



## A First-Hand Account of Why Swimming the Bosphorus is not for the Fainthearted

*Editor's Note: The following article, written by Mark Lautman, 57, of Albuquerque, N.M., describes a harrowing swim across the Bosphorus, which connects the Black Sea with the Sea of Marmara. Swimming with Mark were two PNA members: his brother Scott, 53, and Jim Littlefield, 45.*

Of the five or six places on the planet where a human being can swim from one continent to another, the Bosphorus between Europe and Asia looks like a "gimme" on the map at less than 1,500 meters. It looked even shorter from our hotel. But anyone trying it faces four daunting obstacles: ship traffic, treacherous currents, pollution and the police—for swimming across is against the law.

### Obstacle No. 1: Ships

Ship traffic from the Mediterranean and Aegean Seas starts accumulating in Istanbul Harbor in the late afternoon. Having made their way through the Dardanelles and the Sea of Marmara, ships queue up in the harbor to wait for the Bosphorus to open each morning so they can make it to the Russian-controlled Black Sea. The Bosphorus is considered one of the most strategic places on earth. In addition to being one of the busiest

shipping channels in the world with over 300 ships per day, it is crossed by hundreds of ferries, water taxis and private craft every day as the people of Istanbul go about their business.

### Obstacle No.2: Currents

Currents are a second major barrier to a swim. In a channel this size the power of the screws and the massive displacement of the newer ships produce enough turbulence to make a swim treacherous. What makes the Bosphorus one of the most intimidating places to swim is that water is moving through it in both directions at once. Warmer, saltier water from the Aegean and Mediterranean Seas moves east on the surface toward the Black Sea while a few hundred feet below, water from the Black Sea moves in the opposite direction toward the Aegean.

For some reason, the thought of a colder, darker current moving 10 or 15 knots in the opposite direction below us while we were swimming was really spooky. I had read somewhere that cars (and their passengers) that occasionally fall into the channel are rarely recovered—presumably swept out to sea by the current.

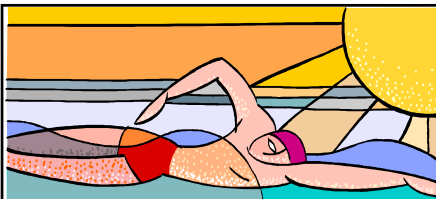
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# THE WET SET

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## Editor

Paul Freeman (206) 283-3802  
515 West Raye St.  
Seattle WA 98119  
pwriter@blarg.net

## PNA Officers

### President

Jeanne Ensign  
511 East Roy Street #314  
Seattle WA 98102  
(206) 324-1354  
jeanne@raincity.com

### Vice President

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

### Treasurer

Sarah Welch (206) 723-1814  
sarahwelch@comcast.net

### Secretary

Hugh Moore (253) 759-4956  
swimmooore@comcast.net

## Board Members at-Large

Kathy Casey (253) 588-4879  
kathyjcasey@comcast.net  
Tom Foley (206) 937-5585  
lilmot@hotmail.com  
Toby Coenen (425) 836-8943  
tcoenen@wilsonengineering.com

## PNA Volunteers

### Registrar

Arni Litt (206) 849-1387  
1920 10th Ave E  
Seattle WA 98102-4253  
arni@qwest.net

**Awards:** Kelly Crandell

**Coaches:** Wendy Neely

**Constitution & Bylaws:** Jane Moore

**Fitness:** Jo Moore

**Historian:** Tom Foley

**Meets:** Lee Carlson

**Records/Top Ten:** Walt Reid

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**Webmaster/Computer Apps:** Rondamarie Smith

Once again, welcome to a new year! The years seem to roll around more quickly all the time. Didn't I just write Leading Off for January 2006? New Year's resolutions and goal setting often come up this time of year. Out with the old and in with the new.

Last January I set out twelve swimming-related goals to help bring variety and newness to our swimming days. Let's review the list and see how I did. Compare notes as we go along.

1. Help a new swimmer. Invite someone you know to give team training a try. Let them know what to expect at a workout and check in to see how it is going. Make them feel welcome. Invite them back. Or do the same for a new swimmer who drops in to try out your team. *Forgive me if I not only welcomed you but over-coached you when the coach was actually on deck and I was just another swimmer in your lane.*

2. Buy a new swimsuit, cap and goggles—all at once. *There is nothing like a meet with swim shop vendors to tempt me. No problem here. Mission accomplished.*

3. Swim with people you don't swim with regularly. Attend a different workout in your area or find a team to swim with when you travel. *My most memorable event was the day before USMS Convention started when I went to a workout with the "big girls." You know who they are, the ones who take home the medals. I had to work to make 75s while they did 100s.*

4. If you swim in the morning, go in the evening or vice versa and note the difference in how your body feels. *Compared to my usual*

# LEADING OFF



By Jeanne Ensign,  
PNA President

*5:00 a.m., does 9:00 a.m. count?*

5. Go to a swim meet. Use it as a motivator, as a benchmark and an opportunity to meet other swimmers. *The XI FINA World Masters meet at Stanford provided all this, including the opportunity to mix with swimmers from over 80 different countries. Meets motivate me in several ways, but I may love watching meets even more than swimming in them.*

6. Swim in Lake Washington or Puget Sound, or in a warmer, smaller lake, but certainly give yourself permission to wait until the water warms up. *I didn't wait. I just can't resist Puget Sound the first day of the year . . .*

7. Help with a swim meet. Maybe you've never been to a Masters meet; if not, come help out to see what it's like. If you are competing there may be something you can do between events. Your help is always appreciated. *I can proudly say that I worked as a safety marshal and timer, but I did not volunteer to be a meet director (a temporary full-time job).*

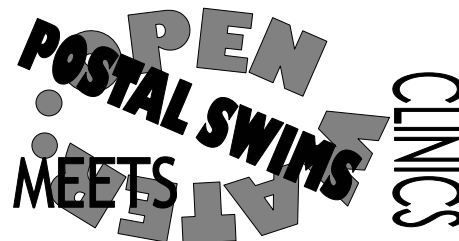
8. Find out what you can do for PNA. There are one-time and many-hours-a-week volunteer tasks. *My mantra as chair: delegate, delegate, delegate. This year I spent a few hours on PNA busi-*

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United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always have 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 2007 CALENDAR



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

January 1 to December 31, 2007  
Fitness Check-Off Challenge  
*Le Tour de Pool*  
Hugh Moore  
[swimmoore@comcast.net](mailto:swimmoore@comcast.net)  
Visit [www.usms.org/fitness](http://www.usms.org/fitness) for entry form.

