

THE WETSET

Pacific Northwest Association
of Masters Swimmers



More Ways To Stay In Touch With PNA!

As we roll out our newly-redesigned PNA website, we're excited to give our members additional (and more immediate) ways to communicate with PNA! Content that has waited for our monthly newsletter will be posted there first and then included in the next newsletter. Additionally, we are considering techniques like RSS subscriptions to allow you to customize how and when you receive news from PNA. Note: In order to allocate our scarce (volunteer) resources across these multiple channels, beginning in January 2012 we will publish The WetSet six times per year (instead of ten times per year). Remember that receiving it electronically gets it to you several days faster than the hard copy version!

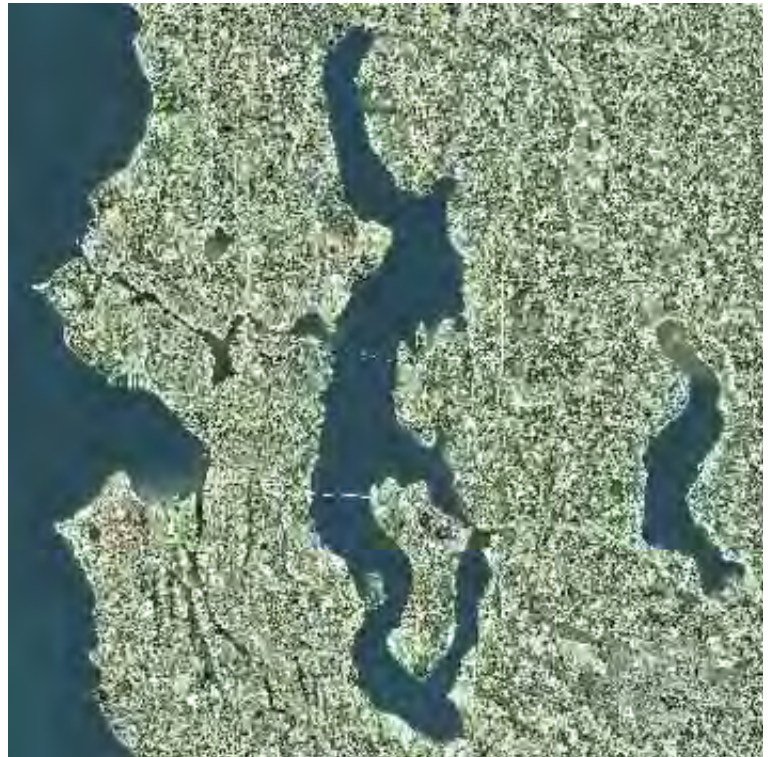
The Dybdahl Double

by Eric Dybdahl

While crossing the 520 bridge on a sunny afternoon, I thought about the challenge of swimming the lake. However, opportunity and camaraderie failed to line up, and the challenge remained until this summer when I had the good fortune to swim open water with an ambitious group.

Mike Schulz was interested in some mega swimming challenges and was organizing a group to do the Halfman Triple Crown: three 10k (6 mi.) swims over three days to span the length of Lake Washington. In preparation, we were doing three back-to-back four mile swims with overall weekly volume somewhere between 16 to 20 miles. We planned to do the Triple Crown on the 26th - 28th of August, however, participation kept dropping and the

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LEADING OFF



BY PNA PRESIDENT LISA DAHL

Another successful PNA Board Retreat! With 14 board members, lots of coffee, many ideas and a highly skilled facilitator, we got a lot done in just one day.

Three new board members joined us this year - Linda Chapman (Meets), Rich Siebert (Vice President) and Mike Grimm (At Large Rep). These new additions, plus ten returning board members made for a fun and productive meeting.

Rich Siebert stepped up to his new role as VP, and brought an effective agenda along with his excellent facilitator skills and we got down to work.

We compared the current USMS strategic plan to our PNA strategic plan.

Throughout that process, we asked ourselves three key questions in regards to serving our PNA members and coaches, and growing the membership - what did we accomplish, what didn't we accomplish and what would we like to do in the future.

It was exciting and rewarding to realize how much we have accomplished in these two areas of focus. PNA members received improved communications through The WetSet, website and emails. PNA groups put on seven swim meets and several open water events, while PNA sponsored multiple clinics. A total of 18 PNA coaches received financial assistance to attend coaching certification programs and three coaches were sent with PNA swimmers to national meets. PNA membership is up, too - we handed out over 250 "New Swimmer Goody Bags" during the year!

