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## President's Message

*By Sally Dillon, PNA President*

As I write this, I am knee-deep in last minute details for the LCM meet taking place July 1 at KCAC. Our last LCM meet was in July of 2019. The planned 2020 event was canceled and I'm sure we all know why! As meet director, I'm thrilled to have the PNA Board's support to bring the meet back. I appreciate the help of many others, including Linda Chapman (entries), Dave Baer (officials), Tim Vagen (announcer), Sarah Welch (check-in), Cynthia Van Buskirk (hospitality), and Lynn Wells (head timer). Two local high schools (Renton and Foss) volunteered to provide timers for the meet. I'm looking forward to meeting these enthusiastic swimmers. 161 swimmers have entered, some coming from out of state and Canada.

This past weekend the PNA board held its first in-person meeting since 2019. While a few members used Zoom to join in, the majority met in Issaquah. The board meets six times a year and prior to the pandemic, we would meet in-person twice a year (spring and fall). I am hoping we can get back to that schedule by next year. It's so much nicer to see each other "across the table."

I hope your summer is filled with lots of swimming opportunities!

## PNA Calendar

[Search USMS  
Calendar of Events](#)

- | 5/05 to 9/05—[5K/10K Virtual Championships](#)
- | 7/08—[Ultramarathon Distance Open Water Championships](#), Portland, OR
- | 7/13—[2-Mile Cable Open Water Championship](#), Foster Lake, OR
- | 7/15—[Marathon Distance Open Water Championship](#), Applegate Lake, OR
- | 8/02 to 8/06—[Summer National Championships](#), Sarasota, FL
- | 8/02 to 8/11—[FINA World Masters Championship](#), Kyushu, Japan
- | 8/12—[Middle Distance Open Water Championship](#), Lake Oahe, SD
- | 9/15—[Sprint Distance Open Water Championship](#), Lake Mission Viejo, CA
- | 9/16 to 9/17—[Long Distance Open Water Championship](#), Lake Mission, Viejo, CA
- | 9/15 to 11/15—[3000/6000yd Virtual Championships](#)

# PNA LCM Summer Meet

By Sally Dillon

161 swimmers competed in the long course meter meet held at Weyerhaeuser King County Aquatic Center on July 1. Highlights included 36 new PNA records, 7 new USMS records, and six new World Records!

Lake Washington Masters swimmer, 72-year-old Rick Colella, set seven World Records in the 70-74 age group while swimming just five events! This is how he did it:

50-meter breaststroke, new WR: 34.69 seconds

200-meter individual medley, new WR: 2:35.97

200-meter breaststroke, WR: 1:21.05 (split at the 100 mark), then WR: 2:48.97 at the finish.

100-meter breaststroke, WR 1:17.80 (smashing the WR he set ~30 minutes earlier)

800-meter freestyle, WR 4:57.84 (split at the 400 mark), then WR 10:12.57 at the finish!

Two swimmers from Oregon Masters also broke USMS records during the meet: Colette Crabbe (67), 50-meter breaststroke, 41.80; and Joy Ward (81), 100-meter backstroke, 1:46.16 and 400-meter individual medley, 9:12.87.

Other notable swims included Robert Pilger's (80) USMS record in the 50-meter fly in a time of 38.65. He posted PNA records in three of his other events and added a fourth PNA record with his 200 free split in the 400 free!

Additional new PNA records are listed below and complete results can be found at [this link](#).

## PNA RECORDS SET AT 2023 PNA LCM MEET

AGE GROUP	NAME	EVENT	TIME	AGE GROUP	NAME	EVENT	TIME
18-24	Trenton Allison	800 Free	10:23.17	75-79	Robert White	50 Breast	:41.77
30-34	Erica Dagg	50 Fly	:30.44	75-79	Sarah Welch	50 Fly	:53.06
40-44	Denise Lindberg	50 Breast	:36.67	75-79	Stephen Fogg	50 Back	:41.34
40-44	Denise Lindberg	100 Breast	1:24.99	80-84	Ronald Jones	50 Back	:46.61
45-49	Trever Grey	50 Free	:26.51	80-84	Ronald Jones	100 Back	1:49.55
45-49	Trever Grey	100 Free	:58.03	80-84	Ronald Jones	50 Breast	:51.51
45-49	Colleen Wahlstrom	400 Free	5:07.82	80-84	Robert Pilger	50 Free	:32.35
55-59	Ed Wardian	100 Free	1:00.06	80-84	Robert Pilger	100 Free	1:21.64
55-59	Ed Wardian	100 Back	1:09.32	80-84	Robert Pilger	200 Free	3:31.90
60-64	Tatyana Sussex	200 Fly	3:25.70	80-84	Robert Pilger	400 Free	7:15.39
60-64	Wendy Hoffman	200 Breast	3:44.67	85-89	Dick Peterson	50 Breast	:59.82
70-74	Lynn Colella	200 Free	3:17.47	85-89	Dick Peterson	100 Breast	2:13.61
70-74	Charlotte Davis	50 Free	:32.95	85-89	Dick Peterson	200 Breast	4:44.89
70-74	Charlotte Davis	100 Free	1:12.38				
70-74	Charlotte Davis	50 Breast	:44.76				
70-74	Charlotte Davis	100 Breast	1:41.94				

