

THE WET SET

Pacific Northwest Association
of Masters Swimmers



Volume 28 • Issue 2

Masters Swimmers in Western Washington

February 2008

A First-Hand Account of a Daring Man's First Polar Bear Swim

By Lee Carlson
PNA Meets Chair

Have you ever swum a different meet or a different meet event solely on impulse? Of course, there are many things I'd never do on impulse. Into this category you can put hang gliding, parasailing and ski jumping.

Temptation

But on the last day of 2007 I learned about a Lake Washington polar bear swim. Time and place: noon, January 1, at Clarke Beach. It just so happened my wife Dee and I planned on spending New Year's Eve and the next day with friends who lived about 10 minutes from the swim.

Why not, I thought. A polar bear swim is on my bucket list (things to do before I kick the bucket). Stealthfully, I packed my jammers, goggles, cap and nose-plugs. No way was I going to tell Dee that for sure I'd be taking the icy plunge. That way, if I changed my mind I wouldn't lose face or be accused of being wishy-washy like some presidential candidate.

"You must be joking"

At our New Year's Eve



A brave group of polar bear swimmers gathers after the icy plunge in Lake Washington. Lee Carlson in yellow cap; organizer Niles Clark to Lee's right; Peggy Pomeroy in front row, standing far left, behind people kneeling.

celebration dinner, I mentioned I might do the swim. The response: "You must be joking."

That response made me hold my tongue but become more determined to do the swim. And this determination may have been reinforced by an extra drink or two during our year-end celebration or watching the Space Needle's fireworks explode and thinking, "Hey, you need to enjoy life to the maximum; come on, take a few risks."

No turning back

In the morning I again said I was planning on doing the swim. Everyone gave me that "you-must-still-be-under-the-influence look." Our hosts then said, "Okay, let's go watch you do this." Now, I realized, there was no turning back.

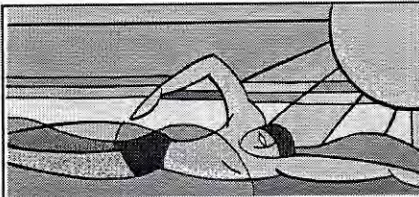
We arrived at the beach at 11:40 and walked down to the

water. I was the first swimmer there. Shortly, another couple joined us and we all checked out the beach. Concrete steps to the water, a roped-in swimming area and an L-shaped dock for those preferring to dive into the water. An experienced polar bear veteran advised us not to jump in because the wait to get up the ladder is terribly cold. The best approach,

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WETSUIT

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Hugh Moore

Recruit a new Masters swimmer! There's nothing like having another like-minded soul at the pool to work out with or compete against or compare your progress with.

The niece

I have a few potential recruits in mind. There's my niece Sara, the one who swam for UCLA on a full swimming scholarship. She'd make a terrific Masters swimmer. And she's moving back to the Northwest, at least for awhile, which gives me an even greater opportunity to apply some gentle persuasion to get her back into the pool. Last time we chatted, though, she hadn't yet accepted the benefits of a regular training regimen over her recollection of those intense sprinter's workouts.

The brother

Then there's my brother Mark, who has been swimming laps regularly. He's met some veteran Masters swimmers at his pool and is aware of the Masters program, so recruiting him shouldn't be that difficult. He was the more focused competitor when we were in high school, though his forte was diving. Hmm, maybe he won't be as easy a sell as I first thought.

The co-worker

Oh, well, there's always Dave at work. Every time we see each other (infrequently these days), he mentions joining me in the pool to shed some weight. Unfortunately, this "mentioning" has been going on for about 15 years.

Okay, so maybe it's not a slam-dunk to recruit someone for Masters swimming. But when you

LEADING OFF



By Steve Peterson,
PNA
President

do, it's a great feeling to convince another to move up to an active lifestyle. If you'd like some help recruiting, look no further than USMS. Our parent organization offers posters and a brochure titled "Masters Swimming – What It's All About." Plus luggage tags, decals, stickers and sticky note pads. Even thank-you notes. Check prices and availability with our National Office Administrator Tracy Grilli, (800) 550-SWIM (or look on the USMS Web site under the Administration tab, National Office bullet).

PNA embraces teleconferencing

Conference calling is becoming an increasingly popular tool for conducting meetings. Several LMSCs, notably Alaska and Montana, have been doing business by phone for some time, as have many USMS national committees. PNA recently purchased a conferencing telephone, which we deployed at the January board meeting for members who couldn't attend in person.

I greatly enjoy the social aspect of PNA's face-to-face board meetings. But I suspect

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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 2008 CALENDAR

**OPEN
POSTAL SWIMS
MEETS
CLINICS**

*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 January 31, 2008
USMS One Hour Postal
Championships
See page 8 for announcement.

January 1 to December 31, 2008
From Block to Wall...Swim Them
All!
2008 USMS Challenge
See www.usms.org, health and
fitness tab

January 19, 2008
SCY Meet
Fidalgo Pool
Anacortes, Wash.