We weren't able to complete all of our goals, however. We didn't find a Fitness coordinator and weren't able to provide the Fitness programs we hoped for. The open water event series we wanted to deliver didn't come
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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

Editor

Ron Rhinehart (360) 632-5626

ron@creative-island.net

PNA Officers

President

Lisa Dahl (206) 251-1278

4742 42nd SW #151, Seattle, WA 98116

ldahl@usms.org

Vice President

Rich Siebert

rjseibert@hotmail.com

Treasurer

Jeanne Ensign (206) 948-1354

jeanne@raincity.com

Secretary

Herb Cook (360) 797-7097

herbcook@att.net

Immediate Past President

Steve Peterson (360) 692-1669

speterson@bandwagon.net

Board Members At-Large

Kathy Casey (253) 588-4879

kathycasey@comcast.net

Scott Bonney (206) 240-7721

jsbonney@comcast.net

Michael Grimm

michael.grimm@live.com

PNA Volunteers

Registrar

Armi Litt (206) 849-1387 (cell)

PO Box 12172

Seattle WA 98102-0172

PNARegistrar@usms.org

Awards: Kerry Ness

Coaches: Wendy Neely

Bylaws: Jane Moore

Fitness: Sarah Welch

Historian: Tom Foley

Meets: Linda Chapman

Records/Top Ten: Walt Reid

Officiating: Kathy Casey/Jan Kavadas
Open Water/Long Distance: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Hugh Moore

Leading Off

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together this year, and the unveiling of our new PNA website slipped past our schedule. We'll be giving increased emphasis to those objectives as we move forward.

Speaking of moving forward, the plan for 2012 is just as full and challenging as the plan for 2011, building on what we have started and adding new ideas, mainly in regards to communication and volunteerism.

During my short time on the PNA Board, I have enjoyed working with a devoted group of people who are passionate about adult swimming. Looking ahead, I think our biggest challenge is to foster and encourage more volunteers. How we do that seems to be a mystery. We want to provide more opportunities for Masters swimming in the Pacific Northwest, but we need people to help out. That help can come in a wide variety of forms - it does not only mean attending a board meeting. It may mean participating in a conference call with a small committee. It may mean a short discussion at a swim meet. I want to encourage you to look for ways that you can get involved in making PNA even better in 2012. If you're interested in helping us help our fellow members, please feel free to email me at ldahl@usms.org.

Noted Open Water Swimmer Lynne Cox In Bellingham

Lynne Cox has just released her 3rd book, "South with the Sun," which is about polar exploration (both North & South) in general and the epic journeys of Roald Amundsen in particular. Lynne swam in the Arctic Ocean at 4 locations along Amundsen's "Northwest Passage" to commemorate the 100 year anniversary of his having successfully navigated this passage from Norway past the southern tip of Greenland into the Canadian islands all the way west to Alaska. Lynne is also the author of "Swimming To Antarctica", a sort of bible of open-water swimming, and also "Grayson", the tale of her encounter with a gray whale during a training swim.

"We drove to Bellingham on Sunday and listened to Lynn for about an hour. She talked about a conversation with a friend about Ernest Shackleton and Robert Falcon Scott and the 'race' for the South Pole. The upshot of the conversation is that both Shackleton and Scott failed in their attempts, but have had much more historic and media coverage than Roald Amundsen who was successful.

Lynn, who was a history major in college, decided Amundsen's voyages of discovery should be chronicled in a book. The result of her eight-year project is her newest book: "South with the Sun." The two major areas of exploration for Amundsen were the Northwest Passage and the South Pole. Lynn's technique for discussing the Northwest Passage adventure was to 'trace' Amundsen's path from the west coast of Greenland to the Chukchi Sea and to make four very cold water swims in areas that Amundsen visited. At times the water temperature was just a bit above 28 degrees Fahrenheit. She swam half a mile in that temperature off the coast of Greenland.

A major theme throughout her talk was how all people who achieve have many, many friends and family who support them. Her talk included material published in The New Yorker a couple of years ago and that article should be available on their website." *Provided by Jim McCleery*

The Dybdahl Double

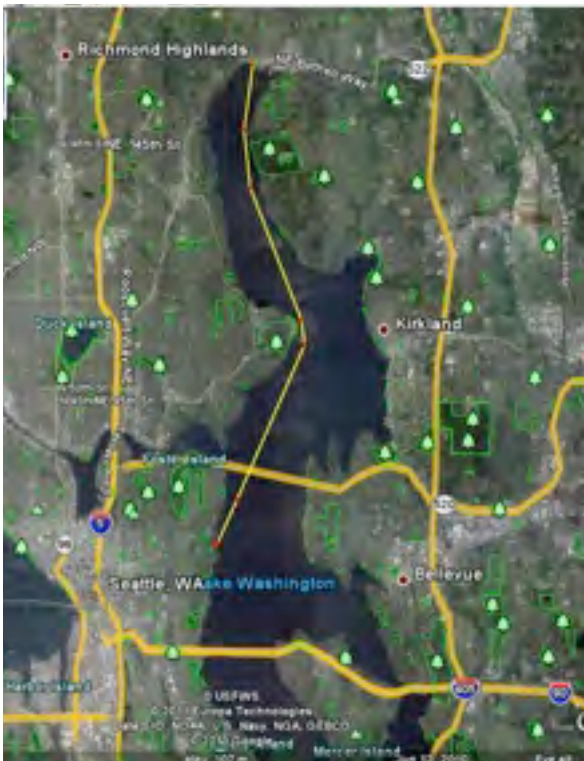
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escort boat logistics were troublesome.

The weekend before our planned Triple Crown, Mike and Chris swam around Mercer Island, about 14 miles, and needed to recover. Mike was in no shape or mood to swim the lake. Nevertheless, I was ready for a challenge and wondered if I could salvage something out of this.