January 1 to January 31, 2007  
USMS One Hour Postal Championships  
Margie Hutinger  
(727) 521-1172; [pbut@usms.org](mailto:pbut@usms.org)  
Entry form in December 2006  
*WetSet*

**February 10 & 11, 2007**  
**Freestyle clinics**  
**Medgar Evers Pool, Seattle**  
**Information and signup form on page 10.**

**February 18, 2007**  
**SCM Meet**  
**Bellevue Club**  
**Bellevue, Wash.**  
**Cory Hilderbrand**  
[cory@bellevueclub.com](mailto:cory@bellevueclub.com)  
**Entry form on page 11.**

**February 27, 2007**  
**PNA Board Meeting, 6:45 p.m.**  
**Yesler Community Center**  
**917 E. Yesler Way, Seattle**

**March 24, 2007**  
**SCY Meet**  
**Briggs YMCA**  
**Lacey, Wash.**  
**Entry form on page 12.**

**March 27, 2007**  
**PNA Board Meeting, 6:45 p.m.**  
**Yesler Community Center**  
**917 E. Yesler Way, Seattle**

**April 14 & 15, 2007**  
**SCY PNA Champs**  
**Weyerhaeuser King County**  
**Aquatic Center**  
**Federal Way, Wash.**

April 20 to April 22, 2007  
Oregon Association/NW Zone SCY Championships - Bend, Ore.

**April 24, 2007**  
**PNA Board Meeting, 6:45 p.m.**  
**Yesler Community Center**  
**917 E. Yesler Way, Seattle**

May 15 to September 15, 2007  
USMS 5 and 10 km Postal Championships  
Susan Ingraham; (210) 493-0388  
[aquatex101@aol.com](mailto:aquatex101@aol.com)

**May 17 to May 20, 2007**  
**USMS Short Course**  
**Championships**  
**Weyerhaeuser King County**

**Aquatic Center**  
**Federal Way, Wash.**  
**Jane Moore, (253) 759-4956**  
[swimmoore@comcast.net](mailto:swimmoore@comcast.net)

May 19, 2007  
USMS 3-6 Mile Open Water Championships (5 km) - Gulf of Mexico, Ft. Myers Beach, FL

May 27, 2007  
USMS 1 Mile Open Water Championships  
Lake Audubon, Reston, VA  
Gordon Gerson (703) 845-SWIM  
[rmst@restonmasters.org](mailto:rmst@restonmasters.org);  
[www.restonmasters.org](http://www.restonmasters.org);

July 14, 2007  
USMS 6+ Mile Open Water Championships (10 km) - Huntington Bay, Huntington, NY

August 4, 2007  
USMS 1-3 Mile Open Water Championships (1.76 mi) - Lake Pend Oreille, Sandpoint, ID

August 10 to August 13, 2007  
USMS Long Course Championships - The Woodlands, Tex.

## 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](http://www.swimpna.org)  
[www.usms.org](http://www.usms.org)  
[www.northwestzone.org](http://www.northwestzone.org)  
[www.swimoregon.org](http://www.swimoregon.org)  
[www.akmswim.org](http://www.akmswim.org)  
[www.utahmasters.org](http://www.utahmasters.org)  
[www.mastersswimming.bc.ca](http://www.mastersswimming.bc.ca)

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### Obstacle No. 3: Pollution

The Bosphorus runs through the middle of Istanbul, an ancient city of over 15 million. In addition, the channel has a ubiquitous slick of diesel fuel from ship traffic. Charlie Van Zandt, who two years earlier swam the Strait of Gibraltar with us, opted out of the Bosphorus swim, having decided it was no time to test his immune system in view of the following week's five-day swim trek of the Cyclades in Greece ahead of us. He had promised his wife he wouldn't do the Bosphorus before he left Seattle. On the 15-minute pre-dawn boat ride up the channel to our departure point, we went through several patches of raw sewage that made Charlie feel good about his decision and made me glad I had picked up a prescription of antibiotics on the way out of town.

### Obstacle No. 4: The Law

Our biggest obstacle was that swimming in the Bosphorus is illegal. There was never any talk of trying the swim without a boat escort. But before we left the United States, we were unable to arrange a local escort through the usual international open water swimming network. The first night at our Istanbul hotel, the concierge

*"The hotel manager delivered a stern warning that swimming the Bosphorus was very dangerous and very illegal."*

seemed eager to help us try to line up a boat escort for the swim. The next morning, however, the word was apparently out to the staff that a bunch of crazy gringos were asking around how to swim the

Bosphorus. In that slow, elevated voice people use when they don't speak your language, the hotel manager delivered a stern warning that swimming the Bosphorus was very dangerous and very illegal. By noon none of the hotel staff would talk to us and most wouldn't even make eye contact. They were probably worried about liability.

### Saved by a Turkish Couple

During a tour of Istanbul's ancient mosques and Roman, Byzantine and Ottoman empires, we could see the Bosphorus from almost every vantage point. It looked too close to even make a good training swim. We had a day and a half left before our flight to Athens to start the Greek Islands swim trek. We took a taxi down to the narrowest part of the channel and walked the marina in the off chance we could find a willing boat and pilot. Towards the end of a long walk, just as we were coming to grips with the likelihood that we were not going to swim the Bosphorus, a 60-year-old Turkish couple came to the back of their house boat and waved us aboard for coffee.

After scrambling over a rickety gang plank, we gathered around a small table on the deck of the couple's 50-foot triple-decked party boat that also served as their home. Moored to it under a sign that read "Jeff's Taxi" were two water taxis: an 18-foot Bow Rider with a 50-horse Johnson outboard and a 16-foot skiff used to shuttle party goers back and forth from the clubs that dot the water's edge everywhere in the city. After a pot of coffee and some heavily pantomimed discussion over a map of the channel, we shook hands on a deal for a predawn crossing the next morning—at \$100 an hour.

Jeff's real name is Ishmael Effe. He speaks some broken English and a little Spanish and

was nicknamed Jeff on a brief working assignment in Spain as a young man. His enthusiastic acceptance of our proposition had us all wondering if he really understood what we wanted to do and if he knew it was illegal. Either way we were all set for a 6:00 a.m. start.

### Dinner Extraordinaire

Later we had dinner at a small restaurant near where we would start the swim in the morning. The proprietor and his wife took a special interest in our plans and prepared a fabulous traditional Turkish meal. Sitting there, we could see our course clearly now illuminated by a full moon. Earlier feelings of resignation gave way to the nervous anticipation that comes on the eve of a peak experience.

Early the next morning, we snuck out of the hotel in the dark. After a short cab ride to Ishmael's, we boarded his 18-foot Bow Rider. As we began motoring up the channel, we listened to a medley of Julio Iglesias and Frank Sinatra

*"Motoring up the channel, we listened to Julio Iglesias and Frank Sinatra songs, and in between the songs we heard the call for prayers from loudspeakers on the minarets of mosques."*

songs played on an old boom box Ishmael had bound to his boat's dashboard with a bungee cord. Between songs we could hear the eerie call for prayers blaring from the loudspeakers on the minarets of mosques along the water's edge.

Our starting point was on the European side just east of the second bridge above the Bebek section of Istanbul. We wanted to get underway before dawn for two reasons. First, it would be harder

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for the channel police to detect us. Second, we wanted to beat the first wave of ship traffic. (The Bosphorus is closed to ship traffic at night.)