January 19, 2008
Nuclear Winter Sprint/Swim for
Your Life
Moses Lake, Wash.
www.inlandnwmasters.org

January 22, 2008
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

January 27, 2008
Cowichan Meet SCM
Duncan, B.C.
[http://www.mastersswimming.bc.ca/
upcoming.html](http://www.mastersswimming.bc.ca/upcoming.html)

February 10, 2008
"Love to Swim" Meet
Vancouver, B.C.
English Bay Swim Club
www.englishbay.org

February 17, 2008
SCM Meet
Bellevue Club
Bellevue, Wash.
Entry form at www.pna.org

February 17, 2008
Swim Meet
Wenatchee, Wash.
www.inlandnwmasters.org

February 26, 2008
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

March 7-20, 2008
PNA Swim Clinics with Karlyn
Pipes-Nielsen & Eric Nielsen
For details, see interest form on
page 6.

March 8, 2008
Orca SCY Meet
Helene Madison Pool
Seattle, Wash.
Entry form on page 12.

March 8, 2008
Victoria Masters 28th Annual Swim
Meet, LCM
Victoria, B.C.
www.mastersswimming.bc.ca

March 25, 2008
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

March 27-29, 2008
NCAA Swimming and Diving
Championships
Weyerhaeuser King County
Aquatic Center
Federal Way, Wash.

March 29, 2008
SCY Beat the Clock Meet
Briggs YMCA
Lacey, Wash.
Entry form on page 13.

April 12-13, 2008
SCY PNA Champs
Weyerhaeuser King County
Aquatic Center
Federal Way, Wash.

April 17 to April 25, 2008
XII FINA Masters World
Championships - Perth, See article
on page 10.

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
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

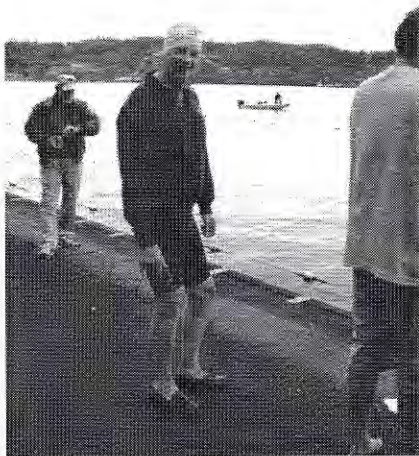
(Continued from page 1)

Polar Bear Swim

he advised, was to walk down the steps, dive in with a shallow dive and swim about 10 strokes or go to the ropes and then get out.

By 11:50 there were about 20 of us swimmers nervously pacing around, together with an equal number of smug-looking observers. Five minutes later, Niles Clark, the sponsor of this event, announced it was time to get ready. Off came the pants and sweatshirt, on went the swim cap and goggles. By this time, about 30 swimmers were present. We split up, about half going to the dock and the rest to the concrete steps. Following a final countdown of 10...9...8...we went into the unknown cold water.

At first it felt like I was sliding in cold snow, icy, but not impossible. But as I took several strokes, the water felt like a vise tightening on my chest. Though the water was warmer than I expected, it was definitely cold. I learned the next day from former Mercer Island teammate and fellow polar bear swimmer Peggy Pomeroy that the



Lee Carlson reflects on his icy polar bear experience.

water temperature was 45 degrees. A tad cooler than the water at the Anacortes and Oak Harbor pools where I regularly swim.

After I emerged from the water, Niles Clark and I chatted briefly. He's been doing the swim since 1968. Many participants have done it five or more times. In fact, I remember my family talking about the swim being a Scandinavian tradition, though no family member ever claimed to have embraced this tradition.

What does it all mean?

After the swim, I found myself wondering about myself and my fellow swimmers. Are we fitness gurus, off-balance exhibitionists, pain seekers or just a group that likes to scream on entering the water? I felt good doing it, better getting out and best remembering it as an adventure. Isn't this what life is about — the journey where you head down some new roads?

As I reflected more on my experience, I thought of fellow Masters swimmer and past PNA President Jeanne Ensign, who frequently swims in Lake Washington until late fall. I also thought of current PNA President Steve Peterson, who has swum across Puget Sound and around Bainbridge Island as part of a BAM relay. And I've noticed that more towns, cities and park districts are sponsoring polar bear events.

PNA Polar Bear Event?

As PNA meets chair, I even wonder whether our organization should sanction such an event. Even if we never do, I'm glad I acted on impulse and took my first — and maybe not last — swim with my fellow polar bears.

More about polar bear swim from Peggy Pomeroy

This is the fourth year that I have done this crazy swim. I wade

in from the shore. So, my first word of advice is to wear some kind of water sandals, TEVAs or SCUBA booties. The rocks on the lake bottom are killers! You feel them on your way in but may be so numb on the way out that you forget they are there and get injured.

The water feels unbelievably cold at the first plunge, but you quickly warm up or become numb all over. In past years, a friend and I have swum out to the rope and back, but this year we were going against the incoming traffic from the dock jumpers. So we worked our way through them, took a few strokes and got out. It was like going up the down staircase.