## PNA LCM Summer Meet (cont)



*Announcer Tim Vagen*



*Officials ready for the start of the meet—Mike Murphy, Dave Baer, Rick Cox, Carl Baber, and Jim Davidson  
(Not pictured—Lorraine Masse)*



*Admin referee  
Dick Chapman  
inside the  
computer room*



*Haleigh Werner with PNA President Sally Dillon after swimming the 5K virtual swim in a time of 1:10:41. Also finishing the 5K were Yun Li (1:32:13 and Andrea Hunt (1:44:03).*



*Volunteers Timothy Khamlong and Danielle Pena from the Renton High School swim team*

# Special Olympics Spring State Games

A Special Report on the Swimming Competition held at KCAC on Saturday, June 10  
By Tom Walker of TWIM

As I took my place in the row of volunteers behind the blocks at the Special Olympics Washington (SOWA) swimming completion last month, it wasn't too long before I was really glad that I did. I was witnessing an act of courage, an act of bravery. Many acts of bravery! I felt an emotion of awe welling up within me. It is something I won't soon forget.

In spite of disability, in spite of limitations, these swimmers all displayed an unquenchable determination to swim and to race. Around us was the wave of energy from the families gathered from all over the state to support their athletes. A deep warmth of feeling seemed to expand and fill every corner of the venue. They too were a big part of this courage.

I was so deeply moved as I watched these swimmers complete their races, and complete them they did, no matter what the obstacle. That's seems to be the way they roll, and nothing is going to stop them. It blew me away.



*Proud competitors!*

my teammates. I reflect now that the real disability may lie in our own hearts, and in our ability to truly see.

It was a humbling experience and there was much to learn. I'll be back next year!

Amid all the splashing and cheering there behind the lanes I chanced to meet Carolyn Loew, who is the Special Olympics Swimming Venue Manager, and who was moving to and fro up and down the line to make sure things were running smoothly on all fronts. And believe me, they were!



**Special  
Olympics**  
Washington

It was then too that I realized the universality of swimming, how the human heart longs to swim, to race, to feel the joy of this experience. There were smiles on many faces there, and many moments of exultation, punctuated by outbursts of triumph. We all know what that feels like.

And all of us who swim to win are striving to do the same thing. The same strokes, over the same distances, with the same drive to excel. To touch the wall, to get it right.

That day, these swimmers again proved that there is no barrier the human spirit cannot overcome and I would be deeply honored to call them

**FUN FACTS:** *Swimming was an event at the first Special Olympics International Games held in Chicago, Illinois, in 1968. At the 2003 Special Olympics World Summer Games held in Dublin, Ireland, 573 athletes representing 97 Special Olympics programs competed in swimming.*

*(Continued on page 5)*

## Special Olympics Spring State Games (cont)

(Continued from page 4)

I had a few questions for her, but she was rather busy at that time and promised to reconnect shortly.

By way of introduction, she began with this from the [Special Olympics of Washington website](#):

*-Special Olympics was started by Eunice Kennedy Shriver in 1968 as a way to provide people with intellectual disabilities a place to play and feel included.*

*-Today, her vision has become a global movement with more than 5.7 million athletes competing in 200 countries and jurisdictions.*

*-Through the power of sports, people with intellectual disabilities discover new strengths and abilities, skills and success. Our athletes find joy, confidence, and fulfillment—on the playing field and in life. They also inspire people in their communities and elsewhere to open their hearts to a wider world of human talents and potential.*

([Click here](#) for more about their mission and vision.)

Carolyn went on to talk about why swimming is so important for the Special Olympics.

“Swimming is one of the most popular sports in world. Unlike other sports, swimming is a life skill that is taught first, to ensure safety and second, for sports and competition purposes. Swimming covers a great variety of skills, from short sprints to longer events and relays.