## Swim Begins

By the time we reached our starting point below a huge castle, the sun was already rising over the Asian skyline and we were quickly losing our cover. After a quick scan for police and ship traffic, we slipped into the water and started swimming what we expected would be a fast-paced 25-30 minute dash.

We originally talked about making two attempts; one for Scott and Jim and a second for me because they are so much faster than I. Scott, a world class open water swimmer, has swum both

*“Not only were Scott and Jim faster swimmers than I, but a rotator cuff injury made me even slower than usual”*

the English Channel and the Swim Around Manhattan Island. He is the current world record holder in the 200 fly for the 50-54 age group. A few days before arriving in Istanbul, he took second overall in the 30K ultra marathon swim at Kalmata, Greece. Jim did his colligate swimming at the University of Texas in Austin and competed in the 3000 meters freestyle at this year’s FINA World Championships.

Making matters worse, a rotator cuff injury had kept me out of the water all summer and I was swimming much more slowly than usual. But ultimately we decided that our only chance was to start in the marginal light of dawn, stay close to the boat and try to clear the shipping lane before the police intercepted us.

The water was brackish and surprisingly clear. About the time I found a pace I thought I could hold Ishmael signaled the three of us to hold up. Down the channel at the entrance to the Sea of Marmara we could see dozens of freighters lined up, coming our way two and three abreast like planes on final approach at O’Hare. I became concerned when we had been underway 15 minutes and had not reached the center of the channel because of the currents. I wasn’t getting any stronger and I knew that without me Scott and Jim could easily clear the first wave of ships and be out of the shipping channel in ten more minutes. As we treaded water surveying the situation, the current was pulling us back to Europe. Unless we could get across the shipping channel in the gap between the first and second tanker the crossing might be in jeopardy for all of us.

## What’s That 500 Meters Away?

We resumed. My shoulder was weak and it clicked each time my hand entered the water. It didn’t hurt yet but I could not generate any power. My only option was to try and increase my turnover rate.

We had been at it another fifteen minutes when Ishmael stopped us again. Breathing to my left, trying to keep my line with the boat, I was blind to a gigantic super tanker bearing down on us from my right. As I lifted my goggles for a better look, the monster ship was only 500 meters away, heading straight for us, coming fast. Because we were in a bend in the channel it looked like we were in the center of the shipping channel, though actually we were pretty close to clearing it on the Asian side. Ishmael was expecting the tanker to turn to our right to realign with the coming bend in the channel and miss us.

As the tanker closed in, the sheer scale of the ship started to

come into perspective. The hull took up the entire horizon. The increasingly audible boom-boom-boom of the engines and the size of the bow wave added unnecessary drama to the spectacle. I couldn’t tell if we were being pulled back into the center of the channel, but behind the super tanker five or six other ships were now visible. I remember thinking that the logic of keeping a bunch of crazy tourists from swimming around in the shipping lanes seemed a lot more rational now.

## Oops, the Cops

Just then Ishmael motioned us over to the boat. Sitting there goggles up as we watched the biggest moving thing we had ever seen head towards us, we were oblivious to the harbor police boat closing in from the opposite direction. Pulling alongside, the police informed Ishmael that he was breaking the law and if he did not get us out of the shipping lanes before the next ship came up they would levy a fine of five million lira (\$3.5 million U.S).

## Swim Continues

The instructions apparently allowed us to continue our swim if we could clear the channel. We each grabbed a line near the bow and Ishmael put the engine in reverse and pulled us up channel to the edge of the shipping lane where we were able to resume. After swimming another five or ten

*“My shoulder was toast but every time I backed off even a little I could see the rocks on the bottom going the wrong way”*

minutes we entered a fast moving current full of white, softball-sized jelly fish. A few minutes later I could see the bottom. I was

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swimming as hard as I could but barely moving. Taking six strokes to make one would have been demoralizing at that point had we not been 50 meters from the Asian side. My shoulder was toast and really starting to hurt but every time I backed off even a little I could actually see the rocks on the bottom going wrong way. Finally I reached a white ladder coming down from one of the four-storey villas that lined the Asian side. Done.

### High Fives

After exchanging a couple of high fives and picking up a traditional souvenir stone from the bottom, we swam back to the boat and struggled aboard. Total time in the water was over one hour and thirty minutes. Motoring back to Europe, Ishmael cranked up the boom box. When Julio Iglesias' version of Patsy Cline's "Crazy" came on, Ishmael pointed to us and mouthed the word crazy. We all started singing along.

We resisted the temptation to stop at a waterside Starbucks and headed, as promised, to the restaurant we ate at the night before where they rolled out the champagne. Back at our hotel word spread that we had actually pulled it off. The hotel staff warmed up again—the bellman and the concierge both gave me high fives. Everyone but the manager. Rumor was he had lost a bet.

### WEB

Looking for meet results, places to swim, past newsletters or other information about PNA? Check out our website at [www.swimpna.org](http://www.swimpna.org).

## Welcome New PNA Swimmers

Shirley Anderson  
Jennifer Block  
Paige Boyer  
Paul Broderick  
Janet Bulman  
Terence Calhoun  
Mariana Cannon  
Mitchell Chapman  
Dan Davis  
Stephen DeRosa  
Richard Fabian  
Debbie Gallo  
Peter Gelinias  
Dana Gelinias  
Nancy Graham  
Karin Harris  
Francois Henneberger  
Paula Hodge-Chadick  
Chris Holland  
Gary Kamikawa  
Neil Kaneshiro  
Keith Kennedy  
Courtney Landua  
Stephen Lardieri

James Layden  
Robin M. Lesh  
Michael Lund  
Laurie Marocco  
Megen McCullough  
Sarah Murphy  
Peter Oakley  
Eileen Olson  
Bryn Parish  
Melissa Plagemann  
Kimberly Jo Powers  
Laura Probst  
Laura Reed  
Kellie Resch  
Jose Rodriguez-Cueto  
Ryan Sambila  
Jeffrey Schoner  
Alyson Schwaber  
Kara Shafer  
Stephen Shaw  
Linda Stevenson  
Challis Stringer  
Anne Susen  
Kent Swalin  
Desiree Troilli  
James Underbrink  
Randy Volkening  
Lisa Walker  
Jan Wheeler-McInville  
John Yaeger

## PNA Board Meeting Summary for December

The PNA board met on December 5 at the home of Arni Litt for a potluck dinner and annual meeting. The meeting agenda focused on adopting a budget for 2007 and discussions of ideas for providing more benefits for PNA members in the future. Significant actions included:

- Adopting a budget for 2007 of approximately \$61,000
- Approving a meet at the Briggs YMCA in Olympia for March 24
- Creating a new position of



### "New Swimmer Liaison"

- Creating a new position of coach for national swim meets
- Amending PNA policy to print results of all PNA sanctioned events and PNA swimmers in zone meets in *The WetSet*
- Establishing team grants of \$1,000 for 2007 to be used for team development



(Continued from page 2)

**Leading Off**

ness.