My daughter and granddaughter, age 11, joined me in the plunge this year. My husband was given the job of taking the temperature of the lake by dangling my dive watch on a fishing line. My daughter always brings a jug of hot cider, and then we head back to our house for breakfast, feeling invigorated and virtuous. I brag about this event all year and then start dreading it around Christmas time. Still, I wouldn't miss it for the world!



Have a swimming story or a story idea for *The Wet Set*?

Every time a story or a story idea is submitted, your editor experiences paroxysms of joy.



Last Hurrah for 30-minute Swim as National Fitness Event

By Lee Carlson
PNA Meets Chair

How far can you swim in 30 minutes? That's the question swimmers have been able to answer every year since 2003, when USMS launched its inaugural 30-minute swim. PNA sponsored the event that year, and also sponsored the 2007 event. Typically, only about 80 to 90 swimmers have participated each year in the 30-minute swim.

PNA beats Oregon

In an effort to increase participation, PNA challenged Oregon Masters to see who would have the most 30-minute swim participants this past December. PNA won this challenge handily. Teams with the most were North Whidbey Masters (10), Federal Way Masters (5) and Thunderbird Aquatic Masters (4). Congratulations to all who participated. Below you'll find list of PNA swimmers and the distances they achieved.

Good-bye, 30-minute Swim

This is the last year (for now) for the 30-minute swim because the USMS Fitness Committee has decided there isn't sufficient participation to justify continuing the event. Instead, the committee

wants to focus on three events.

No. 1: Virtual Swim

Interesting area swims — swimming around Crater Lake or the Erie Canal, for example — can be achieved by fitness swimmers logging their distance over the year toward one or more of these targets. During the first year for this event, also 2003, more than 100 swimmers achieved a cumulative distance of 5,133 miles. Since then teams and LMSCs have kept track of their mileage, with the Colonies and Northwest Zones being the leaders in 2006. Jane Moore, former PNA chair and a long-time USMS Fitness Committee member, has swum 106 miles.

No. 2: Check Off Challenge

You sign up for a t-shirt that lists all 18 Masters swimming events and endeavor to swim each during the year. Federal Way Masters and PNA have been active hosts of this event.

No. 3: Go the Distance

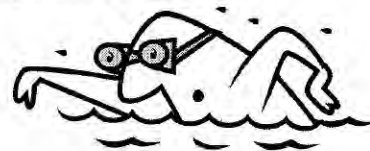
A new event that's an Australian and Canadian specialty. Swimmers keep track of the distance swum each month and submit it to the fitness committee. An Excel spreadsheet makes it easy to track your cumulative distance. Awards are available for 50, 100, 250, 500 and 1,000 miles. Some Canadian and Australian swimmers have completed over one million kilometers.

For more information about these three fitness swims, go to www.USMS.org, click on the health and fitness tab, then click on fitness events. PNA Fitness Chair Sarah Welch and USMS Fitness Committee members Jane Moore and Lee Carlson encourage you to try these events.

Swimmer	Team	Age	Distance	Pace per 100
Dan Smith	Federal Way	44	2545 yards*	1:10
Hugh Moore	Federal Way	53	2200 yards	1:21
Keith Kennedy	Federal Way	44	2025 yards	1:29
Paul Monohan	Thunderbird	61	1985 yards	1:31
Sally Dillon	North Whidbey	65	1985 yards	1:31
Craig Carlson	North Whidbey	60	1950 yards	1:32
Jeff Morrison	Thunderbird	51	1855 yards	1:37
Sarah Welch	Swim Seattle	60	1850 yards	1:37
Becky Klieman	North Whidbey	44	1790 yards	1:41
Debbie Gallo	North Whidbey	53	1745 yards	1:43
Pinky Walker	Thunderbird	65	1740 yards	1:43
Anne Olson	Unattached	68	1735 yards	1:44
Ron Hansen	Skagit Valley Y	58	1725 yards	1:44
Julie Wilson	North Whidbey	55	1690 yards	1:46
Harvey Prosser	North Whidbey	77	1680 yards	1:47
Joan Delgado	North Whidbey	62	1680 yards	1:47
Sandra LaFontaine	GLAD	57	1650 yards	1:49
Deidre Fitzpatrick	Federal Way	36	1650 yards	1:49
Lee Carlson	Thunderbird	67	1635 yards	1:50
Kristin Lucas	Columbia Ath	45	1600 yards	1:52
Merry Henneberger	North Whidbey	38	1460 yards	2:05
Kenneth Kreer	Federal Way	44	1365 yards	2:15
Jan Kavadas	North End Otters	76	1300 yards**	2:18
Rachel Morrow	Unattached	31	1230 yards	2:25
Joy Thompson	North Whidbey	52	1225 yards	2:25
Nancy Graham	Unattached	65	1200 yards	2:30
Connie Williams	North Whidbey	53	980 yards	3:00
Kelly Henriot	Island Athletic	47	No distance given	

*Swam the longest distance of all 30-minute challenge participants

**Swam the event twice; achieving the same distance.



Hurry! Sign Up for March Pipes-Nielsen Clinics

Karlyn Pipes-Nielsen and husband **Eric Nielsen** will visit Seattle again this March to teach up to four PNA-sponsored stroke clinics during March 7 to 20, 2008. We're still working to secure pool time, but we encourage all PNA swimmers interested in this opportunity to send in the attached "Interest Form" ASAP. That way, we can enroll people quickly once we get the pools confirmed. We're looking for pool time on the Eastside, South King/Pierce County and Seattle.