“Because of the wide array of events offered, aquatics are appropriate for a range of ages and ability levels. Swimming competition events are conducted with a variety of strokes. Special Olympics also offer events for lower ability level athletes to train and compete in basic aquatics skills. The development of these basic skills is necessary to progress to other competitive events. Special Olympics Washington currently offers Swim training in all 16 of its areas.

“Swimming is part of the Spring Program that begins in March. Competition is open to swimmers starting at the age of seven years. Washington is divided into three regions: East, Southwest, and Northwest. There are a total of 30 swim teams in WA. Teams start training in March and regional meets are held in April. Swimmers that place first at regionals, qualify to compete at the state meet in June. If additional spots are available, 2nd place regionals winners will also be able to compete at the state meet.



Carolyn Loew with Logistics Manager Dan Wood



David Wu, President and CEO of Special Olympics of Washington

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## Special Olympics Spring State Games (cont)

(Continued from page 5)

“Inclusion is the word that best describes Special Olympics. Swimming is a sport that anyone can participate in despite a person’s limitations. No matter what your skill level is, there is an event that any swimmer can compete in. There are also Unified relay teams that are comprised of both challenged and non-challenged swimmers. The State Swim meet is part of the WA Spring Games; besides swimming, athletes can compete in field & track, soccer and weightlifting. Athletes are housed at PLU. Friday night is Opening Ceremony. Saturday Night after competition athletes can attend a dance and activities at PLU. Special Olympics is a year-round program that keeps the athletes active and involved. This is especially important after they age out of the education system. Athletes can also qualify to attend Special Olympics USA Games and International Games. In July 2018, WA hosted the USA Games.”



I asked Carolyn how she became involved with the organization.

“I became involved with Special Olympics in 1988. At that time, the competition was held in the Fort Lewis swimming pool, but in 1991, the state meet was moved to the Weyerhaeuser King County Aquatic Center. I joined the management team in 1991. I have a team of 16 core team volunteers and we couldn’t run this meet without them! We also help run the northwest and southwest regional meets.”

### 2023 State Competition:

- 450 swimmers
- 30 teams
- 15 officials
- 16 Core Team volunteers
- 400 volunteers
- 3 pools (25m, 25m, 15m)
- 135 events

Carolyn has been working with physically disabled and developmentally disabled children since she was in high school. In the summer, she assisted teaching swimming to physically disabled students and then in college, she studied to be a special education teacher. She left us with this thought.

“I encourage everyone to volunteer. It is a great family and group activity. Volunteer once and you will be



*Lowe and her Management Core Team celebrate after every meet*

hooked. If you are a swimmer, our swim teams can always use team members for their unified relay teams. We always have a need for volunteers to be timers, marshals, place judges, officials and Arts & Crafts and Game room.” [Click here](#) for more information on volunteering.

Thank you, Carolyn, and to all the many people, parents, coaches, officials, and volunteers who brought this magnificent event to KCAC. It definitely lived up to its billing. Truly special!

# SPLASHForward Update



*Outreach efforts at local events!*

This summer we are showing up with our booth at Mid Lakes swim meets, July 4th festivities, farmers markets, “aging well” resource fairs, and more to get the word out about our efforts. Our Fundraising Capacity Committee is flexing its networking skills within the business and local philanthropic community to build relationships for our future capital campaign. If you have an event on the Eastside where we can host a booth or like to network, give us a shout at [info@splashforward.org](mailto:info@splashforward.org).

We have received capacity funding from both Amazon and The Norcliffe Foundation. Both are aligned with the impact a new public aquatic center and its programs will have in our community to bring equitable access to aquatics. As we grow our organization for success and meet organizational costs to bring the private funding to the new Bellevue Aquatic Center, we are incredibly grateful.

Watch our [Latest News page](#) and social media for community meetings we’ll be holding over the summer and join us! We invite your support and Masters voice. As a Masters swimmer, you have a unique perspective. Given the joy and benefits that we are fortunate to experience through our Masters swimming adventures, you can inform new public pools so everyone can find the same pleasures and benefits. Be sure to check out our new FAQ to separate fact from fiction.

At the end of May, [NPR’s All Things Considered](#) shared a story on how senior citizens at a local Denver recreation center stepped up to fill the lifeguard shortage to keep their pool running. If you feel inspired by “The Immortals” (as the group of senior guards calls themselves), let us know. We are planning to hold a senior lifeguard training class this summer to fill the lack of senior lifeguards that provide essential mentorship and leadership.