9. Set a particular goal for one of your strokes – improve your best stroke or salvage your worst stroke. Set yourself an achievable goal, be it time or distance. *This was a no-brainer—my eternal challenge—keep those elbows high (which is not to say that I have otherwise perfect form).*

10. Introduce some dry-land training to enhance your swimming. *My goal is to do better (interpretation: more) this year.*

11. Do something with your regular swim mates other than swimming. Go for coffee or travel to an out-of-town meet together. *Thank you to my teammates who will always go for coffee after workout, and to those of you who like to travel in packs to any kind of event that remotely has to do with water or swimming.*

12. Participate in a USMS Postal Swim. January is the month for the annual One Hour Postal Swim. *Whoops.*

I hope you enjoyed your swimming year as much as I did, and are looking forward to more of the same in 2007. Besides, this is the stuff that makes for good stories. I wish you all the best for the New Year.

**Good News: You Still Have Time to Join a PNA One Hour Postal Swim Relay**

**E**very year, PNA puts together relay teams for the One Hour Postal Swim.

To join a team, all you need do is complete the swim during the month of January and be sure PNA receives a copy of your entry form with your split times no later than February 7.

You can find additional information and the One Hour Postal Swim form in last month's *Wet Set*.

If you have questions, you also can contact Sally Dillon at (360) 679-5038; [salswmr@verizon.net](mailto:salswmr@verizon.net).



**Looking for Upcoming PNA Meets?**

**There are plenty to choose from.**

**Bellevue Club**, Feb. 18  
Bellevue, Wash.  
(entry form on page 11)

**Briggs YMCA**, March 24  
Lacey, Wash.,  
(entry form on page 12)

**PNA Champs**  
Federal Way, Wash.  
April 14 and 15

**You Can Make PNA an Even Better Organization**

Like any volunteer organization, PNA needs members willing to step up with new ideas and enthusiasm. You can make a difference by becoming a PNA volunteer. Right now we're looking for volunteers for the upcoming Champs and Nationals meets in Federal Way.

To sign up as a volunteer or find out more about how you can help PNA, please contact Jeanne Ensign, (206) 324-1354, [jeanne@raincity.com](mailto:jeanne@raincity.com); Jane Moore, (253) 759-4956, [swimmooore@comcast.net](mailto:swimmooore@comcast.net); or Sarah Welch, volunteer coordinator for Champs and Nationals, (206) 723-1814, [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net).

# Health and Fitness

## Chocolate Milk and Recovery Drinks

*Editor's Note: This article, written by Jani Sutherland, appeared in the October 2006 of Aqua Master, the newsletter of Oregon Masters Swimming.*

For years biochemists and physiologists have experimented to find the perfect sports recovery drink. The perfect recovery drink must have the right balance of carbohydrates, electrolytes, protein and fluid. Joel Stager, an exercise physiologist at Indiana University, along with his co-workers, have claimed to find the perfect recovery drink—chocolate milk.

The name Joel Stager may be familiar to many of you. He is a Masters swimmer and has been doing research on swimming and aging. At a recent USMS Convention he gave a presentation on Swimming and the Fountain of Youth.

The study, conducted at Indiana University, was published in the February issue of the International Journal of Sports Nutrition and Exercise Metabolism. The



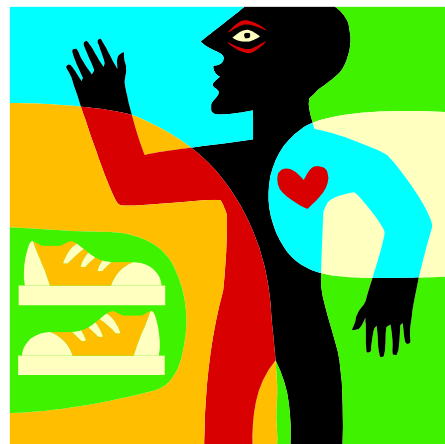
study was partly funded by the dairy industry, which struck a sour note with sports drinks producers. However, a study on milk supported by the dairy industry isn't unusual in the field of nutrition science, where research dollars are scarce.

The study used three groups of cyclists. One group got two percent chocolate milk, another drank Gatorade and the third group Endurox R4. Gatorade is a fluid and electrolyte replacement and Endurox R4 is a patented formula aimed at replenishing muscle glycogen stores and helping rebuild muscle. Endurox R4 uses a 4 to 1 ratio of carbohydrates to protein.

"The cyclists drinking chocolate milk were able to cycle about 50% longer than those drinking Endurox R4 and just as long as those drinking Gatorade."

After a strenuous workout the three groups drank their respective beverages and exercised again, to exhaustion. The cyclists who drank chocolate milk were able to continue cycling about 50 percent longer than those who drank Endurox R4 and equally as long as those who drank Gatorade.

Although Gatorade and Endurox R4 weren't pleased with the results, some sports nutritionists weren't surprised by the results. "Chocolate milk provides carbohydrates, calcium, other trace minerals," says Felice Kurtzman, sports nutritionist for the UCLA Athletic Department. "And the important thing is that the kids drink it. I can tell you from our training table that football drinks it, swimming drinks it, track drinks it."



The issue here is which drink best meets the body's needs to reinvigorate itself and repair itself following strenuous exercise. Carbohydrates are the most important factor in the short-term for replenishing the energy after vigorous exercise, sports nutritionists say.

"The body needs carbohydrates to refuel the muscles," says Nancy Clark, a sports nutritionist in private practice and author of Nancy Clark's Sports Nutrition Guidebook.

Protein is also important for recovery, Clark says. It provides amino acids for the building and repair of muscle tissues. More immediately, she adds, a little protein might give an athlete a performance edge by enhancing insulin release, which aids in transport of carbohydrates to the muscles.

Several sports nutritionists say the study has a few limitations, including its small size.

They also express surprise that chocolate milk outperformed Endurox R4 because both contain large amounts of carbohydrates. Some said they were surprised that Gatorade did as well as it did, as it is not designed to be a recovery drink.

Clark says she's happy to see chocolate milk get its due. Athletes used to rely on real food, but now they're relying on supplements. "I like that it brings people back to real food", she says. "Sometimes they forget that food works."