PNA will offer three freestyle clinics and one 'stroke' clinic for the non-freestyle strokes. Each clinic is limited to 20 swimmers. *Priority will be based on your sign-up date, so send in the interest form now.* Also, priority will be given to swimmers who signed up but couldn't attend this past fall.

The training program developed by Karlyn, arguably the best Masters swimmer ever, and Eric benefits swimmers at all levels. Participants see real results, *such as a big drop in time after just one clinic.* The clinics offer video taping and feedback, step-by-step stroke progression, emphasis on correct head and body position, gradual progression to a faster, more efficient stroke, training and recovery suggestions.

Karlyn and Eric are available to offer **clinics for your club or team.** Their expertise ranges from youth to adults, from novices to masters. And they have a fondness for triathletes. Contact Sarah Welch (contact info below), and she'll help you facilitate scheduling a clinic with your team.

Send Clinic Interest Form to: PNA, c/o Sarah Welch, 3704 Cheasty Blvd. South, Seattle, WA 98144. If you're not a registered USMS swimmer, you may request a 'day of event' registration for an additional \$10. Forms will be available at the clinic. **The fee for each clinic is \$90 or \$170 for two clinics. We'll collect your fee once we've registered you for a date.**

See March's *The WetSet* for more details, including locations, times and price. For questions, contact Sarah Welch at sarahwelch@comcast.net or call (206) 359-2588.

First Name _____ Last _____

Address _____ City/State _____ Zip _____

Phone: (____) _____ Cell:(____) _____ Email: _____

USMS Number: _____ Age: _____ Swimming Interests: _____

Please Indicate Your Preferred Dates. Evening Sessions will be from 5-9 pm. Saturday will be a.m. or p.m.

Saturday, March 8	Tuesday March 11	Thursday March 13
Tuesday, March 18	Wednesday, March 19th	Thursday March 20th

Please identify one goal for the clinic: _____



Call for Nominations

Dawn Musselman Inspirational Swimmer Award



PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913-1986). Dawn, a long-time PNA member, inspired others and encouraged them to do their best. She was a gifted swimmer as well—check PNA's records for ages 60 to 74! —but speed is not a criterion for this award.

Nominations are open to all PNA members. We're looking for the candidate who:

- Is an inspiration to all PNA swimmers
- Willingly shares information, training, or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship at all times
- Shows a strong commitment to PNA Masters Swimming

Past recipients of the **Dawn Musselman Inspirational Swimmer Award** are:

1986 - Dawn Musselman	1994 - Marion Mueller	2002 - Barb Gundred
1987 - Marlene Holmes	1995 - Tammi Keeler	2003 - Chaya Amiad
1988 - Maxine Carlson	1996 - Ian Thompson	2004 - Kathy Casey
1989 - Jim Penfield	1997 - Suzanne Dills	2005 - Gene Crossett
1990 - Tom Foley	1998 - Clark Pace	2006 - Jeanne Ensign
1991 - Karen Jost	1999 - Dan Frost	2007 - Lee Carlson
1992 - Jan Kavadas	2000 - Joan Davis	
1993 - Robin O'Leary	2001 - Paul Ikeda	

You swim with someone who qualifies—compose a few paragraphs telling why! The award, consisting of a personal plaque and the perpetual trophy with the recipient's name added, will be presented at the PNA Champs meet, April 12 and 13, at King County Aquatic Center in Federal Way.

Send your nomination to:

Steve Peterson
360-692-1669
speterson@bandwagon.net
11165 Central Valley Road NW
Poulsbo WA 98370-7014

Please submit your nomination by **March 30, 2007**.

Time to Nominate PNA's "Coach of the Year"



Some coaches stand out from the crowd.

To recognize these individuals, PNA will present its fourth annual PNA Coach of the Year Award. The recipient will be honored at PNA Championships in April and receive a personal plaque. In addition, the recipient's name will be engraved on a permanent trophy.

A three-member committee will review the nominations. The selection criteria may include:

- Improvement or enhancement of an ongoing program or establishment of a new program
- Sustained service over a long period of time
- Contributions to PNA
- Commitment to PNA

- Willingness to share coaching skills and information
- Loyalty of team members
- Inspiration to others and coaching accomplishments

Past recipients were Wendy and Malcolm Neely (2004, 1st annual), Michael McKinlay (2005), Neil Romney (2006) and Robin O'Leary (2007).

