

THE WETSET

Workout Group Profiles: Skagit Valley Masters and WWU Masters

[Beginning with this issue, The WetSet will feature brief profiles of some of the many workout groups within PNA]

“I’m getting a lot of credit for something the team really does,” says Shannon Singer, coach of the **Skagit Valley Masters Swimmers** and winner of the 2010 PNA Coach of the Year award. The workouts she designs each day include creative adjustments to ensure that a diverse group of athletes all receive equal benefit. With over 80 swimmers on the roster, individual goals range from simple fitness to triathlons to swim meets to stroke technique improvement. Participants range from 19 to 75 years of age.

Adjusting sendoffs or assigning stroke work to designated lanes keeps everyone finishing together, a key component in the strong team unity within the club. Another driving force is the frequent communication among the group, starting with Shannon’s weekly emails about upcoming events (social gatherings as well as meets), and extending to the group’s website, maintained by member Jennifer Boannon. “Jennifer takes a tremendous load off my shoulders,” Shannon said, “and the website content means members don’t have

Pacific Northwest Association of Masters Swimmers



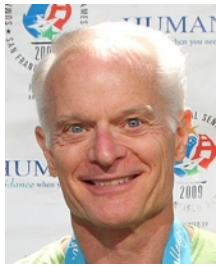
The PNA Coaches Committee, which meets regularly to share information, met at the recent PNA SCY Championships in Federal Way

to rely on just my emails to know what’s going on.” In keeping with her philosophy that the team contributes to its own success as much as she does, she also singled out Kerry Ness, a long-time member, as her ‘right-hand man’ and someone who “always seems to know what needs to be done.” Social events, creative workouts, and a tight-knit team - what more could you ask for?

“We’re kind of unique because of our relationship with the University,” explains Shona Pierce, coach of **Western Washington University Masters**. The workout group practices under an arrangement with WWU, and most (but not all) members are students at the university. The group has gotten attention - and admiration - for having 11 members who have qualified

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LEADING OFF



BY PNA
PRESIDENT
STEVE PETERSON

There are at least two reasons I enjoy PNA Champs every year: competition and awards. Not my own, necessarily, but the joys of the sport itself plus recognizing our fellow swimmers for their contributions. At this year's meet, held April 10-11 at KCAC, I was pleased to present the Dawn Musselman Inspirational Swimmer award to South Sound Masters' Betsey Kassen. Read the details about our twenty-fifth recipient on page 8. PNA VP Lisa Dahl followed by presenting PNA's Coach of the Year award to Skagit Valley's Shannon Singer. See the article on the Skagit Valley YMCA workout group (page 1) for a profile of Shannon's accomplishments.

For those of you who long for Long Course, particularly in preparation for USMS LC

Nationals in Puerto Rico or the XIII FINA World Masters Championships in Sweden this year, I'm pleased that PNA will be hosting the Northwest Zone Long Course Championships in Port Orchard on July 10-11. It's been a while since we last competed at the South Kitsap High pool – 2004 for NW LCM Zones and 2006 in preparation for the XI FINA Championships at Stanford. Whether you're preparing for subsequent meets or just testing your 50-meter mettle, I think you'll find the SK pool to be fast (it's deep!) and the local support to be enthusiastic. We'll post the entry form on PNA's website along with a link so you can enter online. Page 4 has more information.

Good luck to PNA swimmers attending USMS Short Course Championships in Atlanta! Forty-three of you elected to go, which means that we will subsidize two PNA Nationals Coaches to assist on deck: Shannon Singer and Lynn Wells. I await the results of our swimmers, particularly the relays (which I think are the most fun) since I've had a hand

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U.S. 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, U.S. 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 U.S. Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.

The WetSet

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Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Hugh Moore

Make Waves In The Fight Against Cancer!

Swim Across America (SAA) is hosting its 2nd annual Seattle fundraiser open water swim event benefiting Seattle Cancer Care Alliance (SCCA) on Saturday morning, September 11. The swim in Lake Washington off Luther Burbank Park on Mercer Island includes half-mile and two-mile distances that are chip-timed.

This year's swim provides Seattle-area residents the chance to swim alongside three Olympic medalists: Mary Wayte Bradburne, Dana Kirk, and SAA Executive Director Janel Jorgensen. Nationally, the participation of Olympic athletes has been a regular feature in SAA events, representing a collective 33 gold medals and 22 world records. Mary Wayte Bradburne grew up on Mercer Island and competed in both the 1984 and 1988 Olympic Games. Dana Kirk, originally from Bremerton, competed in the 2004 Olympics (with her older sister, Tara). Janel Jorgensen competed in the 1988 Olympic Games and became Executive Director of SAA after 18 years as a volunteer and board member.