# Swimmers Ear

*Editor's Note: This article was written by Dr. Robert V. Wiggins, an ear, nose and throat specialist in Washington's Palouse region. The article appeared in the November-December issue of Splashmaster, the newsletter of Inland NW Masters.*

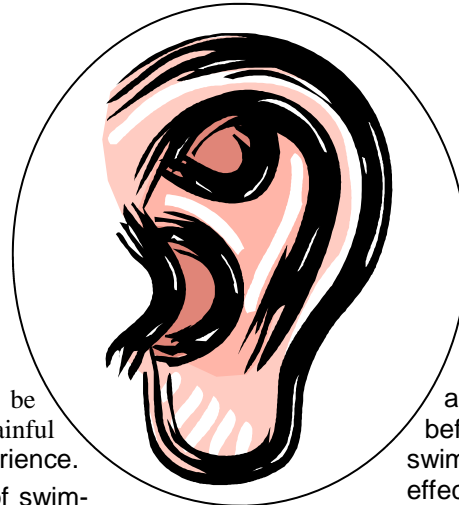
Swimmers ear, or *otitis externa*, is an infection involving the outer ear canal. It is an infection of the skin, and is usually caused by bacterial or fungal microorganisms. The ear canal has the thinnest skin of the entire body and as a result is more vulnerable to injury and infection. *Otitis externa* is commonly known as swimmer's ear because the most common factor in its development is moisture in the ear canal. This can result from frequent water exposure, such as swimming, but also from showering or living in a very moist environment.

Other factors may be ear wax or debris which traps moisture in the ear canal. In addition to moisture, other causes of this kind of infection

*"Most cases of swimmer's ear can be treated successfully with ear drops."*

are trauma to the skin of the ear canal or skin disorders. Scratching one's ear canal with cotton applicators, car keys or bobby pins can also injure the skin and lead to *otitis externa*. Eczema, an allergic skin condition, can also lead to *otitis externa*.

Symptoms may include pain, itching, pressure, discharge and hearing loss. In more severe cases there may be visible redness or swelling of the outside of the ear and pain radiating in to the neck and jaw. The opening of the ear canal is often quite tender to touch.



*Otitis externa* can be one of the more painful infections to experience.

Most cases of swimmer's ear can be treated successfully with ear drops. These may be an antibiotic/steroid combination or an acidifying agent such as acetic or boric acid. The key to successful treatment is to keep the ear dry, which often necessitates careful cleaning of the ear canal to remove wax or infected debris. This is generally done by an ear, nose and throat specialist using a suction device and an operating microscope. If there is a significant amount of wax or debris present in the ear canal, the ear drops will not be effective. More severe infections may require the use of systemic antibiotics. Swimmers should stay out of water until the infection is resolved.

Preventive measures include thorough drying of the ear canal after water exposure. This can be done most safely with a hair dryer. Another method is to twist a tissue so it will enter the ear canal and wick the moisture out.

Individuals prone to developing swimmer's ear might consider using silicone ear plugs to minimize water exposure, as well as one of the over-the-counter products designed to dry the ear canal out after swimming, such as Swim-Ear, which is isopropyl alcohol.

Another preparation frequently recommended for this is a mixture of equal parts alcohol and vinegar. Pure ethanol would be ideal, but isopropyl alcohol will also work. Applying this to the ear canal with

an eye dropper before and after swimming is often effective in preventing infection.

Skin conditions such as eczema or seborrhea may require the regular use of prescription medication in the ear canal to prevent the development of infection. Swimmer's ear, an infection of the outer ear canal, can be prevented in the majority of cases by avoiding situations or treating conditions which disrupt or injure the skin of the external ear canal.

Tired of Your Old Stroke?

Working Harder But Not Going Any Faster?

Want to Become a More Efficient, Faster Swimmer

Then go to a PNA-Sponsored Freestyle Clinic, on either Feb. 10 or Feb. 11.

For more information and to sign up, see page 10.

## Get FAST Freestyle Clinic

Tired of your old stroke? Do you seem to work harder but not go any faster? Would you like to become a more efficient -- and faster -- swimmer?

PNA has invited **Karlyn Pipes-Neilsen** and **Eric Neilsen** to conduct two identical freestyle clinics in February at Medgar Evers Pool in central Seattle. Each clinic will be limited to 20 swimmers and cost \$85.

These clinics will offer the following:

- Videotaping with stroke analysis
- Step-by-step freestyle stroke progression
- Emphasis on correct head and body position
- Gradual progression to a faster, more efficient stroke
- Training and recovery suggestions

When and where: Saturday, February 10, 3:00 p.m.-7 p.m. OR Sunday, February 11, noon-4 p.m. At Medgar Evers Pool, 500 23rd Ave Seattle, Wash. (Directions: From either I-5 N or S take the James Street exit. Go east on James, which turns into E. Cherry St. Continue on E. Cherry until you reach 23rd Ave. Turn right on 23rd Ave. Medgar Evers Pool will be on your left. Park in front of the pool on 23rd Ave. or a block south on the west side of the street in a lot for the pool.)

**Karlyn Pipes-Neilsen:** Has her own DVD entitled *Freestyle Swimming with Karlyn Pipes-Neilsen* available from Go Swim (visit [www.goswim.tv](http://www.goswim.tv) to watch a preview). She is the 2004 World Masters Swimmer of the Year and holds 46 FINA Masters World records. Karlyn has been teaching and coaching both youth and adult swimmers for over 25 years. For more info, do a "Google" search.

**Eric Neilsen:** A tried and true multi-sport athlete with over 15 years of experience coaching and teaching both Masters and youth swimmers. Eric is also an All-American Masters swimmer and a 2:57 marathon runner. He is a certified Level 4 coach by the American Swim Coaches Association (ASCA).

**Cost is \$85 and space is limited.** Complete registration form below and mail with payment to: Sarah Welch, 3704 Cheasty Blvd. South, Seattle, WA 98144. Important: provide your USMS registration number. If you are not a registered USMS swimmer, you may request a 'day of event' registration for and additional \$10. Forms will be available at the clinic.

Questions: contact Sarah Welch at [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net) or call 206-723-1814

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**Saturday, Feb. 10, 3 pm**

**Sunday, Feb 11, 12 noon**

First Name \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (    ) \_\_\_\_\_ Email \_\_\_\_\_

Emergency contact info: \_\_\_\_\_

USMS Registration Number: \_\_\_\_\_

Please identify one goal for the clinic: \_\_\_\_\_

Cost:  \$85 per person (add \$10 if non-USMS swimmer)

Total Amount Enclosed: \$ \_\_\_\_\_

**Send payment and form to:** Sarah Welch, 3704 Cheasty Blvd. South, Seattle, WA 98144.

**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
 SHORT COURSE METERS MEET: February 18, 2007 (Meet Sanction #0367-03)  
 Hosted by the Bellevue Club

<b>EVENTS (ORDER #3)</b>	
#	Event
Sunday, February 18	
1	400 Free
break	
2	200 Free Relay
3	200 Fly
4	200 Back
5	50 Breast
6	100 Free
break	
7	200 Mixed Free Relay
8	200 IM
9	50 Fly
10	100 Back
11	200 Breast
12	50 Free
13	400 IM
14	200 Medley Relay
break	
15	100 Fly
16	50 Back
17	100 Breast
18	200 Free
19	100 IM
20	200 Mixed Medley Relay
break	
21	1500 Free

DATE: **Sunday, February 18, 2007**  
 TIME: Warm-up: **8:00 AM**; Meet starts **9:00 AM**

PLACE: Bellevue Club  
 11200 SE Sixth ST  
 Bellevue, WA 98004  
 Phone: 425-637-4610

MEET DIRECTOR: **Cory Hilderbrand**  
[cory@bellevueclub.com](mailto:cory@bellevueclub.com)  
 425-688-3127

FACILITY: Nine-lane 25 meter pool  
 Warm-up: 2, 25 yard lanes.  
 Water temperature: ~ 81 degrees F

CONCESSIONS: Espresso Bar Available

RULES: Current USMS Rules will govern the meet

ELIGIBILITY: Open to all USMS 2007 registered swimmers, 18 and above as of *February 18, 2007*

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* with proper aggregate age group (e.g. 160-199) to ensure correct intent and results.