To nominate someone, simply submit a completed nomination form, together with a letter of support explaining why you're nominating this person. **Nominations must be received by March 30, 2008.**

You can find a nomination form on the following page. You can also find one on the PNA website at www.swimpna.org.

Welcome New PNA Swimmers

Hallie Anthony
 Valarie Bartelme
 Kelvin Battle
 Alyssa Boggs
 Jessica Breitbarth
 Sabrina Bruckner
 Michael Chastain
 Lisa Christen
 Lori Decker
 Tina Drexler
 DawnMarie Durante
 Meredith Ellringer
 Michele Finnegan
 Jennifer Frogness
 Alex Goldstein
 Michael Kilgore
 Stephen LaHaie
 Katrina Mar
 Tim McCormack
 Malia Miranda
 Allyson O'Malley-Jones
 Ashley Raygor
 Monica Shelton
 Amber Thiel
 Aaron Whipple
 Andres Williams
 Dan Young

(Continued from page 2)

Leading Off

that the time (and gas) saved by conferencing will convince more of us in coming months to "phone in." Potentially, interested PNA members could join in to listen or comment, too. I'll let you know how this works out.

Meanwhile, I hope to see you at the Bellevue Club meet. And be sure to enter both March meets, Orca's at Helene Madison and BMST's in Lacey — I'll see you there!



Attention Board Meeting Followers

A summary of PNA's October and December board meetings will appear in the March issue of *The WetSet*. Past meeting minutes are posted on PNA's Web site.

ATTENTION ONE HOUR SWIM PARTICIPANTS



Don't forget to send a copy of your entry form to our PNA postal relay team coordinator so she can get you on a relay this year. It must be in her hands by February 10. Sally Dillon, PO Box 845, Oak Harbor, WA 98277, phone or fax (360)679-5038, salswmmr@verizon.net.



2008 PNA Coach of the Year Nomination Information

PNA recognizes a coach annually for outstanding contributions to local Masters swimming programs. If you'd like to nominate a coach, submit either the attached nomination sheet (one page only) or a one-page letter of support addressing any or all of the following selection criteria: improvement or enhancement of ongoing program or establishment of a new program; sustained service over a long period of time; contributions to PNA; commitment to PNA; willingness to share coaching skills and information; loyalty of team members; coaching accomplishments; and/or inspiration to others. Please print or type legibly

Candidate

Nominator

Team _____ Address _____

Number years coaching this team _____ Phone _____

Average number of team members during this coach's tenure _____ Email _____

Candidate's coaching experience:

Candidate's coaching accomplishments:

Candidate's improvement/enhancement of program or development of a new program:

Candidate's contributions to PNA:

Evidence of candidate's coaching skills and knowledge:

Impact of coach's efforts on others:

Please submit nomination by March 30, 2008 to:

Wendy Neely
5416 SW 326th Ct
Federal Way, WA 98024

Phone (253) 838-8408
wendymal@mac.com

Going to Perth, Australia, for Worlds? PNA Wants to Know

Thinking of heading to Perth for the XII FINA World Masters Championships in April? It's easy to understand why you or any PNA swimmer would want to participate in this event. Perth, which is in western Australia, already has been home to two FINA World Championships and many world records. Australian Olympic swimmers regularly train in Perth's Challenge Stadium, where the championships will be held.

In addition, western Australia is a visitor's delight. The area is famous for its long days of sunshine, cloudless blue skies and brilliant beaches. You can do everything from swim in crystal clear ocean waters to enjoying a

sunny afternoon sipping a cold beer at an open-air pub.

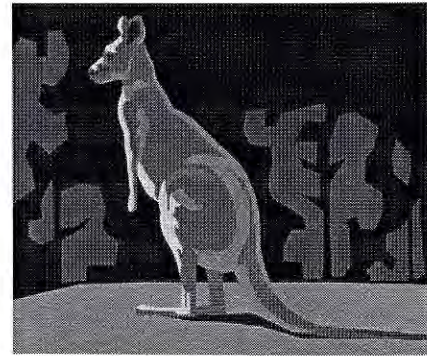
Plus, Perth, a city of 1.3 million, offers a huge range of shopping, dining and nightlife.

If you're going to Worlds, please contact Lisa Dahl; lisaisswimming@hotmail.com.

Lisa not only will be competing at Worlds, she's also coordinating relays for Worlds, and the relays need to be entered when the individual entries are due.

Train for Perth at a special USMS camp

USMS is offering four different training camps for Worlds. They're in Mission Viejo,



Calif.; Irvine, Calif.; Boulder, Colo.; and Ft. Lauderdale, Fla. The camps' program is designed for dedicated Masters swimmers committed to advancing their performances and skills. For dates, go to <http://www.usms.org/comp/calendar.php> and scroll down to the bottom of the page. For additional information, contact Mark Moore, head coach, at m.w.moore@cox.net.