All age groups and individuals are encouraged to compete. Swimmers can register as teams or as individual participants. Teams and individuals are required to raise a minimum of \$300, which includes a \$50 entry fee per athlete. Proceeds benefit cancer research and treatment at SCCA. Recognition will be given for the highest fundraising by a team and by an individual, as well as for fastest overall male and female swimmers in each distance. All swimmers will receive commemorative SAA towels, T-shirts, and swim caps, as well as food and refreshments after the race.

Last year's inaugural SAA open water event raised more than \$100,000 for SCCA, one of the nation's leading cancer treatment centers where doctors from Fred Hutchinson Cancer Research Center, UW Medicine, and Seattle

Children's work to care for patients and conduct clinical studies to find better treatments for cancer. The funds from the 2009 Seattle SAA event supported a new clinical trial for leukemia patients undergoing stem cell transplantation. Thanks to SAA's 2009 donation, Dr. Stan Riddell and colleagues at SCCA were able to begin treating several patients on this clinical trial, and they are reported to be doing well.



Over 130 swimmers competed in last year's exciting competition, organized by a volunteer committee of athletes and swim enthusiasts. In addition, over 60 volunteers assisted on land and water. This year's goal is to double both the number of participants and the dollars raised to support cancer research and treatment at SCCA. The two-mile course will begin at Mercerwood Shore Club and follow the shoreline to the finish at Luther Burbank Park's swim beach. The half-mile swim will follow a triangular course beginning and ending at Luther Burbank Park. A celebration will follow the event at the finish line, with food, music and recognition of the top teams and individual swimmers.

Join Mary, Dana and Janel by swimming, donating, or volunteering. Help the fight against cancer at this year's Swim Across America - Seattle!

Swim Across America is a registered 501(c)3 non-profit organization, and contributions are tax-deductible (Tax ID 22-324-8256).



PNA To Host Long Course Meters (LCM) Championship Meet

Saturday, July 10 and Sunday, July 11, 2010
South Kitsap Community Pool
425 Mitchell Avenue, Port Orchard, WA 98366-4114

This summer, PNA will host a long course meet in Port Orchard (a mere hour from the Fauntleroy Ferry Dock in West Seattle and accessible from all parts of the greater Puget Sound).

Are you training for USMS LCM Championships in Puerto Rico or FINA World Championships in Sweden, or just looking for a long course meet? Want to challenge those FINA record possibilities for relays at the LCM 200 and 400 distances? Want to challenge our neighbors in the Zone, or just want to have fun this summer? If you answer yes to even one of these questions, you will want to attend one or both days of this two-day Long Course Meters meet. If you've been swimming in the Northwest for awhile, you know how rarely we get the chance to compete in this format, so be sure to mark July 10 - 11 on your calendar and look for entry forms and online registration soon.

Order of Events:

Saturday, July 10: warm ups at 11:00 am; meet starts at 12 noon and is expected to finish by 5 pm. 400 IM; 50 Breast; 100 Fly; 200 Free; 400 Free Relay; 200 Medley Relay; 100 Breast; 200 Back; 50 Fly; 200 Free Relay and 1500

Sunday July 11: warm ups at 8:00 am; meet starts at 9 to finish by 12 noon. 400 Free; 100 Back; 50 Free; 200 Breast; 400 Medley Relay; 50 Back; 200 Fly; 100 Free; and 800 Free.

You may enter the meet by mail but online registration is preferred. Look for the entry form on the www.SwimPNA.org website by May 1 along with the online registration link. You can print the entry form but (again) online registration is preferred.

Entry Deadlines: Postmark deadline: June 25
On Line Entry Deadline: July 1

Entry Fee: \$22.00 plus \$2.00 per event

For more information contact Co-Meet Directors:

Lisa Dahl lisaisswimming@hotmail.com or Sarah Welch sarahwelch@comcast.net

NOTICE: POSSIBLE ZONE CHAMPIONSHIP MEET!

Pending approval, this meet may be designated the 2010 Northwest Zone Championship for Long Course Meters. Watch for updates at www.swimpna.org!

Leading Off (*continued*)

in helping plan those at past Nationals. (Shh, I'm making good on a promise to Masters Swimming Association of British Columbia and myself by opting to swim the Canadian Nationals in Nanaimo instead, since it's been 15 years since I last swam above the 49th Parallel.)

So, the lakes are warming up and even the Sound is calling – time to get prepared for open water events! Also, check out the ongoing fitness events (Check-Off Challenge, Go The Distance and Virtual Geographic Swim Series) on the USMS Health & Fitness page. Swim in good health!

Steve

Board Meeting Notes - March 2010

by Herb Cook, PNA Secretary

The PNA Board held a half-day meeting/retreat on Saturday, March 20, at Timber Ridge at Talus in Issaquah. Thanks to PNA Long Distance/Open Water Chair **Sally Dillon**, a Timber Ridge resident, for reserving the meeting room, providing snacks and arranging the post-meeting lunch!