With a few emails to Dan Robinson, a very good mega distance swimmer and one of my kayakers, we contrived the concept of the Dybdahl Double. It would be two 10 mile swims done on two consecutive days with no pace boat. We would have to go from beach to beach - a first leg from Log Boom Park to Denny Blaine, about 10 miles, and a second leg from Denny Blaine to Gene Coulon Memorial Beach Park, about 9.5 miles. Now all I had to do was swim it.

Without Dan's help, I would not have attempted this. He expertly set out a feeding plan and kept me on track with an understanding of what I was about to go through physically. It was my first attempt at a mega distance swim. His first reply when I asked him about doing this was "Are you really ready?" followed by all the negatives and ending with: "I'm still willing, but you need to have a plan." The reply confirmed that I had the right guy for my kayaker. Without a pace boat I had to be fairly sure that I could complete these swims in a reasonable amount of time since there were not a lot of bail-out opportunities along the route. I also have to thank my wife for spending her mornings driving the van from one park to another for departure and pick up, waiting for the snail parade to arrive.



Day 1

Unfamiliar with Log Boom Park, it took us a bit to find the launching area. I hoped to depart at 5:30 am, but there was not enough sun to launch safely. We got the kayak together and applied sunscreen and Vaseline to my body, and we were off and on our way by 6:20 am. The water was warm and smooth, somewhere in the low seventies. The first quarter mile or so, I was still touching plants but then it dropped off. From there it was almost a straight line along the east shore in the shade until we crossed over to Sand Point on the western shore on a diagonal. My first two feedings were forty-five minutes apart, then on the half hour after that, taking in two to four ounces of a drink mix.

My plan was to cover at least a mile every 30 minutes. Unfortunately, I was running a bit over that. After Sand Point, we moved along the eastern shore where I kept trying to swim to Bellevue, I think because I could see the 520 bridge and I kept heading for the center. I kept thinking that the bridge was much closer. Dan realized I was getting tired and gave me some gels. We finally got to the ship canal

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The Dybdahl Double

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where we had to stop a few times to make sure that the boats saw us. Once we were past the bridge we were less than two miles from Denny Blaine Park. I was familiar with this area since a group of us had been swimming Madison Park almost daily all summer long, but it felt slow and my arms were now sore. Finally we rounded the bend to the small Denny Blaine Park, completing the first 10 mile leg in about five and a half hours.

I stood up and could feel the exhaustion all the way down through my spine and knew that I had really worked my core. I could barely help Dan hoist the kayak back on the van and was wondered if I was going to recover enough to do the second leg of 9.5 miles on the following day. While the first leg had always seemed achievable, I knew all along the hard part would be getting enough rest to go do it again the next day. So I was on the couch with a lot of liquids, food, rest, and the season opener of Dr. Who.



Day 2

The next day we launched from Denny Blaine Park at about 6:15am. Even though I was tired, I knew that this course was going to be more interesting. Jeanne Ensign was there to send us off - no band, no parade, but that was enough for me. I put on my double coat of sun block, walked the kayak down, and we were off like the previous day never happened. We headed along the eastern shore south, moving in slightly rough water toward the I-90 Bridge. Dan decided that today I needed the drink mix every 30 minutes and a gel every hour.

It was about two miles to the bridge and I decided to swim backstroke as I went under it, just to see how that felt. It definitely helped to change muscle groups. Mentally, I was swimming it smarter: not trying to push myself every mile but to just relax more and enjoy the moment. After the bridge, we headed diagonally to the north-east edge of Seward Park in much calmer water. It was about three miles from the bridge and after

three feedings, we were almost there. Each time we came close to shore I could feel the water temperature change, and as we moved around the east side of Seward Park, I felt a current. I thought it was going against us, but in reality it was moving us along. The walkers in the park did not pay much attention to us.

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The Dybdahl Double

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From the southeast edge of the park, we headed for the southwest corner of Mercer Island. It was about a mile away and forced us to cross a channel and be on the lookout for boats. Again the water temperature changed as we rounded the southwest corner of Mercer Island and came inside the buoy area. I could see paddle boarders on my left and a big lake cruise ship on my right. We were now on our final run. The south shore of Mercer created a straight line to Gene Coulon Memorial Beach Park. We were going to see the finish long before we were going to get there on that last 3 mile stretch.

Much like the first day, my arms were tiring so I alternated freestyle with backstroke. On each feeding I could see the Boeing hangars get larger. To relieve my anxiety, I thought about what we would look like to anyone watching us come in. Unlike Denny Blaine where an onlooker would see us only at the end, today we would be visible for quite awhile before we landed. It might look like the opening scene from Lawrence of Arabia where the camel and rider take forever to get to the well, and this swimmer and kayaker were not moving much faster than that camel. We passed a boat at the end whose occupants asked where we had come from. When Dan told them, they asked "Why?" We decided there is no logical answer except the standard: "Because we can." Finally, we managed to get to a dock and hoisted Dan, the kayak, and me onto shore. Nine and one half miles in five and a half hours.

The "Dybdahl Double" was now complete and we sat there for a moment reveling in the accomplishment. It was a learning experience for me because I had never swum further than six miles before. Completing two 10 mile swims was a first step toward the mega swims. Dan had already done a swim to Catalina Island and another around Manhattan Island and had done a great job preparing me for this adventure. The moment was soon over and we hoisted the kayak onto the van and headed for the "Terrible Beauty Bar and Grill" restaurant in Renton to gorge on some lunch.