Coming Soon:

2008 Steve Engle Memorial PNA Championship Meet

Date: April 12-13, 2008

Place: Weyerhaeuser King County Aquatic Center

Highlights:

- **50-meter championship pool set up as two 25-yard courses; one of the fastest pools in the world**
- **Ribbons awarded first through eighth place in every age group in every event**
- **Team awards (with teams divided into three different size categories)**
- **Presentation of Dawn Musselman Inspirational Swimmer Award and PNA Coach of the Year Award**

Entry form in next month's *The WetSet*. You can also find one at www.swimpna.org, at "On deck-Upcoming Events."



Weight Problem: What to do if you are Underweight

Editor's note: This article, by Rachel Skoss, appeared in a recent issue of Aqua Master, the newsletter of Oregon Masters Swimming. It has been edited.

What is the problem with being underweight?

Undernourished people are at greater risk of infection. Being too lean can suppress your immune system — those colds and viruses that may take others a day or two to recover from can tend to hang around you.

Maintaining a healthy immune system requires a steady intake of all the necessary vitamins and minerals, including essential fats such as omega 3 fatty acids from fish, nuts, etc.

Female athlete triad

Some women are at risk for the "female athlete triad," where three inter-related problems — poor nutrition (perhaps through an eating disorder), menstrual disorders and weak bones — can result in life-long problems. For women prior to menopause (without the triad), being too lean can interrupt reproductive function.

Inadequate energy intake relative to expenditure will compromise your athletic performance — fat and lean tissue mass will be used by the body for fuel. Losing the muscle mass will impact strength and endurance further. Insufficient micronutrient intake can result in increased likelihood of osteoporosis for both men and women.

Why are some people underweight?

This problem may be due to the training load they are undertaking, together with work

and life pressures that don't allow sufficient opportunity to eat enough. Psychological conditions such as depression and anxiety or extreme stress can negatively impact the desire to eat.

Underlying serious medical conditions can affect metabolism, as can some medications. Genetic factors strongly influence a person's build, and some people find it very difficult to put on weight. Substance abuse and poor knowledge of nutrition can also result in weight loss.

How to put on weight

It is important to assess whether there is an underlying medical reason for being underweight, so it's a good idea to consult your doctor and/or nutritionist. If there is no underlying cause, then gaining weight requires an energy intake exceeding your energy usage. However, it is preferable to gain lean muscle mass rather than fat, so gaining weight is a slow process over a period of months or years.

Tips for gaining

Eat more often — six or more small meals and snacks throughout the day can boost the appetite.

You are more likely to eat your favorite foods (as long as they are healthy) and in a favorite routine. Try to eat the full-fat versions of food, such as milk, rather than the low- or non-fat versions.

Don't rely on protein powders, which often are used by people trying to put on muscle mass, because too much protein in the diet can put pressure on your kidneys. Avoid high-fat/low nutrition junk foods, and decide which high-fat natural foods you like (e.g., avocado and nuts).

The ideal diet for energy consists of 10%-15% energy from protein, 20%-30% energy from fat and 55%-70% from carbohydrates (preferably of the complex variety).

Modifying your workout schedule

Resistance training is a good addition because it promotes muscle growth. Resistance training that is higher intensity, with lower repetitions and higher weights will promote muscle hypertrophy.

If you haven't done weight training before or recently, start with lower-weight, higher-repetition endurance resistance training. Also, don't overdo it. Your body needs to recover, and it is good thing to maintain some of your cardiovascular workout, such as your swimming training. Plus, it's a good idea to get advice from your coach or exercise physiologist or gym instructor or personal trainer if you need it. Taking this step will increase your gains and reduce the risk of injury.

Eat when not hungry

You may need to eat when you are not hungry. However, by making your snacks as appealing as possible, you'll have less of a problem. Before and after resistance training, eat small snacks high in protein to promote muscle growth. Be consistent with your diet. It may be useful to write up meal plans and track progress. Remember to keep your goals realistic.

Energy drink

The following is an energy drink from Australian nutritionist Rosemary Stanton:

- 2.5 cups milk
- 200 g (small tub) of yogurt
- 2 scoops ice cream
- 2 tablespoons malted milk powder
- 3 eggs
- 1 tablespoon honey
- Few drops of vanilla

Combine in a blender and store in a refrigerator. Makes approximately three servings.



ORCA 2008 SWIM MEET

SHORT COURSE YARDS MEET. Sponsored by the Orca Swim Team
Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction #368-03

DATE: Saturday, March 8th, 2008
TIMES: Check-in & 1st Warm-up: **8:00a.m.** Meet: **9:00a.m.**
Event 3 will start no earlier than 9:45a.m.
PLACE: **HELENE MADISON POOL**
13401 Meridian Ave N, Seattle 98133 (206) 684-4979
CONTACTS: Ross Linderman (206) 200-4499 pna@orcawimteam.org
Paul Verner (206) 352-2516 Captains@orcawimteam.org
DEADLINE: Postmark by **Monday, February 25, 2008.** Sorry, but no late or day of meet entries. Entries must be received by Friday, 2/29/08.