Highlights from a jam-packed agenda:

PNA Vice President **Lisa Dahl** reported that 21 people attended a “hugely successful” Coaches Clinic on March 7, featuring presentations by USMS National Club Development Coordinator **Mel Goldstein** and two freestyle clinics by **Karlyn Pipes-Neilsen**. Lisa and Mel also met on March 8 with Seattle area YMCA officials, who are enthusiastic about developing a Masters program. **Rich Seibert** volunteered to chair a PNA/YMCA committee—including **Hugh Moore**, **Tami Coulter**, **Rich Atkins**, **Steve Peterson** and **Lynn Wells**—to work with Lisa in her capacity as USMS Regional Club Development Coordinator.

Scott Stone and **Scott Whelan**, representing the Seattle chapter of Swim Across America, described SAA's inaugural fundraising swim in Lake Washington in 2009, which raised over \$100,000 for the benefit of the Seattle Cancer Care Alliance. SAA has scheduled its second Lake Washington swim for Sept. 11, 2010. **Lisa Dahl**, **Sally Dillon**, **Lynn Wells** and **Shannon Singer** agreed to serve on a committee to develop a mutually beneficial relationship between PNA and Swim Across America.

As recommended by **Sally Dillon**, the PNA Board sanctioned two open-water swims: Fat Salmon in Lake Washington on July 17, and Lake Padden on July 25.

The Board approved providing free swim caps for all PNA swimmers entering the USMS Short Course National Championship Meet in Atlanta in May.

Sarah Welch and **Lisa Dahl** volunteered to serve as Meet Directors for a long course meet at South Kitsap Pool in July.

The Board authorized PNA Webmaster Hugh Moore to proceed with a redesign of the PNA website home page (www.swimpna.org) and to retain technical support as needed.

The Board established a committee—**Lynn Wells**, **Lisa Dahl**, **Herb Cook**, **Hugh Moore** and **Sarah Welch**—to review the relationship between the Pacific Northwest Association of Masters Swimmers (an LMSC) and Pacific Northwest Aquatics (a regional club).

(Complete Board minutes available at www.swimpna.org)

One Hour Postal National Championship

A record 80 PNA swimmers participated in the postal "Happy Hour" last January. Each swam a full hour and entered their "laps swim" to the event's host. Club awards for the event are determined by the total number of yards swum by the entire group. PNA fit into the Large Club division with more than 40 swimmers and less than 200. Other divisions: Extra Large clubs (over 200 participants), Medium clubs (40 and less), and Small clubs (12 and less). **Kudos to the PNA swimmers who took the challenge this year!**

Large Club Division

1st	YMCA Indy SwimFit	136 swimmers	493,505 total yards swum
2nd	Pacific Northwest Aquatics	80 swimmers	299,505 total yards swum
+ 12 other clubs in our division			

Top 10 finishes for PNA swimmers and relays are listed below. Our best individual finish came from 81-year old Harvey Prosser who swims with the North Whidbey Masters. Also notable is that the other four top-3 finishers were all swimming in the last year of their respective age groups. Two PNA relays ranked #1 in their age groups (Women 25+ and Men 55+) and three other relays ranked in the top-3 to garner the "large sized" medals (Men 35+, Mixed 55+ and 75+). Complete results can be found at <http://www.usms.org/longdist/ldnats10/>.

WOMEN

25-29	2nd	Melissa Chamberlin	29	5,065 yds
40-44	5th	Haleigh A Werner	40	4,900 yds
60-64	5th	Sally A Dillon	63	3,875 yds
70-74	6th	Anne P Olsen	71	3,235 yds

MEN

35-39	3rd	Kirk E Nelson	39	5,330 yds
40-44	5th	David E Kays	42	5,350 yds
55-59	3rd	Alan Bell	59	5,140 yds
60-64	3rd	James T McCleery	64	4,875 yds
80-84	1st	Harvey W Prosser	81	3,195 yds

RELAYS (all listed in official results as Pacific NW Aquatics)

Women 25+	1st	14,690 yds	Melissa Chamberlin, Allison L Cox, Carrie L Nordberg
	10th	12,430 yds	Rachel A Murrow, Teresa Nelson, Laura O'Meara

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2010 One Hour Postal National Championship

(continued)