Wanted:

GLAD Saturday Swim Coach

GLAD (Green Lake Aqua Ducks) is looking for a coach for Saturday mornings 7 – 8:30 am for a highly motivated group of swimmers. Coach needs to develop challenging workouts for all swimmer levels. Above average compensation for experienced, enthusiastic coach. If you or anyone you know is interested please contact Rob Dunlop at (206)

715-9623 or rdunlop46@gmail.com .

Postal news (Masters Postal Events, That Is...)

by Sally Dillon, PNA Long Distance/Open Water Coordinator

A number of PNA swimmers took the summer challenge and participated in the USMS National Championship 5K and 10K Postal Swims. Preliminary results are out and congratulations go to Sue Dills (66) who appears to be a national champion in her age group with a 5K time of 1:33:45.81. Our other PNA swimmer competing in the 5K was Kirk Nelson (42), who placed 2nd in a time of 1:05:30.70. Kirk missed first place by 35 seconds and I suspect he might have won had he not swum the 3.2-mile Fat Salmon open water swim the day before.

This year we had even more club members swim the 10K. Kathleen Abrahams (55) placed 2nd with a time of 2:44:52.0. Other PNA finishers were Miranda Cox (23) - 3rd in 2:31:38.94, Scott Lautman (58) - 4th in 2:37:32.0, Joshua Scott (55) - 5th in 2:40:30.0, and Scott Matthews (49) - 9th in 3:04:25.0. PNA has entered men's and mixed 10K relays with our entered swimmers but preliminary relay results were not available at press time.

The last postal swims of the year - 3000 and 6000 yard or meter swims - are currently taking place. The last date to do a swim is November 15. The official entry forms can be found on the USMS website or contact PNA's Long Distance Coordinator, Sally Dillon, at salswmr@comcast.net. If you compete in either of these swims, please email your results to Sally by the November 25 deadline to enter.

Looking ahead, our own Blue Wave Aquatics will be hosting the 35th Annual One Hour Postal National Championship in January. This is the most popular USMS postal swim. Look for more information in the December WetSet and on the PNA website about this event.

PNA BOARD ANNOUNCES CHANGE TO ANNUAL DUES

In 2011, USMS/PNA yearly dues were \$44 for full-year registration (\$29 to USMS/\$15 to PNA), \$35 for seniors (\$29/\$5), \$30 for end-of-year registration (\$26/\$4) and \$20 for one-event registration (\$12/\$8). For 2012, USMS is increasing its fee by \$2 to \$31. Due to PNA's positive cash flow and in consideration of the current economy, the PNA Board has decided to absorb \$1 of the \$2 increase. Fees for 2012 will be \$45 (full membership), \$36 (seniors), \$30 (end of year) and \$20 (one-event).

Have A Story To Share? The WetSet is always searching for inspiring and entertaining experiences related to Masters swimming. Contact our editor (ron@creative-island.net) for information on sharing your story with the PNA community.

Read Something You Think Your Friends Should See? Most publications are willing to allow PNA to reprint their articles. Just let us know what you read, and in what publication you read it - we'll take it from there!

Open Water Race Recap For 2011

by Sally Dillon, PNA Long Distance/Open Water Coordinator

PNA open water enthusiasts had numerous USMS sanctioned events to choose from this past summer. Long-standing events held in Bellingham and Madison Park continued to produce outstanding OW events. The second annual Aqua Run For A Child in Tacoma received some increased participation and our two “first year” events – the Whidbey Adventure Swim in Saratoga Passage and the Last Gasp of Summer at Angle Lake got off to good starts.

Lake Padden was the site for our first swims of the summer on a cool and rainy day mid-July. With an air temp of 60 degrees and water temp of 67, the lake was the nicest place to be with water that was pure glass. While a sunny day would have been preferred, the swimmers didn't have to contend with the sun's glare when trying to locate the turning buoys! A hearty 70 swimmers participated in either the 2.5K or 5K events and the Bellingham Masters and race director Lisa Kaufman are to be commended for getting the OW season off to a good start. The lucky ones to win their divisions received the coveted swimmer “bobble heads.” Very cool!

The Fat Salmon swim a week later was blessed with beautiful sunshine but more choppy lake conditions. The event “sold out” within eleven days of the opening for entries so there were likely some disappointed people who didn't manage to get registered in time. Logistically, the event is challenging for race director Liz Rozen and her large crew of volunteers from GLAD since they check-in everyone at the “finish” and then start the 3.2 mile and 1.2 mile events in two different locations. But the attention to detail and safety for the swimmers and volunteers is excellent. With a water temp of 66 degrees, wetsuits were popular as usual, but many open water purists swam “naked” (in swim-speak, naked is wearing regular swimsuits, not swimming in the buff). The lucky division winners in this event took home fresh salmon!

The first August swim for the summer took place at Commencement Bay in Tacoma. A charity event with proceeds going to Gift for a Child, the hearty swimmers enjoyed beautiful sunshine in 57-degree

water. With such a low water temp, wetsuits were required for this event although swimmers with verified experience were eligible for a waiver. Eleven swimmers chose the 2K event and 16 chose the more difficult 4K challenge. A special treat provided by race director Zena Courtney was a portable hot tub, which was well appreciated by the swimmers! Special glass art awards were presented as well.