FACILITY: An indoor facility with six (6) 25-yard competition lanes with an adjacent warm-up and warm-down area. Water temp is 84 degrees. Coin lockers available. Snacks/drinks will be available for a nominal donation.

RULES: Current USMS Rules will govern the meet.

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

ELIGIBILITY: Open to all year 2008 USMS or MSC registered swimmers 18 and above as of 3/8/2008. Age groups based upon the swimmer's age as of 3/8/08.

DIRECTIONS (located approximately 15 minute drive from downtown Seattle)

From areas north of city limits of Seattle: Take I-5 Southbound, take N/NE 145th St. exit. Turn RIGHT on N 145th St to Meridian Ave N. Turn LEFT on Meridian Ave N. The pool is on the right at N 134th St.

From all other areas: Take I-5 Northbound, take NE 130th St. exit. Continue north from exit ramp to signal at NE 130th St. TURN LEFT on NE 130th. Continue to Meridian Ave N (2nd signal). Turn RIGHT on Meridian Ave N. The pool is on the left at N 134th St.

ORDER OF EVENTS (PNA Order #4) (Seeding is slow to fast)

1	400 IM (must check-in by 8:30am)	12	50 fly
2	500 Free (check-in by 8:30am)	13	100 Free
	30 minute break & 2 nd warm-up	14	200 Back
	Event 3 will not begin before 9:45am		30 min Break including
3/4	200 Women's/Men's* Free Relay		Pink Flamingo Relay
5	50 Breast	15/16	200 Women's/Men's* Medley Relay
6	100 Fly	17	200 Breast
7	200 Free	18	200 Fly
8	50 Back	19	50 Free
9	100 IM	20	100 Back
	Break	21	200 IM
10	200 Mixed Free Relay	22	200 Mixed Medley Relay
11	100 Breast		

Note: Relays entries done on day of meet and deck-seeded.

* - The entries for Men's Relays and Women's Relays will be swum in combined heats.

DISCOUNTED OFFICIAL HOTELS in Downtown Seattle (request **Orca Swim** group rate)

Hawthorn Inn & Suites, 2224 8th Ave, 98121 (800) 437-4867 (206) 624-6820. Rate \$75.

Free parking & breakfast. Call by 2/23/08. Confirm 24 hour cancellation policy.

Paramount Hotel, 724 Pine St, 98101 (206) 292-9500. Rate \$99. First-class hotel steps away from retail/entertainment core. Call by 2/23/02. Confirm 72-hour cancellation policy.

For more info on social events for the meet see: www.orcawimteam.org.

The ORCA SWIM TEAM is 501 (c) (3) non-profit corporation dedicated to promoting the sport of swimming and to educating the public about the value of sports in fitness and community-building. The team is comprised of gay/lesbian and gay/lesbian-friendly swimmers and welcomes all Masters Swimmers to its swim meets. ORCA SWIM TEAM is a member of Pacific Northwest Aquatics (PNA), International Gay and Lesbian Aquatics (IGLA) and Team Seattle.

ORCA 2008 SWIM MEET

Sponsored by the Orca Swim Team

Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 368-03

Name: _____ Circle if your first Master's Meet: **Y**

Phone:(_____) _____ E-mail Address: _____

Street Address: _____

City: _____ State/Province: _____ Zip/Postal Cd: _____

M or F Age:(____) Birthdate:____/____/____ USMS or MSC# _____

Team Abbrev: _____ Team Name: _____ LMSC: _____

USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED

AGE GROUPS (Determined by your age as of 3/8/2008):

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+

INDIVIDUAL EVENT ENTRIES - ENTRY LIMIT: 5 individual events (excluding relays)

EVENT NUMBER	EVENT NAME	SEED TIME (Short Course Yards)

ENTRY FEE: \$13 USD or \$14.00 CDN (includes LMSC & electronic timing surcharge)

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 **Orca Swim Team. Amount Enclosed:** _____

Mail completed and signed Entry, Check, & copy of USMS card to: **Orca Swim Meet**
c/o Orca Swim Team, PMB 869 - 1122 E Pike St., Seattle, WA 98122.

Non-PNA entrants must make a copy of your Year 2008 Masters registration card and mail it in with this entry form.

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: _____

Emergency Contact _____

Phone Number _____

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 #368-04

EVENTS (ORDER #4)	
#	Event
Saturday, March 24	
1	400 IM
2	1650 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 29, 2008
TIME: Warm-up: 8:30 AM; Meet starts 9:00 AM
 A 30 minute warmup will be held after the 1650 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
 (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 2008 registered swimmers, 18 and above as of March 29, 2008.
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 1650 Free. Deadline for both is 8:45 AM. Meet Director reserves right to limit number of entries on 1650.

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)

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES
 EMERGENCY CONTACT _____
 PHONE NUMBER _____

OLYMPIA MEET

Short Course Yard Meet March 29, 2008 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 29, 2008):

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 19, 2008**

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.

