pools in this area are the Northshore Pool in Bothell, the St. Edward Pool in Kenmore and the Sorenson Pool in Woodinville. For more information see <http://www.cityofkenmore.com/PRSA/PRSA.html>.



HAPPY BIRTHDAY

to the following PNA swimmers!

Brad	Mott	10	14
Doug	Carpenter	10	15
Gina	Craig	10	15
Susan	Dearborn	10	15
Kari	Einset	10	15
Glenwood			
Johnson		10	15
Kathleen	Morris	10	16
Tjalling	Ypma	10	16
Michelle	Steen	10	17
Jack	Andrews	10	18
Russell	Borgnin	10	19
Carrie	Breed	10	19
William	Fenner	10	19
Jill	Nuss	10	19
Steven	Thrasher	10	19
Betty	Kercheval	10	20
Vince	O'Halloran	10	20
Susan	Scheerens	10	20
Elizabeth	Lucco	10	21
Gaylen	Masters	10	21
Robert	Moritz	10	21
Paul	Skoglund	10	21
Kerry	Sussex	10	21
Jeanne	Ensign	10	22
Anthony	Krohn	10	22
Kaitlin	Bourne	10	23
Scott	Byron	10	23
Doug	Collins	10	23
Robert	Dorse	10	23
Bill	Reeder	10	23
Carolyn	Euker	10	25
Michelle	Hammer	10	25
Tara	Simsak	10	25
Joe	Young	10	25
Elysse	Zelenko	10	25
Alan	Phillips	10	26
Hugh	Kimball	10	27
Trudy			
Slade	McKnight	10	27
Michael	Olson	10	27
Donald	Spencer	10	27
Hein	Tran	10	28
Michael	Cruz	10	29

Patricia	Nellis	10	29
Jane	Slade	10	30
Jeffrey	Wolf	10	30
Elinor	Saunders	10	31
Anne	Healey	11	1
Gene	Jarstad	11	1
Mark	Maurer	11	1
Jim	Watts	11	1
Melany			
Richmond		11	2
David			
Thomson		11	2
Maureen	Trainor	11	2
Mary			
Coddington		11	3
Amon	Emeka	11	3
Loren	McEwan	11	3
Teri	Rexroat	11	3
Larry	DeGroen	11	4
Kathy	Rowell	11	4
Evan	Ferber	11	5
Margy			
Fitzpartrick		11	5
Keith	Frost	11	5
William (Bill)	Penn	11	5
Tina	Allen	11	6

Kate	Austin	11	6
Erika	Giste	11	6
Miriam	Rabitz	11	6
Kevin	Ames	11	7
James	Harwell	11	7
Nicole	Artino	11	8
Jim	Williams	11	8
Rebekah	Celver	11	9
Bradley	Karvasek	11	9
Damion	Provitola	11	9
Alice	Godfred	11	10
Jerry	Trump	11	10
Maureen	Gardner	11	11
Jane	Moore	11	11
Mitch	Novack	11	11
Erin	Salman	11	11
Shalynn	Simpson	11	12
Deborah	Bagg	11	13
Joe	Holliday	11	13
Jennifer	Mirabelli	11	13
Sasha	Speer	11	13
Beto	Zuniga	11	13
Thomas	Hayes	11	14
Michael	McColly	11	14

Take the 30-Minute Challenge



Swim Coach Wanted

The Green Lake Aqua Ducks Masters Swim Team (GLAD) at Evans Pool in Seattle is accepting applications for a USMS-eligible or "credentialed" coach, 5:00 a.m. to 6:00 a.m. Mon.-Fri. and 7:00 a.m. to 8:30 a.m. Sat.

Responsibilities include maintaining coaching certifications, developing daily workouts and long-term goals for all swimming levels, coaching for safety and skills and communication with the GLAD board for team improvements. Compensated for time on deck, swim meets, clinics, etc. We offer above average compensation and paid vacation time.

If you or anyone you know is interested, call (206) 525-3925.

2003 NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIP MEET

Hosted by Puget Sound Swim Club

Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 033608

DATE: **Saturday, November 8 and Sunday, November 9, 2003**

TIMES: **Saturday, November 8:** Warm-up: 11:00 – 11:50 AM, Meet starts: 12:00 PM
Sunday, November 9: Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM

PLACE: South Kitsap High School pool,
425 Mitchell Avenue, Port Orchard WA 98366. 360-874-5741

MEET DIRECTOR: Steve Peterson (360-692-1669 or speterson@bandwagon.net)

FACILITY: This indoor venue has seating for 200+ people. The six-lane 50-meter pool is divided to provide competition water depth of four to ten feet. The shallow end of the pool will be available continuously for warm-up and warm-down.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2003 USMS and foreign registered swimmers age 19 and above as of December 31, 2003.

DIRECTIONS: From I-5: Take Highway 16 toward Bremerton. Take the Sedgwick exit (19 miles from the bridge). Turn right onto Sedgwick, head east... Continue as Tremont becomes Lund Ave... Turn left at Bethel Rd (stop light). Bear right at 'Y' onto Mitchell Road, which becomes Mitchell Avenue. High School is on right after approximately 1 mile.