Saratoga Passage in the little town of Langley on Whidbey Island was the location for one of our newly sanctioned events. Jean Fankhauser and his able-bodied volunteers from the South Whidbey Island Masters put on an extremely well organized event with an abundance of safety personnel. They even managed to provide perfect swimming weather with clear skies and temps in the mid 60's. With the water temp at 58 degrees, this event also required wetsuits although one stalwart swimmer received a waiver and successfully completed the 1.2-mile event “naked”. Sixteen others completed that distance and all 10 starters in the 2.4-mile event finished as well. Handmade glass awards made by a local artist were given to all competitors.

The open water swim season finished on a rainy September 17, somewhat like the day it started on July 16. Nearly 100 swimmers braved a wet, cold and somewhat windy day at Angle Lake in Seatac. Race director Paul Havick and his Blue Wave crew conducted an excellent first-year event that included two separate distances: 1 & 2 miles. All swimmers received participant awards in addition to separate awards for age-group winners. A sunny day would have been nice but in the Northwest, a drizzly end to the 2011 summer season wasn't much of a surprise.

PNA thanks all of the event directors and their “teams” of volunteers. 2012 is already on the horizon and plans are in the works to set the schedule for the summer's open water swims. New events are encouraged so if you and your fellow teammates would consider sanctioning a swim, drop PNA Long Distance Coordinator Sally Dillon an email at salswmr@comcast.net to get the process started.

(See the Last Gasp of Summer event recap on page 9)

Last Gasp Of Summer Open Water Event Recap

by Dan Smith

Nothing like getting off to a good start!

Saturday, September 17th, Blue Wave Aquatics hosted its first ever sanctioned open water event. The team had some experience running a team picnic at Steel Lake for the last three years.

But this was no picnic (although it was). There was an incredible amount of work that went into establishing the event, reserving the venue, gaining approval, getting volunteers, promoting and running the event, keeping everyone safe and completing the event with a full complement of picnic food.

Congratulations to Paul Havick who was the meet director for the event, and Judy Williams who was the event registrar. An event run this well was obviously organized well, and involved a lot of time and energy. A special thanks to Scott Lautman who was the event director for a nationally ranked USA swimming event held at Angle Lake two years ago, and lent his expertise and guidance to make the event successful.

There are so many groups of people involved in this event, we had 37 one-milers and 50 two-milers for a total of 87 participants. That is a tremendous turnout for the first year. And it seemed as if the volunteers outnumbered the participants. It seemed like there were at least 87 kayakers out in the lake alone. We even got the local papers to come and give some coverage to the event.

Thank you to all the corporate sponsors that partnered with us in the event, including Costco, Oh Boy Oberto, Poverty Bay Coffee Company, Sara Lee, Super Supplements, Trader Joe's and Salty's.

As for the swim itself, we certainly aptly named the event. Thanks to two previous weeks of extra sunshine, we kept the lake temperature

up to a pleasant 68 degrees, perfect for both wetsuit and non-wetsuit swimmers. The day started with sunshine and the rain decided to hold off until just after the start of the event.

The two milers got a few minutes to warm up and then lined up on a rope for a water start. Horns and flags signified the start of the race, and the swimmers in orange caps began the two lap course around the lake.

The one milers in their yellow caps started fifteen minutes after the start of the two mile race and did just one tour around the course. It was a very flat rectangle, and with all the kayakers helping inside and outside of the rectangle, it was often hard to tell the course floats from the kayaker life vests.

The end of the race was well marked and the timing system was well done thanks to BuDu Racing, with easy on and off Velcro timing chips. The drizzle started coming down during the race but didn't dampen the picnic. After the last swimmer finished, the picnic was opened up and everyone was treated to a feast of either salmon or chicken burgers or hamburgers.

The awards were handed out promptly during the picnic. Everyone who participated received a mesh bag with zippered pouch, all age group winners received stainless steel water bottles, and overall winners received restaurant gift certificates.

Congratulations to the overall event winners, especially Briley and Miranda who beat all the men in their event. Top finishers are listed on page 10.

The event certainly was a great send off for the open water season. Look for this event to grow in popularity each year, as swimmers who love open water swimming want to extend their open water season before we all move back indoors. If you have feedback for the organizers that will improve the event, please send Paul Havick, Meet Director, an email at meetdirector@bluewaveaquatics.com or contact him by phone at 253-720-1201.

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Complete results details and age group breakdowns are available at www.lastgaspofsummer.com.