Women 35+	7th 13,515 yds	Liz Rosen, Geraldine Vander Haegen, Haleigh Werner
Women 55+	6th 11,200 yds	Joan D Delgado, Sally A Dillon, Elizabeth K Kassen
	10th 9,010 yds	Carter Case, Jeanne Ensign, Ann Kastberg
Women 65+	10th 8,010 yds	Barbara A Allen, Anne P Olsen, Gloria M Tolaro
Men 18+	7th 11,075 yds	Daniel Hernandez, Jesse Maupin, Hamber Pablo
Men 35+	3rd 15,160 yds	David E Kays, Kirk E Nelson, Mike VanQuickenborne
Men 45+	5th 14,230 yds	Bill Fenner, Thomas A Grandine, Joshua W Scott
	10th 13,265 yds	Lars R Durban, Rick Ferrero, Dan Underbrink
Men 55+	1st 14,235 yds	Alan Bell, James T McCleery, Steven B Peterson
Men 65+	4th 10,325 yds	Jeff J Jacobsen, Dennis L Sawyer, Melvin H Smith
Mixed 25+	9th 18,720 yds	Melissa Chamberlin, Allison L Cox, Mike VanQuickenborne, Jonathan
Wagher		
Mixed 35+	6th 19,930 yds	David Kays, Kirk Nelson, Geraldine Vander Haegen, Haleigh Werner
Mixed 45+	9th 17,705 yds	Bill Fenner, Thomas A Grandine, Jessie J Hickel, Tatyana Mishel
Mixed 55+	2nd 17,850 yds	Alan Bell, Sally A Dillon, Elizabeth K Kassen, James T McCleery
	9th 14,855 yds	Joan D Delgado, Jeanne Ensign, Steven B Peterson, John T Vranesh
Mixed 75+	2nd 10,550 yds	Jack S Akamine, Barbara A Allen, Harvey W Prosser, Gloria M Tolaro

Dawn Musselman Inspirational Swimmer Award

The PNA has presented this Inspirational Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913–1986). Dawn was a long-time PNA member. Not only was she a skilled competitor (still holding 10 LCM, 7 SCY, and 2 SCM records from 1979–1985 for ages 65 to 74!), Dawn was the kind of person who inspired others and encouraged them to do their best. In her early days she was an Olympics hopeful. In her last days she continued to inspire her teammates until cancer took its toll.

Besides Dawn, subsequent award winners include Marlene Holmes, Maxine Carlson, Jim Penfield, Tom Foley, Karen Jost, Jan Kavadas, Robin O’Leary, Marion Mueller, Tammi Keeler, Ian Thompson, Suzanne Dills, Clark Pace, Dan Frost, Joan Davis, Paul Ikeda, Barb Gundred, Chaya Amiad, Kathy Casey, Gene Crossett, Jeanne Ensign, Lee Carlson, June Van Leynseele and Steve Lahaie. PNA president Steve Peterson presented our twenty-fifth Musselman award honoree a personal plaque, the perpetual trophy, and this statement at the PNA Championships meet, April 11, 2010.

The Pacific Northwest Association Local Masters Swimming Committee proudly presents the 2010 Dawn Musselman Inspirational Swimmer Award to **Betsey Kassen**.

Betsey, endorsements by Coach Mel Smith and your teammates Gloria Tolaro, Peg Cloutier, Evelyn Hoffman and Joan Delgado attest to your inspirational nature. Gloria notes that four years ago you and husband Bill moved here from Ohio, where you had been competitive in both swimming and synchronized swimming. Like many of us, you took a few decades off for other life events but now have returned to swimming. And what a return!

Gloria says you are not only a knowledgeable and expert swimmer but one who strives for personal excellence in technique and speed. You’ve attended PNA clinics and participate in local, national and world competitions, including Masters and Senior Games. You seek a healthy lifestyle through T’ai Chi, Ai Chi and weight training. Your commitment to self development inspires others through your personal behavior.

In addition, you are more than willing to share your knowledge. Quoting Gloria, “Other seniors come to her for advice and I am one of them. She has shared with me [what] she has learned at the clinics. She is a natural teacher and leader and encourages me and many others to greater feats. Others look up to her as the expert swimmer in the group.” Evelyn Hoffman adds, “She has encouraged me to keep on even when I am ready to throw in the sponge. She alerts me to coming events and clinics and gives me “in the water” help with all four strokes. She is an outstanding sportswoman and friend.”

Joan Delgado first met you at the 2008 Worlds in Perth, Australia, where you and she swam with Lisa Dahl and Sarah Welch in relays representing PNA. Joan notes that you were “a great teammate then, giving me the encouragement I needed as the oldest member of that relay team. Then when I moved from Oak Harbor to Longview, she was the one who reached out to me to join SSMS since we didn’t have a team ... where I swim, 60 miles south of the Briggs YMCA.”

Betsey, your teammates appreciate your sportsmanship and humility, seeing that others are in the limelight, and acknowledge that you have made “a super impact on a wide range of people.”

Betsey, for your inspiration to the entire membership of the Pacific Northwest Association of Masters Swimmers by your example of good sportsmanship, encouragement and commitment, the PNA is proud to recognize you as our 2010 Dawn Musselman Inspirational Swimmer.



Workout Group Profiles

(continued from page 1)

for SCY Nationals. The number is more remarkable when Shona mentions that they have a core group of only 15 swimmers (although the roster includes another 19 occasional participants). Some of the camaraderie within the group comes from that shared goal, Shona explains, but it includes all members and it starts when someone comes to their first workout. “We make every new member come to the hot tub after practice and talk with us,” she says, “because we want to make sure that everyone is integrated into the group immediately.”