Pacific Northwest Association of Masters Swimmers 2008 Local Team Registration

To register your team for 2008, 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

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

Mail this form and check to:

Arni Litt, Registrar pnaRegistrar@usms.org
 PO Box 12172
 Seattle, WA 98102-0172

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

Below are the abbreviations currently in use.

- | | | |
|--|--|---|
| <p>BAM: Bainbridge Area Masters
 BADD: Bellevue Aquatic Divas & Dudes
 BC: Bellevue Club
 BEST: Bellevue Eastside Masters
 BBST: Bellingham Bay Swim Team
 BMSC: Bellingham Masters Swim Club
 BYMS: Briggs YMCA Masters Swim
 BS: Brooks Swimming
 CAC: Columbia Athletic Masters (All)
 DSYM: Downtown Seattle YMCA Masters
 ECMT: Emerald City Multisport Team
 ESC: Evergreen Swim Club Masters
 FWM: Federal Way Master
 FSJ: Fins of the San Juans
 FTSW: Ft. Steilacoom - WAKO
 GACM: Gateway Athletic Club
 GLAD: Greenlake Aquaducks
 GCMS: Gold Creek Masters (GCM)
 GC: Gordon Club
 HMST: Husky Masters
 IST: Issaquah Swim Team
 JAM: Juanita Aquatic Masters
 LOGS: Logger Masters
 LUNA: Team Luna
 LWS: Lynnwood Sharks</p> | <p>MICC: Mercer Island Country Club
 MIR: Mercer Island Redwoods
 NHM: Newport Hills Masters
 NEO: North End Otters
 NSYG: Northshore Y's Guys
 NWM: North Whidbey Masters
 OAC: Olympic Aquatic Club
 OOPS: Old Olympic Peninsula Swimmers
 ORCA: Orca Swim Club
 OST: Ohana Swim Team
 PAC: Poseidon Aquatic Club
 PSC: Phinney Ridge Swim Club
 PTMS: Port Townsend Master Swimmers
 PRO: Pro Sports Club
 QASC: Queen Anne Swim Club
 RAH: Redmond Aqua Hotshots
 RFST: Redmond Foothills Swim Team
 SAMM: Samena Club
 SAC: Seattle Athletic Club
 SVY: Skagit Valley YMCA
 SSTM: South Sound Titans Masters
 SWIM: South Whidbey Island Masters
 STRM: Storm Lake Aquatics
 SSRM: Swim Seattle Redhawk Masters
 TACY: Tacoma Pierce County YMCA</p> | <p>TACM: Thunderbird Aquatic Masters
 TMS: Thorbecke's Masters Swimming
 TIG: Tigers
 TVA: Tumwater Valley Authority
 UNAT: Unattached to a Team
 UPAC: University Place Aquatic Club
 VFC: Valley Fitness Center
 VAM: Vashon Aquatic Masters
 WAC: Washington Athletic Club
 WEST: West Coast Aquatics Masters
 WSAS: West Seattle All-Stars
 WSYD: West Seattle YMCA Dolphins
 WWUS: Western WA U Masters Swimming
 WCY: Whatcom County YMCA
 YNOT: Y Nauts</p> |
|--|--|---|

Teams in **Bold** are registered for 2008.

Don't see your team? Have your coach or Team Rep, fill out and mail the form.

United States Masters Swimming, Inc

2008 Membership Application

New Swimmer

Returning USMS Swimmer

Pacific Northwest Association of Masters Swimmers

(Old Number if available _____)

2008 Annual Fee: Of your membership fee \$25 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: _____ Birth date: _____
Last First Initial Month Day Year

Address: _____ Age: _____ Male Female (circle one)
Street or box number

_____ E-Mail: _____
City State Zip+4 please print carefully

Telephone: (____) _____

If you coach a Masters swim team check here

I am interested helping the PNA committee

2nd Phone: (____) _____

I am interested in receiving The WetSet by email

CLUB: Pacific NW Aquatics (PNA)
or Unattached

AND Team : _____
or Unattached

Choose a membership level A or B below.

- A. Regular: 11/01/07 thru 12/31/08 \$40
- B. Need-based or Seniors (65 & over): \$30
- C. After September 1, 2008 to Dec. 2008 \$25

Make check payable to: **PNA**
Mail to: PNA Registrar, Arni H. Litt,
P O Box 12172
Seattle, WA 98102-0172

Optional Donations:

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

Questions: (206) 849-1387

pnaRegistrar@usms.org

1. On rare occasions, USMS may need to inform you of important issues. Exclude National emails
2. USMS sponsors may wish to offer you information emailed by the USMS National Office. Exclude Sponsor emails
(Email addresses are not supplied to the sponsor.)
3. Exclude emails from the PNA
4. Send The WetSet newsletter only by email

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

Remember to check out your LMSC website at www.swimpna.org and the USMS website at www.usms.org for information, updates, and changes.

12/27/2007



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, PO Box 12172, Seattle, WA 98102-0172

***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

February 2008 Issue



Pacific Northwest Association of Masters Swimmers
PO Box 12172
Seattle, WA 98102-0172

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