Overall placers by gender in each category were:

Wetsuit, One Mile				
Gender	Place	Name	Age	Time
M	1	Baden Sprinkle	23	22:24.8
M	2	Gecko Kors	30	23:39.7
M	3	Gabe Bush	34	25:16.7
F	1	Pat Duggan	58	29:26.4
F	2	Tina Whiteside	36	29:31.9
F	3	Tasha Westinghouse	36	30:11.0

Non-Wetsuit, One Mile				
Gender	Place	Name	Age	Time
M	1	Jacob Sheppard	30	26:51.3
M	2	Eric Durban	56	27:32.4
M	3	Matt Bronson	45	30:20.0
F	1	Briley Boggs	20	26:43.1
F	2	Kathryn Rule	29	29:41.4
F	3	Robin Koribkin	46	34:46.2

Wetsuit, Two Mile				
Gender	Place	Name	Age	Time
M	1	Bill Penn	59	44:06.8
M	2	Jason Morgan	41	45:43.3
M	3	Jim McCleery	65	46:24.4
F	1	Morgan Adams	26	48:49.8
F	2	Susan Marrs	45	53:42.6
F	3	Lynn Gross	50	53:44.0

Non-Wetsuit, Two Mile				
Gender	Place	Name	Age	Time
M	1	Doug Jelen	37	48:25.5
M	2	Johnny van Velthuyzen	32	49:24.1
M	3	Doug Portelance	53	49:27.2
F	1	Miranda Cox	23	46:24.4
F	2	Haleigh Werner	42	48:37.5
F	3	Jenell Outerson	43	54:43.3



Welcome New PNA Swimmers (*listed by workout group*)

Bainbridge Area Masters

Joy Archer
Sarah Footh
Laura Hegarty

Lisa Kniginyzky
Kari Wetzler

Blue Wave Aquatics

Michele Houston
Lorenz Angela Kimura
Tim Lu
Chris Malnory
Valerie Munch
Heather Papageorgeon
Troy Tellvik
Ryan Woodward

Everett Masters Swimmers

Jeffrey Killip
Stacey Legg

Green Lake Aqua Ducks

Erika Domes

Husky Masters

Tanis Leonhardi

Lake Washington Masters

Matthew Gockel
Megan Hunt-Higgins
Thomas Peart

MUKY

Wendy Polidori

Monroe YMCA Masters

Joscelyne Gray

ORCA Swim Club

Elizabeth Fetner
Robert Foley
Mark Haeckel

Trevor Olson
Roger Robertson
John Wallace

Ohana Swim Team

Tyson Casey
Mckenzie Keeling-Garcia

South Sound Masters Swimming

Francois Cady
Pamela McHugh

Bethany Stringer

Brian Wright

Unattached (see note)

Charles Buitron

Robin Chapman

Anne Dionisio

Tracy Hanson

Kurt Harsh

Martha Johnson

Dani Keller

Eric Lund

Dana Lyng

Susan O'Donnell

John Olson

Natalya Panasyuk

Andrea Richards

Dan Roper

Melissa Schwartz

Tamra Sherwood

Christine Stepherson

Ray Townsend

Matthew Ulrickson

YMCA Sound Aquatic Swimmers

David Arnold

Susanne Conger

Shane Erickson

Stephen Magee

Note: Errors or corrections (and names of Unattached swimmers who wish to change their affiliation to a specific workout group) should be sent to

pnaRegistrar@usms.org

MASTERS CALENDAR

LOCAL EVENTS

November 13, 2011

North Whidbey SCM Meet

John Vanderzicht Memorial Pool
Oak Harbor, WA

Info: Jim McCleery, jim.mccleery@skagit.edu

January 22, 2012

Thunderbird SCM Meet

Fidalgo Pool
Anacortes, WA

Info: details in December issue, or
see www.swimpna.org

February 4, 2012

South Sound SCY Meet

Briggs YMCA
Olympia, WA

Info: details in December issue, or
see www.swimpna.org

February 19, 2012

Lake Washington SCY Meet

Juanita Aquatic Center
Kirkland, WA

Info: details in December issue, or
see www.swimpna.org

March 17, 2012

ORCA SCY Meet

Seattle University
Seattle, WA

Info: details in December issue, or
see www.swimpna.org

April 14-15, 2012

PNA Short Course Champs

Weyerhaeuser King County Aquatic Center
Federal Way, WA

Info: details in December issue, or
see www.swimpna.org

NATIONAL EVENTS

April 26-29, 2012

USMS Short Course Nationals

Greensboro, NC

Info: www.usms.org

INTERNATIONAL EVENTS

March 25, 2012

Calgary Masters Invitational (LCM)

Talisman Centre
2225 MacLeod Trail 5
Calgary, Alberta

Info: Jeanne Carlson, 403-605-1003,
meetmanager@cmsc.ab.ca

MEETINGS

December 6, 2011

PNA Annual Meeting & Potluck

Arni Litt's home
Seattle, WA

Info: Arni Litt, (206)

849-1387, PNARegistar@usms.org

January 24, 2012

PNA Board Meeting

6:45pm

Sarah Welch's home
Seattle, WA

Info: sarahwelch@comcast.net

THIRD ANNUAL WHIDBEY ISLAND SHORT COURSE METER MEET
 HOSTED BY THE NORTH WHIDBEY MASTERS
 SANCTIONED BY PNA FOR USMS INC. SANCTION # 361-08

Events Order (#1)	
#	Event
Sunday, November 13, 2011	
1	1500 Meter Free
	Break
2	200 Meter Free Relay
3	50 Meter Free
4	100 Meter Breast
5	200 Meter Back
6	50 Meter Fly
7	200 Meter IM
	Break
8	200 Meter Mixed Free Relay
9	100 Meter Free
10	200 Meter Breast
11	50 Meter Back
12	100 Meter Fly
13	400 Meter IM
14	200 Meter Medley Relay
	Break
15	200 Meter Free
16	50 Meter Breast
17	100 Meter Back
18	200 Meter Fly
19	100 Meter IM
20	200 Meter Mixed Medley Relay
	Break
21	400 Meter Free

Directions

From North or Southbound I-5 take exit 230 for WA-20 toward Anacortes, stay left on WA-20 toward Whidbey Island. In Oak Harbor turn east (left) onto Whidbey Avenue. Turn right after 1/2 mile onto SE Jerome. Turn right at second parking lot.