CHECK-IN. Positive check-in required for 400 & 1500 free; Deadline for 400 is 8:40 am. Deadline for 1500 is 11AM. Swimmers who do not check in by the deadline may be scratched from the event.

DIRECTIONS: From I-405 take exit 12 (SE 8<sup>th</sup> Street). Turn right at SE 8<sup>th</sup> Street. Turn left on SE 6<sup>th</sup> Street. The Bellevue Club is on the right. Please enter at the Athletic Entrance.

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

**EMERGENCY CONTACT** \_\_\_\_\_  
**PHONE NUMBER** \_\_\_\_\_

**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
 MEET ENTRY FORM: February 18, 2007 Meet Sanction #0367-03  
 Hosted by the Bellevue Club

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

PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ USMS #: \_\_\_\_\_  
 CLUB/TEAM: \_\_\_\_\_ or UNATTACHED: \_\_\_\_\_ ASSOCIATION: \_\_\_\_\_

AGE GROUP (determined by your age as of December 31, 2007):

18 - 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: \$ 13.00 (includes LMSC and electronic timing surcharges)

Individual Events: \_\_\_\_\_(\$1 each; no charge for relays or if 65 and up; or if needs based);

Total: \$ \_\_\_\_\_ [from \$13.00 (relays only) to \$18.00 (five events)]

Please make checks payable to: BELLEVUE CLUB 425-688-3127 (w)  
 Mail this entry form and fees to: **Cory Hilderbrand**  
**C/O Bellevue Club**  
 11200 SE Sixth ST  
 Bellevue, WA 98004

**Questions? Email [coryh@bellevueclub.com](mailto:coryh@bellevueclub.com)**

Please send entries postmarked no later than **Wednesday, February 7th**

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: \_\_\_\_\_

**OLYMPIA MEET**

**SHORT COURSE YARDS MEET HOSTED BY THE BRIGGS MASTERS SWIM TEAM**

Sanctioned by the Pacific Northwest Association of Masters Swimmers (PNA) for USMS, Inc. Sanction #0367-04

EVENTS (ORDER #4)	
#	Event
Saturday, March 24	
1	400 IM
2	500 Free
Warm-up	
3	200 Free relay
4	50 Breast
5	100 Fly
6	200 Free
7	50 Back
8	100 IM
Break	
9	200 Mixed Free Relay
10	100 Breast
11	50 Fly
12	100 Free
13	200 Back
Break	
14	200 Medley Relay
15	200 Breast
16	200 Fly
17	50 Free
18	100 Back
19	200 IM
Break	
20	200 Mixed Medley Relay

**DATE: Saturday, March 24,**  
**TIME: Warm-up: 8:30 AM; Meet starts 9:30 AM**  
 A 30 minute warmup will be held after the 500 free. Earliest starting time for remainder of the meet is 10:30 AM.

**LOCATION:** Briggs YMCA 1530 Yelm Hwy SE Olympia WA 98501. Phone: (360) 753- 6576

**MEET DIRECTOR:** Mel Smith  
[melcomplynow@msn.com](mailto:melcomplynow@msn.com)  
 (360) 970-9466

**FACILITY:** Six-lane 25-yard competition pool; separate warm- up pool next to the main pool. Water temperature; 81.5 degrees F

**CONCESSIONS:** Available throughout the meet.  
**RULES:** Current USMS Rules will govern the meet.  
**ELIGIBILITY:** Open to all USMS 2007 registered swimmers, 18 and above as of *March 24, 2007*.  
**SEEDING:** Slow to fast **TIMING:** Electronic  
**AWARDS:** Available for purchase at the Meet

**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.

**Check-In. Positive check-in required for the 400 IM and 500 Free. Deadline for both is 9:10 AM**

**DIRECTIONS:** From the North-- take I-5 South to Exit 109, Martin Way. Turn Right and then in about one quarter mile turn Left on College. Take College about 3 miles to the Yelm Highway. Turn Right on the Yelm Highway and go approximately 2.5 miles to Henderson. There is a light at Henderson and the

Briggs YMCA is on that corner.

From the South--take I-5 North to Exit 101, Air Industrial Way. Turn Right onto Air Industrial Way and follow it until it dead ends at Henderson Blvd. Turn Left and down a long hill, back up the other side to a light at the Yelm Highway. The Briggs YMCA is on that corner.

**Website:** For more information, visit the PNA website ([www.swimpna.org](http://www.swimpna.org))

**NO DIVING** DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES  
 EMERGENCY CONTACT \_\_\_\_\_  
 PHONE NUMBER \_\_\_\_\_

**OLYMPIA MEET**

Short Course Yard Meet March 24, 2007 Hosted by Briggs Masters Swim Team

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

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

E-MAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ USMS# \_\_\_\_\_ - \_\_\_\_\_ LMSC \_\_\_\_\_ (PNA,Oregon,etc.)

**Include a copy of your current Masters Registration card if you are not a PNA member**

TEAM \_\_\_\_\_ or UNATTACHED \_\_\_\_\_

AGE GROUP (determined by your age as of March 24, 2007):

18 - 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 plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 13.00 (includes LMSC & electronic timing fees)

Individual Events: + \_\_\_\_\_ (\$1 each; **optional** for age 65 & over or needs based)  
**(no charge for relays)**

Total: \$ \_\_\_\_\_ [from \$13.00 (relays only) to \$18.00 (five events)]

Please make checks payable to: Aquatics Department, Briggs YMCA  
 Mail this entry form and fees to: Mel Smith, Masters Coach  
 c/o Aquatics Department  
 1530 Yelm Highway SE  
 Olympia, WA 98501

**\*\*\*Please send entries postmarked no later than March 14, 2007**

**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: \_\_\_\_\_

# Places to Swim in the Pacific Northwest

## ANACORTES:

Fidalgo Pool and Fitness Ctr 1603 22nd St (360) 293-0673

## AUBURN:

Auburn Pool 516 4th Ave NE (252) 939-8825

## BAINBRIDGE ISLAND:

Ray Williamson Pool/  
Bainbridge Island Aquatic Ctr HS Rd & Madison Ave (206) 842-2302