Although the buildup to Nationals is a major focus for many of the swimmers, there are also triathletes getting ready for the summer race season, and those looking for a means to improve their stroke or their overall fitness. Shona describes the annual evolution of workouts at WWU. “At the beginning of the (school) year, all three lanes do the same workout. It’s nearly impossible to create different workouts when there might be ten people in each lane! The numbers drop a few weeks in, and our regular swimmers show back up, and then we designate two lanes as sprint lanes and one as the distance lane for the rest of the year.”

Despite the structured workouts, swimmers make their own adjustments - changing sendoffs, even jumping from lane to lane - to accommodate their individual needs. Shona and Mark Fanning write the sprint lane workouts, while Caitlin Switaj writes the distance lane workouts. Shona confesses to ‘stealing’ the warmups described by Olympic competitors - to use as a full workout!

The workouts schedule at WWU reflects the characteristics of their core membership. Days are full of classes, and dinner is served at 5pm, so workouts are held Monday through Thursday, from 7pm to 9pm. While many Masters participants enjoy their early morning workout as an energizing way to start the work day, the college students at WWU seem to strongly prefer the evening hours. Maybe 9pm isn’t really all that late... for some of us. The omission of a Friday night workout, however, seems like an obvious decision.

Two great workout groups, with different constituencies, but sharing the same enjoyment of time in the pool and time with their teammates. If you’re in the Mt. Vernon or Bellingham areas, and looking for a program, check out these two possibilities.

Sign Up For The Lake Padden Open Water Swim Today!

The Race for the Bobbleheads is back again! Come join us in beautiful Bellingham on Sunday, July 25, for the 10th Annual Lake Padden Open Water Swim. Two courses are offered - one lap around the lake for 2.5K, or twice around for the 5K challenge - and both races start at 9am. As always, we will have plenty of music during the event, as well as plenty of food to fill you up afterwards.

Bring your friends and family and make a whole day of it. Walk the 2.6 mile loop around the lake, go mountain biking on the back trails, play some tennis or golf, have a barbeque or simply relax in the City of Subdued Excitement. Parking is always free at the lake and is also free throughout Bellingham on the weekends.

Here’s a special treat for those of you who are triathletes, and want to get in some running and biking work. Sign up for the run-bike-run Padden Duathlon on Saturday, and then swim Sunday!

For additional information, contact Race Director Lisa Kaufman at lbkauf@clearwire.net

Welcome New PNA Swimmers *(listed by team)*

Downtown/Bellevue Swim Team

Kathleen Brooks

Fins of the San Juans

John Soth

Federal Way Masters

Ron Torrez

Tommy Cunningham

Alisa Cooks

Cynthia Kannenberg

Bakary Jammeh

Kiana Shaw

Jennafer Ortiz

Lisa Binkowski

Robin Kenna

Green Lake Aqua Ducks

Robert Morrow

Jennifer Brock

Lake Washington Masters

Shelby Wiegand

Kris Olsen

Johnny van Velthuyzen

Monroe YMCA Masters

Rachel Escoto

Douglas Macke

Newport Hills Masters

Ed Graefen

Orca Swim Club

Olivia Baumert

Kaisa McCrow

Joann Cary

Ohana Swim Team

Sandra Gravseth

South Sound Masters Swim

Diana McCandless

Jocelyn Finch

Skagit Valley Masters Swimming

Brook MacKay

Unattached *(see note below)*

Bryce Manso

Taiji Tamura

Christopher Gilroy

Julie Masumoto-Joyce

Sydney Vinnedge

Teri Foster

Cynthia Bramhall

Karen Warrick

John Keller

Note: Errors or corrections (and Unattached swimmers who wish to change their affiliation to a specific workout group) should be sent to pnaRegistrar@usms.org

MASTERS CALENDAR

LOCAL EVENTS

June 19, 2010

Northwest Senior Games

Juanita Aquatics Center
Kirkland, WA

Info:

www.northwestseniorgames.org

July 10-11, 2010

PNA LCM

Championships

South Kitsap HS Pool
Port Orchard, WA

July 17, 2010

Fat Salmon Open Water Swim

1.2-mile and 3.2-mile swims
Lake Washington, Seattle, WA

Info: www.fatsalmonswim.org

Note: event has filled to capacity each of the last three years, so register EARLY.

July 25, 2010

Lake Padden Open Water Swim

2.5K and 5.0K swims
Lake Padden, Bellingham, WA

Contact: Lisa Kaufman

lbkauf@clearwire.net

Entry form in this issue of *The WetSet*.