From South Whidbey follow WA-20 north. In Oak Harbor turn east (right) onto Whidbey Avenue. Turn right after 1/2 mile onto SE Jerome. Turn right at second parking lot.

Date: Sunday, November 13, 2011
Time: Warm-Up: 9:00 AM. Meet starts at 10:00 AM
Location: John Vanderzicht Memorial Pool
 85 SE Jerome St
 Oak Harbor, WA 98277
 (360) 675-7665
Meet Director: Jim McCleery
 Jim.McCleery@usms.org
 (360) 632-5595
Facility: Six lane, **25 meter course**. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1-5 will be used for competition.
Rules: Current USMS Rules will govern the meet.
Eligibility: Open to all USMS & MSC registered swimmers 18 and above as of 12/31/2011 Include a **copy of your Masters registration card if you are not a PNA member.**
Seeding: All events other than the 400 Free and the 1500 Free are pre-seeded slow to fast.
Relays: Deck-enter relays at the meet. Mixed relays require two men and two 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 1500 free is 9:40 am. Deadline for 400 free is at the conclusion of event #14. Swimmers who do not check in by the deadline may be scratched from the event.

N O D I V I N G D U R I N G W A R M - U P E X C E P T I N T O D E S I G N A T E D S P R I N T L A N E S

NOTE: We have vending machines but no concessions so please bring some nourishment.

THIRD ANNUAL WHIDBEY ISLAND SCM MEET

MEET ENTRY FORM: **November 13, 2011** Meet Sanction # **361-08**

Hosted by the North Whidbey Masters

NAME: _____ M F AGE AS OF 12/31/2011: _____

ADDRESS: _____

E-MAIL ADDRESS: _____

PHONE: _____ BIRTH DATE: _____ USMS #: _____

CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

EMERGENCY CONTACT: _____

EMERGENCY PHONE NUMBER: _____

AGE GROUP (Determined by your age as of December 31, 2011):

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: FIVE EVENTS PLUS RELAYS. **Check if your first Masters meet.**

EVENT NUMBER	EVENT	SEED TIME IN METERS

ENTRY FEES: \$ 16 US or Canadian (includes LMSC & timing surcharges)

Individual Events: _____ \$1 per event. No charge for relays.
 No charge for need-based seniors (65 & over)

Total: \$ _____

Register online at: If you submit a paper entry then make checks payable to:	https://www.clubassistant.com/club/meet_information.cfm?c=1577&smid=3260 NWAC
Mail paper entry form and fees to:	Vikki Robinson, vikkidzoo@msn.com John Vanderzicht Memorial Pool 85 SE Jerome St Oak Harbor, WA 98277
Entries must be postmarked by Wednesday, November 2 or online by Monday, November 7. NO race day entries accepted.	

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 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 individual 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: _____



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.

2012 Membership Application

New Swimmer Returning USMS Swimmer, ID if available _____

Name: _____ Birth date: _____
Last First Initial Month Day Year

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

City State Zip+4 E-Mail: _____

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

FIRST choose a CLUB Affiliation

- Pacific NW Aquatics (PNA)
- Blue Wave Aquatics (BWAQ)
- Unattached to a Club

THEN choose a TEAM Affiliation (PNA only) _____

See team list on next page for team initials

Please check all that apply:

- Masters Coach
- Certified Official
- YMCA
- USA Swimming
- USA Triathlon

Choose a membership level A or B below for 11/01/2011 thru 12/31/2012.

A. Regular:	\$45	
B. Need-based or Seniors (65 & over):	\$36	
<i>Optional Donations:</i>		
USMS Swimming Saves Lives		\$
International Swimmers Hall of Fame		\$
Pacific NW Association (PNA) Support		\$
TOTAL		\$

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

Swimming Saves Lives Foundation

focuses its resources on the vital lifesaving and lifetime benefits of swimming. Just \$1 from each of us has the potential to add \$55,000 annually to further adult swimming opportunities, sports medicine research, education and outreach through grants. See <http://www.usms.org/giving/>

International Swimming Hall of Fame (ISHOF)

is dedicated to the recognition of the famous swimmers, divers, water polo players, synchronized swimmers, and persons involved in life saving activities and education, throughout the world. <http://www.ishof.org/about/>

Pacific Northwest Association of Masters Swimmers

supports clinics, education, *The WetSet*, and future projects. The Senior and Need-based discount is funded in part by donations.

Please consider making a tax-deductible donation to these funds.

A link to the PNA newsletter, *The WetSet*, will be sent by email 6 times/year unless you check here to have *The WetSet* sent by U.S. Postal Mail.

PNA always needs volunteers to help with meets, clinics and committees.

Check here to volunteer and someone will contact you about where you could make a difference.