## BELLEVUE:

Bellevue Aquatic Center 601 143rd Ave NE (425) 452-4444  
Bellevue Club 11200 SE 6th St (425) 688-31237  
Bellevue Family YMCA 14230 Bel-Red Rd (425) 746-9900  
Newport Hills Swim & Tennis 5474 119th Ave SE (425) 746-9510  
Pro Club 4455 148th Ave NE (425) 885-5566  
Samena Club Pool 15231 Lake Hills Blvd (425) 746-1160

## BELLINGHAM:

Bellingham Aquatic Center 1114 Potter St (360) 647-7665  
Bellingham YMCA 1256 N State St (360) 733-8630  
Wade King Recreation Ctr Western Wa U (360) 618-1899

## BOTHELL:

Northshore Pool 9815 NE 188th St (206) 296-4333  
Northshore YMCA 11811 NE 195th (425) 788-6035

## BREMERTON:

Olympic Swim Center 7070 Stampede Blvd (360) 662-2888  
Swimming Jarstad Aquatic ctr 50 Magnuson Way (360) 473-5376  
South Kitsap Comm. Pool 425 Mitchell Ave Port Orchard 874-5741

## BURIEN:

Arbor Heights 31st Ave SW (206) 244-6557  
Highline Fitness & Swim Cl 626 SW 154th (206) 433-10036  
Normandy Park Swim Club 17655 12<sup>th</sup> Ave SW (206) 244-0700

## CENTRALIA:

City Swimming Pool 573-682-5063  
Fife Swim Center 5410 20<sup>th</sup> St E (253) 922-7665

## COTTAGE LAKE:

Cottage Lake Pool 18831 NE Woodinville-Duvall Rd(206) 296-2999

## DES MOINES:

King Swim 2400 S 240<sup>th</sup> St (206) 878-1634  
Mount Rainier Pool 22722 19th Ave S (206) 824-4722

## EDMONDS:

Yost Pool (summer only) 9535 Bowdoin Way (425) 771-0229

## ENUMCLAW:

Enumclaw Aquatic Center 420 Semanski St S (360) 825-1188

## EVERETT:

Everett Family YMCA 2720 Rockefeller Ave 425-258-9211  
Forest Park Swim Center 802 E Mukilteo Blvd (708) 488-0664  
McColum Park Pool 600 128<sup>th</sup> St SE (425) 337-4408

## FEDERAL WAY:

Kenneth Jones Swim Pool 30421 16<sup>th</sup> Ave S (253) 839-1000  
King County Aquatic Center 650 SW Campus Dr (253) 296-4444

## FIFE:

Fife Community Pool 5411 23th St E (253) 922-7665

## FRIDAY HARBOR:

San Juan Fitness Center 435 Argyle Rd (360) 378-4449

## ISSAQUAH:

Klahanie Lakeside Pool 4210 244th Pl SE (425) 391-8503  
Julius Boehm Pool 50 SE Clark St (425) 837-3350

## KENMORE:

St Edward State park Pool 14445 Juanita Dr NE (206) 296-2970

## KENT:

Kent Meridian Pool 25316 101st Ave SE (253) 854-9287  
Tahoma Pool 18230 SE 240th St (425) 413-7665

## KIRKLAND:

Juanita High School (evenings) 10601 NE 132nd St (425) 823-7627  
Peter Kirk Pool (Jun-Sep) 340 Kirkland Ave (425) 828-1235

## LACEY:

North Thurston High School 600 Sleater Kinney Rd NE (360) 491-0857

## LYNNWOOD:

Lynnwood Pool 18900 44th Ave W (425) 744-6440

## MERCER ISLAND:

Mary Wayte Pool 8815 SE 40th St (206) 296-4370

## MILL CREEK:

West Coast Family Aquatic Ctr 15622 Country Club Dr (425) 745-3474

## MOUNT VERNON:

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

## NORTH BEND:

Si View Community Ct Pool 400 SE Orchard Dr (425) 888-1447

## OLYMPIA:

Briggs Community YMCA 1530 Yelm Highway SE (360) 753-6576  
Discover Aquatics 110 Delphi Rd (360) 866-3684  
Evergreen State College Campus Rec Center (360) 867-6536  
YMCA 510 Franklin StSE (360) 357-6609

## POULSBO:

North Kitsap Community Pool 1881 NE Hostmark St. (360) 598-1070

## REDMOND:

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

## RENTON:

Hazen Pool 101 Hoquiam Ave NE (425) 204-4230  
Henry Moses Aquatic Ctr 1719 Maple Valley Hwy (425) 430-6780  
Lindberg Pool 16740 128th Ave SE (206) 296-4335

## SEATTLE:

All Star Fitness 700 5th Ave, 14th Flr (206) 343-4692  
Ballard Pool 1471 NW 67th St (206) 684-4094  
Colman Pool (summer only) 8603 Fauntleroy Wy SW(206) 684-7494  
Evans Pool 7201 E Green Lk Dr N (206) 684-4961  
Evergreen Pool 606 SW 116th St (206) 296-4410  
Gregory Seahurst 700 19th Ave Southwest, 206-244-3640  
Helene Madison Pool 13401 Meridian Ave N (206) 684-4979  
Meadowbrook Pool 10515 35th Ave NE (206) 684-4989  
Medgar Evers Pool 500 23rd Ave (206) 684-4766  
Mounger (summer only) 2535 32nd Ave W (206) 684-4708  
Queen Anne Pool 1920 1st Ave W (206) 386-4282  
Rainier Beach Pool 8825 Rainier Ave S (206) 386-1944  
Seattle Athletic Club 333 NE 97th St (206) 522-9400  
Seattle University (Connolly) 14th & Cherry (206) 296-6441  
Shoreline Pool 19030 1st Ave NE (206) 362-1307  
Southwest Pool 2801 SW Thistle St (206) 684-7440  
UW Pavillion Pool Hec Ed Pavillion Pool (206) 543-9880  
West Seattle YMCA 4515 36th Ave SW (206) 935-6000  
YMCA 909 4th (206) 382-5010

## SEQUIM:

Sequim Aquatic Rec Center 610 N 5th St (360) 683-3344

## SILVERDALE:

Bangor Subase Pool Bldg 2700 (360) 692-1040

## SNOHOMISH:

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

## SUMNER:

Sumner HS Pool 1707 Main St (253) 891-5550

## TACOMA:

Centre at Norpoint Pool 4818 Nassau Ave NE (253) 591-5504  
Clover Park High School 11023 Gravelly Lk Dr SW (253) 583-5540  
Eastside Community Pool 3524 E 'L' St (253) 591-2042  
Foss High School 2112 S. Tyler St (253) 752-4511  
Lakes High School 10320 Far West Dr SW (253) 583-5550  
Morgan Family YMCA 1102 S Pearl St (253) 564-9622  
People's Pool 1602 MLK Jr Way (253) 591-5323  
Stewart Heights Pool 402 E 56<sup>th</sup> St (253) 573-2532  
Titlow Pool 8355 6<sup>th</sup> Ave (253) 564-4044

## TUKWILA:

City of Tukwila Pool 4414 S 144<sup>th</sup> St (206) 267-2350

## VASHON ISLAND:

Vashon Pool (seasonal) 9600 SW 204th St (206) 463-3787

## WHIDBEY ISLAND :

Island Athletic Club 5522 S. Freeland Ave Freeland (360) 331-2582  
John Vanderzicht Pool 85 SE Jerome St, Oak Harbor (360) 675-7665

## WOODINVILLE:

Cottage Lake Pool 18831 NE Woodinville-Duvall Rd(206) 296-2999

# Pacific Northwest Association of Masters Swimmers

## 2007 Local Team Registration

To register your team for 2007, please fill out and return the form below. Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held each April. All team members competing in the meet must be currently registered with USMS.