July 25, 2010

Washington State Senior Games

Briggs Community YMCA
Olympia, WA

Info:

Swim commissioner Gloria
Tolaro

360.273.6553

rgloria@sprintmail.com

NATIONAL EVENTS

January 1-December 31, 2010

2010 Check-Off Challenge

Contact: Jean Blackburn,
blackburn88@msn.com

May 20-23, 2010

USMS SCY Championships

Georgia Tech, Atlanta, GA

(Information at www.usms.org)

Contact: Ed Saltzman,

es7204@att.com

August 9-12, 2010

USMS LCM Championships

San Juan, Puerto Rico

(Information at www.usms.org)

Contact: Mark Gill,

mark.gill@usms.org

OTHER EVENTS

May 16, 2010

Hood River SCM Meet

Hood River Aquatic Center
Hood River, OR

Contact: Sandi Rousseau

541.354.2580 or

swim@gorge.net

June 5, 2010

Tualatin Hills "Sizzling Summer" LCM Meet

Tualatin Hills Aquatic Center
Beaverton, OR

Contact: Marisa Frieder

503.452.7053 or

mmfrieder@yahoo.com

INTERNATIONAL EVENTS

May 21-24, 2010

2010 Canadian Masters National Swimming Championships (LCM)

Nanaimo, British Columbia, Canada

(Information at http://cmsc2010.ca/Publicity/invitation_e.pdf)

July 27-August 7, 2010

XIII FINA World Masters Championships

Goteborg, Boras & Moindal, Sweden

(Information at news.2010finamasters.org)

Contact:

info@2010finamasters.org

August 1-6, 2010

2010 Gay Games

Cologne, Germany

(Information at www.usms.org)

Contact: Jessica Seaton,

igla@usms.org

MEETINGS

May 25, 2010

PNA Board Meeting

Sarah Welch's house, Seattle

Directions:

sarahwelch@comcastnet

June 29, 2010

PNA Board Meeting

Jan Kavadas' house, Edmonds

2010 Fat Salmon Open Water Swim – 1.2 & 3.2 Mile Events

Saturday, July 17, 2010 Lake Washington, Seattle, WA

Sponsored by Green Lake Aqua Ducks (GLAD)

Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS – Sanction No. 360OW-01

EVENT: The fattest swim of the summer...

This is the 11th Fat Salmon Open Water Swim!

The 1.2-mile and 3.2-mile open water swims return once again to beautiful Lake Washington. The event has filled to capacity early three years in a row, so be sure to register EARLY!



Fat Salmon

RACE-DAY SCHEDULE (July 17, 2010):

MADISON PARK

6:15 - 7:15 am Pre-Race Check-in for *both* races

7:30 am **Mandatory** Competitors' Meeting for *ALL* swimmers

7:45 am 3.2 mile swimmers carpool to **Day Street Boat Ramp**.
1.2 mile swimmers can relax for a while, and then walk or carpool to **Denny Blaine Park**.

DAY STREET BOAT RAMP

8:30 AM **Estimated** start of 3.2-mile race

DENNY BLAINE PARK

9:15 am **Estimated** start of 1.2-mile race

LOCATION: The event runs between the I-90 and 520 floating bridges along Seattle's Lake Washington waterfront. The 3.2 Mile Race starts at Day Street Boat Ramp at the west end of the I-90 Bridge span, and ends at Madison Park in Seattle (E. Madison St. & E. Howe St). The 1.2 Mile Race starts at Denny Blaine Park, 200 Lake Washington Blvd. E, and also ends at Madison Park. **Check-In at Madison Park** where both races end. **Swimmers are responsible for transportation from the registration area to the race starts.** Parking at both start areas is extremely limited; carpooling is encouraged.

See race map at <http://www.fatsalmonswim.org>

RULES: Current USMS rules will govern this event. The use of neoprene wet suits or other nonporous attire *is* allowed. The use of fins or pull buoys *is not* allowed.

SAFETY: The course will be marked with large buoys. Motor boats, kayaks and lifeguards will be located along the course. Swimmers must wear the swim caps furnished at check-in. A mandatory safety meeting will be held before the event start.

AWARDS: A whole salmon will be awarded to the fastest male and female swimmers in both the wetsuit and non-wetsuit divisions of the 3.2-Mile Race. For the 1.2-Mile Race one-half of a salmon will be awarded to the fastest male and female swimmers in both divisions. Ribbons will be available for the top three finishers in all 5-yr age groups, in both divisions.

ELIGIBILITY: Swimmers must be 18 years of age as of July 17, 2010 **and:**

- Currently registered with USMS or Canadian Masters (CM), **or...**
- Pay an **additional** \$20 "One-Event USMS Registration" fee if **NOT-USMS or CM members**.
- Any USMS or CM swimmer not registered with PNA **must** submit a copy of their 2010 registration card to the race registrar.

ONLINE REGISTRATION ONLY – starting May 1st

TO REGISTER: Go to <http://www.active.com/swimming> and search for "Fat Salmon"

FEES:

\$40.00 – Early entry *before* July 1

\$50.00 – July 1 thru July 14

\$20.00 – One-Event USMS registration (as needed, see eligibility)

REGISTRATION CLOSES at 11:59 pm Weds. July 14th *or sooner if race is FULL*

A note about that USMS One-Event Fee... Your \$20 lets you participate in *this* USMS-sanctioned event. For \$22 more, enjoy a *full-year* USMS membership including access to pool meets, clinics, coaches, open water swims and magazine subscription. Contact PNA registrar Arni Litt PNARegistrar@usms.org for more info or to join.