ORDER OF EVENTS (ORDER #BB) (Seeding slow to fast. Deck enter relays at the meet.)

1	400 IM (check in by 11:30)	16	400 Freestyle (check in by 8:30)
2	Women's 200 Freestyle Relay	17	Women's 200 Medley Relay
3	Men's 200 Freestyle Relay	18	Men's 200 Medley Relay
4	Women's 400 Freestyle Relay	19	Women's 400 Medley Relay
5	Men's 400 Freestyle Relay	20	Men's 400 Medley Relay
6	50 Breast	21	100 Backstroke
7	100 Butterfly	22	50 Freestyle
8	200 Freestyle	23	200 Breaststroke
	10 minute break		10 minute break
9	200 Mixed Medley Relay	24	200 Mixed Free Relay
10	400 Mixed Medley Relay	25	400 Mixed Free Relay
11	100 Breaststroke	26	50 Backstroke
12	200 Backstroke	27	200 Butterfly
13	50 Butterfly	28	100 Freestyle
	10 minute break		10 minute break
14	100 Individual Medley	29	200 Individual Medley
15	800 Freestyle (check in by 1:30)	30	1500 Freestyle (check in by 11:30)

Visit the PNA website at www.swimpna.org for updated information.

SAFETY FIRST:

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

Entry Confirmation: Include legible email or a self-addressed, stamped envelope or postcard with your entry if you desire entry confirmation. You should bring a copy of your completed entry form.

Check-in: Check-in is required for the 400 IM (deadline is 11:30 Saturday), 800 Free (deadline is 1:30 Saturday), 400 Freestyle (deadline is 8:30 Sunday), 1500 Free (deadline is 11:30 Sunday). Swimmers who do not check in by the deadline may be scratched from the event.

2003 NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIP MEET
Saturday, November 8 and Sunday, November 9, 2003

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE _____ Email _____

BIRTHDATE: _____ USMS #: _____

CLUB _____ or UNATTACHED _____ LMSC _____

AGE GROUP (Determined by your age as of December 31, 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: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME (SCMeters)

ENTRY FEE: \$ 13.00 Surcharge (Includes \$1 Northwest Zone meet surcharge)

Individual Events: + _____ \$1 per event. No charge for relays.

Optional for age 65 and over and needs-based swimmers.

Total: \$ _____ Please make checks payable to **PNA**

Mail this entry form and fees to:
Steve Peterson
11165 Central Valley NW
Poulsbo WA 98370

Questions? Email speterson@bandwagon.net

Entries must be postmarked no later than **October 29** or received by **October 31, 2003**. **Include a copy of your Masters registration card if you are not a PNA member.** All swimmers must have a valid 2003 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

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: _____

UNITED STATES MASTERS SWIMMING, INC.
2003 REGISTRATION APPLICATION
Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer

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: _____ Male Female (circle one)
Street or box number
 _____ E-Mail: _____
City State Zip+4

Telephone: (____) _____

If you coach a Masters swim team check here

CLUB: Pacific NW Aquatics (PNA)
 Sequim (SQM) Unattached

Team : _____
 Unattached

2003 Annual Fee: Your fee includes subscriptions to *The WetSet* and *SWIM Magazine*

Regular:	\$35	\$ _____
Need-based or Seniors (65 & over):	\$25	\$ _____
After September 1, 2003:	\$20	\$ _____
Canadian:	\$40 (US dollars)	\$ _____

Optional Donations:

USMS Endowment Fund	(\$1 or \$ _____)	\$ _____
International Swimming Hall of Fame	(\$1 or \$ _____)	\$ _____

TOTAL \$ _____

I am interested in serving on a committee.

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. These 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; for example, Federal Way, Orca, GLAD. Team affiliations are used to earn points at PNA Champs.



WetSet Subscription/Change of Address Form

The WetSet is PNA's official newsletter. Produced ten times a year, it 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 Arni Litt, PNA Registrar, 1920 10th Ave E, Seattle, WA 98102-4253.

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

Attach old address label here (if available)

Name _____

Address _____

City / State / Zip Code _____

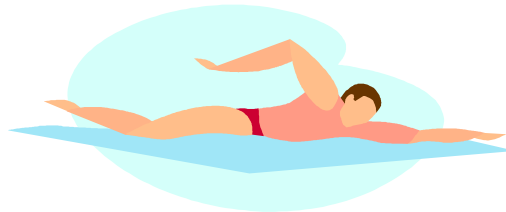
Phone _____ USMS # _____

E-MAIL _____

Change of Address

New Subscription

*If you would like to become a PNA member or renew your membership, and receive *The WetSet* and *Swim Magazine*, please use the 2003 Registration Application on page 23.*



Pacific Northwest Association of Masters Swimmers
1920 10th Ave East
Seattle, WA 98102-4253

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