PNA will provide each team with a USMS Rule Book, which contains rules for Swimming, Competition, Long distance Swimming, Athletes' Rights, and Organization and Bylaws. Please indicate who should receive the USMS Rule Book

<b>Team Name:</b>	<b>Abbreviation (4 letters max):</b>	
<b>Team Rep</b>	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
<b>Team Coach</b>	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
<b>Workout Pools</b>	Pool name:	
	Address:	
<b>Workout Times</b>		
<b>Rule Book</b>	Please send to:	

Below are the abbreviations currently in use. Teams written in **BOLD** have registered for 2007.

Mail this form and check to:

Arni Litt, Registrar      [arni@qwest.net](mailto:arni@qwest.net)  
 1920 10<sup>th</sup> Ave East  
 Seattle, WA 98102-4253

Application fee: \$12  
 Make check payable to: **PNA Masters**

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| BAM: Bainbridge Area Masters<br><b>BADD:</b> Bellevue Aquatic Divas & Dudes<br>BC: Bellevue Club<br>BEST: Bellevue Eastside Masters<br>BBST: Bellingham Bay Swim Team<br><b>BMSC:</b> Bellingham Masters Swim Club<br><b>BYMS:</b> Briggs YMCA Masters Swim<br>BS: Brooks Swimming<br>CAC: Columbia Athletic Masters (All)<br>DSYM: Downtown Seattle YMCA Masters<br><b>ECMT:</b> Emerald City Multisport Team<br>ESC: Evergreen Swim Club Masters<br>FWM: Federal Way Master<br><b>FSJ:</b> Fins of the San Juans<br>FTSW: Ft. Steilacoom - WAKO<br>GACM: Gateway Athletic Club<br><b>GLAD:</b> Greenlake Aquaducks<br>GCMS: Gold Creek Masters (GCM)<br>GC: Gordon Club<br>HMST: Husky Masters<br>ISST: Issaquah Swim Team<br>JAM: Juanita Aquatic Masters<br><b>LOGS:</b> Logger Masters<br>LUNA: Team Luna | LWS: Lynnwood Sharks<br><b>MICC:</b> Mercer Island Country Club<br>MIR: Mercer Island Redwoods<br>NHM: Newport Hills Masters<br>NEO: North End Otters<br>NSYG: Northshore Y's Guys<br><b>NWM:</b> North Whidbey Masters<br>OOPS: Old Olympic Peninsula Swimmers<br>ORCA: Orca Swim Club<br>PAC: Poseidon Aquatic Club<br>PAM: PAMS<br>PSC: Phinney Ridge Swim Club<br><b>PTMS:</b> Port Townsend Master Swimmers<br>PRO: Pro Sports Club<br>QASC: Queen Anne Swim Club<br>RAH: Redmond Aqua Hotshots<br>RAT: Rice Athletic Team<br>RFST: Redmond Foothills Swim Team<br>SAMM: Samena Club<br><b>SAC:</b> Seattle Athletic Club<br><b>SVY:</b> Skagit Valley YMCA<br><b>SSTM:</b> South Sound Titans Masters<br>SWIM: South Whidbey Island Masters<br>STRM: Storm Lake Aquatics | SSRM: Swim Seattle Redhawk Masters<br>TACY: Tacoma Pierce County YMCA<br><b>TACM:</b> Thunderbird Aquatic Masters<br>TMS: Thorbecke's Masters Swimming<br>TIG: Tigers<br>TVA: Tumwater Valley Authority<br>UNAT: Unattached to a Team<br>UPAC: University Place Aquatic Club<br>VFC: Valley Fitness Center<br>VAM: Vashon Aquatic Masters<br>WAC: Washington Athletic Club<br>WEST: West Coast Aquatics Masters<br>WSAS: West Seattle All-Stars<br>WSYD: West Seattle YMCA Dolphins<br>WWUS: Western WA U Masters Swimming<br><b>WCY:</b> Whatcom County YMCA<br>YNOT: Y Nauts |
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Don't see your team? Have your coach or Team Rep, fill out and mail the form.

United States Masters Swimming, Inc

2007 Membership Application

Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer

(Old Number if available \_\_\_\_\_)

2007 Annual Fee: Of your membership fee \$20 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication. (There is no discount for those not wishing to receive the national publication.)

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

Name: Last First Initial Birth date: Month Day Year
Address: Street or box number Age: Male Female (circle one)
City State Zip+4 E-Mail: please print carefully

Telephone: ( )

If you coach a Masters swim team check here

2nd Phone: ( )

I am interested helping the PNA committee

CLUB: Pacific NW Aquatics (PNA)
OR Unattached

AND Team:
OR Unattached

Choose a membership level A or B below.

- A. Regular: 11/01/06 thru 12/31/07 \$35
B. Need-based or Seniors (65 & over): \$25
Canada & foreign addresses, add \$10

Make check payable to: PNA
Mail to: Arni H. Litt, Registrar
1920 10th Ave E
Seattle, WA 98102-4253

Optional Donations:

USMS Endowment Fund \$
International Swimmers Hall of Fame \$
TOTAL \$

Questions: (206) 849-1387, arni@qwest.net

On rare occasions, USMS may need to inform you of important issues. I DO / DO NOT wish to receive these.
A USMS sponsor may wish to offer you information emailed from the USMS National Office. I DO / DO NOT wish to receive this.
(Email addresses are not supplied to the sponsor.)

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

The United States Masters Swimming Policy on the privacy of member information is at: www.usms.org/admin/privacy.shtml

TEAMS

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PSC: Phinney Ridge Swim Club
PTMS: Port Townsend Master Swimmers
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QASC: Queen Anne Swim Club
RAH: Redmond Aqua Hotshots
RAT: Rice Athletic Team
RFST: Redmond Foothills Swim Team
SAMM: Samena Club
SAC: Seattle Athletic Club
SVY: Skagit Valley YMCA
SSTM: South Sound Titans Masters
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*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.

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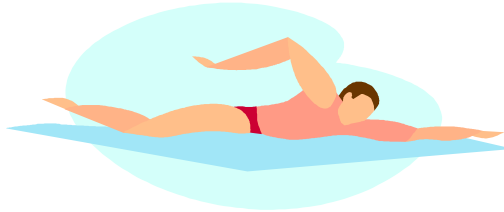
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January 2007 Issue



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