If you don't know your USMS number to put on your entry form – look it up here: https://www.clubassistant.com/club/forgot_usms_number.cfm

**THERE WILL BE NO DAY-OF-RACE REGISTRATION!!!
EVERYONE MUST PRE-REGISTER ONLINE – no paper entry**

QUESTIONS? LOTS MORE INFORMATION at <http://www.fatsalmonswim.org>

OR contact Liz Rosen, Race Director

via **email:** fatsalmonswim@gmail.com or phone 206.898.8992

DIRECTIONS:

From Northbound I-5: Take the Seneca Street exit (#165), merge onto Seneca; travel 0.1 miles; turn left onto 5th Avenue. Follow directions from 5th Avenue (see below).

From Southbound I-5: Take the Union Street exit (#165B), travel 0.1 miles; turn left onto 5th Avenue. From 5th Avenue: Travel 0.2 miles; turn left onto Spring Street, travel 0.1 miles; turn right onto 7th AVE, travel 0.2 miles; turn left onto Madison Street, travel 2.9 miles; Turn **SLIGHTLY RIGHT** on to East Howe Street, travel 0.1 miles; Turn **LEFT** onto 43RD Avenue East. Park.

**10th Annual Lake Padden 2.5K and 5K Open Water Swim
Sunday, July 25, 2010**

Hosted by Bellingham Masters Swim Club

Sanctioned by Pacific Northwest Association of Masters Swimmers for USMS, Inc. - Sanction No. 360OW-02

Name: _____	USMS # ¹ _____ - _____
Street: _____	DOB (mm/dd/yy) _____
City: _____	State: _____ Zip: _____
Email: _____	Phone: _____
Emergency contact: _____	Phone: _____
Event choice (circle): 2.5K 5K**	Gender: M F
Fee calculation:	Make checks payable and mail to:
Entry fee (prior to July 23): \$30	Bellingham Masters Swim Club
Race Day Entry Surcharge \$5	Lisa Kaufman
One-event USMS fee ¹ (\$20) _____	2200 D Street
	Bellingham, WA 98225
Total remitted (US or CAN): _____	lbkauf@clearwire.net

**** 5K entrants must complete the first 2.5K within 1-hour or they will be stopped.**

Liability Release: "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 DAMAGE, 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. Finally, I specifically acknowledge that I am aware of the all the risks inherent in open water swimming and agree to assume those risks."

Must be signed and dated for acceptance.

Signed: _____ **Date:** _____

Notes: 1) USMS or Canadian Masters number required. Canadian or non-PNA USMS must enclose photocopy of current USMS to complete registration. Those without current registration must enclose \$20 for "One Event USMS Entry" to complete registration.

Events 2.5K & 5K open water swims will be conducted on a triangular course in freshwater Lake Padden. Both events start in the water and finish on the beach.

Schedule:

7:30 – 8:30 a.m.	Check-in for all events
8:45 a.m.	Pre-race briefing
9:00 a.m.	Joint Start (2.5K & 5K)

Location: Lake Padden Park, Bellingham, WA. Restrooms, showers, and changing facilities are located at the start/finish area. Hiking, biking, running tra a large barbecue, and a play area for the family are available. The park includ a first-rate municipal golf course (<http://www.lakepadden.com>).

Eligibility:

- USMS or Canadian Masters (CM) registered swimmer or
- \$20 "One Event USMS Registration" fee for non-USMS or CM
- 18 years of age and older as of July 25, 2010
- Non-PNA swimmers (CM or out of area USMS) – photocopy of current registration card required with entry.

Entry Fee: \$30 (US or Canadian). Fee includes official race swim cap, which must be worn during the swim. **Race Day Registration: \$35**

Entry Deadline: Advance registration must be received by July 23, 2010. Day-of registration is permitted for an additional \$5.

Awards: Men and Women overall first through third place for 2.5K and 5K.

Rules: Current USMS rules will govern this event. Neoprene wetsuits are allowed.

Safety: Lifeguards and safety boats will monitor the entire race course. Swimmers must wear the swim cap provided and race number on hand and upper arm or leg.

Results: Results will be posted one hour after the final event and will be available on the BMSC (<http://www.b-m-s-c.org>) and PNA (<http://www.swimpna.org/>) web sites shortly after the event.

Directions: Southbound: I-5 exit 254, left at light onto Samish Way. Cross freeway, right at light (S. Samish Way), main entrance to park (not golf course) is 2.4 miles on right. Northbound: I-5 exit 246, left at stop sign (S. Samish Way main entrance to the park is beyond the golf course entrance, 2.5 miles on left. Race start & finish is near the bathhouse adjacent to the main parking lot.