2012 Annual Fee: Of your membership fee \$31 is sent to USMS and \$14 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 _____

Pacific Northwest Association of Masters Swimmers (PNA) Information page

Remember to check out your PNA's LMSC website at www.swimpna.org and the U.S. Masters Swimming website at www.usms.org for information, updates, and changes.

The WetSet Newsletter

Six (6) times a year you will receive an email link to *The WetSet*. All the newsletters are archived at <http://www.swimpna.org> and you can read back issues anytime. If you have NO EMAIL or cannot easily access the online version, we will send you a paper copy. Be sure to check the appropriate box on the registration form.

What does your Membership number represent?

The format of your ID is AABC-DDDDD. AA=Club number =36=PNA; B=2=2012, C=a computer generated authentication number/letter, and DDDDD=your personal 5 digit *permanent* ID number. Membership numbers never contain the letters O, I, L, or Q; these characters will always be the numbers zero or one.

Organizational Hierarchy:

USMS United States Masters Swimming

Zone Northwest Zone

LMSC Local Masters Swim Committee = **PNA & PN** (Pacific Northwest Association of Master Swimmers)

Club PNA (Pacific Northwest Aquatics), BWAQ (Blue Wave Aquatics) or Unattached to a Club
Team or **Workout Groups** (see below)

PNA charges no additional fee to be part of Club PNA or Club BWAQ. At this time, all members of any Team/Workout group except Blue Wave Aquatics are part of Club PNA. You can be a member of Club PNA and be Unattached to a Team. In 2012, Blue Wave Aquatics (BWAQ) is a Club, not a Team. There are no Teams/Workout Groups for Club BWAQ.

If you lose your membership card, you can print a new one at <https://www.usms.org/reg>

TEAMS or Workout Groups that are part of the Club Pacific NW Aquatics

AQUA:	Aquatic Fanatics	LWS:	Lynnwood Sharks	SARC:	Sequim Aquatic Recreation Center
BAM:	Bainbridge Area Masters	MSVL:	Marysville YMCA Masters	SVMS:	Skagit Valley Masters Swimming
BADD:	Bellevue Aquatic Divas & Dudes	MICC:	Mercer Island Country Club	SSTM:	South Sound Titans Masters
BC:	Bellevue Club	MIR:	Mercer Island Redwoods	SWIM:	South Whidbey Island Masters
BMSC:	Bellingham Masters Swim Club	MAMS:	Middle Aged Marlins	SSMS:	South Sound Masters Swim
BTAC:	Bremerton Tennis & Athletic Club	MYM:	Monroe YMCA Masters	SSRM:	Swim Seattle Redhawk Masters
CAAT:	Central Area Aquatics Team	MUKY:	Mukilteo YMCA	TACM:	Thunderbird Aquatic Masters
CAC:	Columbia Athletic Masters	NHM:	Newport Hills Masters	TIG:	Tigers
DBST:	Downtown / Bellevue Swim Team	NEO:	North End Otters	TOSC:	Thurston Olympians Swim Club
EMS:	Everett Masters Swimmers	NSYG:	Northshore Y's Guys	UNAT:	Unattached to a Team
ESC:	Evergreen Swim Club Masters	NWM:	North Whidbey Masters	UPAC:	University Place Aquatic Club
FAST:	Foothills Aquatics Swim Team	OAC:	Olympic Aquatic Club	VFC:	Valley Fitness Center
FSJ:	Fins of the San Juans	OOPS:	Old Olympic Peninsula Swimmers	VAC:	Vashon Aquatic Club
FTS:	Ft. Steilacoom	ORCA:	Orca Swim Club	VAVI:	Vashon Vikings
GCMS:	Gold Creek Masters	OST:	Ohana Sw im Team	WAC:	Washington Athletic Club
GAM:	Gold's Aquatics Masters	PAC:	Poseidon Aquatic Club	WEST:	West Coast Aquatics Masters
GGRM:	Gold's Gym Redmond Masters	PPST:	Poulsbo Piranhas Swim Team	WSAS:	West Seattle All-Stars
GLAD:	Green Lake Aqua Ducks	PSC:	Phinney Ridge Swim Club	WSYD:	West Seattle YMCA Dolphins
HMST:	Husky Masters	PTMS:	Port Townsend Master Swimmers	WWUS:	Western WA U Masters Swimming
IST:	Issaquah Swim Team	PRO:	Pro Sports Club	WCY:	Whatcom County YMCA
LLUA:	Little Lebowski Urban Achievers	QASC:	Queen Anne Swim Club	YPKC:	YMCAPKC Sound Aquatic Swimmers
LOGS:	Logger Masters	RAH:	Redmond Aqua Hotshots		
LUNA:	Team Luna	SAMM:	Samena Masters		
LWM:	Lake Washington Masters	SAC:	Seattle Athletic Club		

11/01/2011

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

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Inside The November Issue:

- * THE DYBDAHL DOUBLE (PAGE 1)
- * OPEN WATER RACE RECAP FOR 2011 (PAGE 8)
- * POSTAL NEWS (PAGE 7)
- * CALENDAR AND EVENT ENTRY FORMS (PAGES 11-12)

*If you want to receive The WetSet by email instead of print,
or if you have not received it electronically as expected,
please ensure the PNA Registrar (PNARegistrar@usms.org)
has your correct email address.*