U.S. MASTERS SWIMMING

Pacific Northwest Association of Masters Swimmers

You may fill out the paper form below and mail it with a check or register online with a credit card at <https://www.clubassistant.com/club/USMS.cfm?L=36> or

through the link for online registration at www.swimpna.org and follow the instructions.

2010 Membership Application

New Swimmer **Returning USMS Swimmer**
(Permanent ID if available _____)

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

Home Phone (____) _____ Cell Phone (____) _____ Work Phone (____) _____

CLUB Affiliation **Pacific NW Aquatics (PNA)** or **Unattached to a Club**

TEAM Affiliation _____

Choose a membership level A or B below for 11/01/2009 thru 12/31/2010.

A. Regular:	\$42	
B. Need-based or Seniors (65 & over):	\$30	
<i>Optional Donations:</i>		
USMS Endowment Fund		\$
International Swimmers Hall of Fame		\$
TOTAL		\$

U.S. Masters Swimming Endowment Fund

Just \$1 from each of us has the potential to add \$50,000 annually to further adult swimming opportunities, sports, medicine research, education and outreach through grants.

www.usms.org/admin/lmschb/lmsc_hb_endowment.pdf

International Swimming Hall of Fame Fund

ISHOF promotes the benefits and importance of swimming as a key to fitness, good health, quality of life, and the water safety of children through operation of the International Swimming Hall of Fame, a dynamic shrine dedicated to the history, memory, and recognition of famous swimmers. <http://www.ishof.org>

Please consider making a tax-deductible donation to one or both of these funds.

Make check payable to: PNA

Questions: (206) 849-1387 or pnaRegistrar@usms.org

Mail check & form to: Arni Litt, Registrar
PO Box 12172
Seattle, WA 98102-0172

A link to the PNA newsletter, *The WetSet*, will be sent by email 10 times/year, unless you check here to have *The WetSet* sent by U.S. Postal Mail.

PNA is seeking volunteers to help with meets, clinics and committees. Check here to volunteer and someone will contact you about where you could make a difference."

2010 Annual Fee: Of your membership fee \$27 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication Swimmer Magazine. (There is no discount for those not wishing to receive the national publication.)

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** _____

Use of Image/Likeness: I grant permission to U.S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.

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

Pacific Northwest Association of Masters Swimmers 2010 Local Team Registration

To register your team for 2010, 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.) As of 2009, the definition of a team is a group of four (4) or more swimmers. If you do not expect our team to have four swimmers, please contact me.

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; **Bolded** IDs are registered for 2010 as of March 22, 2010.

AQUA Aquatic Fanatics BAM: Bainbridge Aquatic Masters BADD: Bellevue Aquatic Divas & Dudes BC: Bellevue Club BMSC: Bellingham Masters Swim Club BTAC: Bremerton Tennis & Athletic Club CAAT: Central Area Aquatics Team CAC: Columbia Athletic Masters (All) DBST: Downtown / Bellevue Swim Team EMS: Everett Masters Swimmers ESC: Evergreen Swim Club Masters FAST: Foothills Aquatics Swim Team FWM: Federal Way Master FSJ: Fins of the San Juans FTS: Ft. Steilacoom GHY: Gig Harbor YMCA GCMS: Gold Creek Masters (GCM) GAM: Gold's Aquatics Masters GGRM: Gold's Gym Redmond Masters GLAD: Green Lake Aqua Ducks HMST: Husky Masters IST: Issaquah Swim Team LLUA: Little Lebowski Urban Achievers LOGS: Logger Masters LUNA: Team Luna	LWM: Lake Washington Masters LWS: Lynnwood Sharks (temp. pool closure) MSVL: Marysville YMCA Masters MICC: Mercer Island Country Club MIR: Mercer Island Redwoods MAMS Middle Aged Marlins FOIL: Milfoil Masters Swimmers MYM: Monroe YMCA Masters 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 PPST: Poulsbo Piranhas Swim Team PSC: Phinney Ridge Swim Club PTMS: Port Townsend Master Swimmers PRO: Pro Sports Club QASC: Queen Anne Swim Club RAH: Redmond Aqua Hotshots SAMM: Samena Masters SAC: Seattle Athletic Club	SVMS: Skagit Valley Masters Swimming SVY: Skagit Valley YMCA Masters SSTM: South Sound Titans Masters SWIM: South Whidbey Island Masters SSMS: South Sound Masters Swim SSRM: Swim Seattle Redhawk Masters TACY: Tacoma Pierce County YMCA TACM: Thunderbird Aquatic Masters TIG: Tigers TOSC: Thurston Olympians Swim Club UNAT: Unattached to a Team UPAC: University Place Aquatic Club VFC: Valley Fitness Center VAC: Vashon Aquatic Club VAVI: Vashon Vikings WAC: Washington Athletic Club WAVE: WAVE 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
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4/16/2010

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

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