*Craig Robinson, a senior lifeguard helping to fill the lifeguard shortage. Photo courtesy of Matt Bloom/NPR*

Kirkland will soon make its decision on a potential November Park Ballot Measure that includes funding a new aquatic and recreation center. The cities of Covington and Tukwila are each conducting feasibility studies to explore new facilities and expansions to meet their communities’ growing aquatic needs. Our visions for an emerald necklace of new public pools that expand our Masters community and events continues to take shape.



# SPLASHForward

## Water for All | Water for Life

# Swimmer Spotlight

The Heart and Soul

An Interview with Mason Chuang of ORCA

Winner of the Dawn Musselman Inspirational Swimmer for 2023

With Tom Walker of TWIM

It is the light that shines from within that casts its rays on everyone around it. And it is the courage to bring that light forward into the world. Yes, it is a decision that requires courage. Who could number the obstacles we face, that temptation to say no, to turn back? This is where leadership is born. From an inextinguishable belief and an unwavering faith that dwell forever in the heart.

We are people of the Light. We have made the decision to affirm, to reach, and to leave our signature with every stroke we take. Isn't that what Masters swimming is all about? The courage to step forward and say Yes. Yes to ourselves and yes to our teammates, yes to the challenge every moment offers us, to get up on the blocks and fling ourselves into the everlasting now. No tomorrows. This is the freedom, the honor, and the joy. It has also called us to a bond of friendship that can last a lifetime, something deep and unshakeable, loyalty to a mission and to those who strive with us to achieve it.



Ever meet a person who inspires you, who elevates your spirit, who infuses you with confidence, and leaves no doubt about how good things are going to be? Who makes you feel like going higher? Someone whose very presence can energize us, can unify us, and can urge us onward to our common goal?

Mason Chuang is filled with this Light. It shines from him with an intensity that has earned the admiration and respect of all around him. He illuminates his teammates in all that they do. His fellow swimmers swear by him because he inspires them. He is a Leader. He radiates an infectious electricity that lifts us all. That is why he won this award. For it is one that symbolizes our highest aspirations as swimmers and as people.

And yes, he comes from a long line of ORCA champions.

Teammates call him their Heart and Soul...

**TW:** How and when did your aquatic journey begin?

**MC:** My swim journey began in high school when I discovered Masters Swimming and continued through college and grad school as it was a great place for physical fitness and mental recharge as it helped me deal with a lot of stress of school and life. But as inviting and welcoming as my fellow swim mates were, it felt incomplete as I was not able to fully express myself. In 2008 the International Gay and Lesbian Aquatics (IGLA) competition was happening in Washington DC and through it I learned of the gay USMS teams and found a place where I could be completely myself. The journey eventually led me to Seattle in 2013 when IGLA

*(Continued on page 9)*



## Swimmer Spotlight (cont)

*(Continued from page 8)*

competition was put on by the Orca Swim Team.

IGLA was formed after the second Gay Olympic Games held in 1986 as a way for the gay swim community to celebrate and learn from each other as we worked to further the LGBTQ+ community through aquatic sports. Orca Swim team invited the world to compete in Seattle in 1992 and again in 2013 and where I was lucky enough to attend the 2013 competition before I moved to the PNW in 2014 and joined the Orca Swim Team.

**TW:** How does Masters swimming nourish your body, mind, and soul?

**MC:** As much as I enjoy my runs and hikes, nothing is like being in the water, whether it is a pool, lake, sound, or the ocean. There is just something about the motion of the water and having to use your whole body to glide through the water that helps put my mind into a meditative state. Not to mention that hanging out by the pool or beach after a good swim can be so re-energizing, especially when it is an outdoor pool.

**TW:** What do you think is the importance of having the ORCA Swim Team in our community?

**MC:** The Orca Swim Team started as a safe space for the LGBTQ+ community and to provide a way through swimming to help open the minds of people in regards to what it meant to be LGBTQ+. It helped open people's minds and helped the community better find themselves. Initially, gay swimmers were not welcomed. We have come a long way since then, but we are not quite there yet. As evidenced by things happening around the country, it is still very important for the Orca Swim Team to help to help move the acceptance of LGBTQ+ people forward.

**TW:** What is your vision for the future of ORCA?

**MC:** My vision and hope for the future ORCA is for the team to grow as we get more time in a pool. Seattle University had been our home pool prior to the COVID pandemic but we have not been able to fully return to it. I am thankful for the support SU has provided to us and the LGBTQ+ community and look forward to working with them to return fully return to the pool so that we can grow the team and to better serve and participate in the community.

The Orca Swim Team is a volunteer-based charity group. The ORCA board members are volunteers, and it is through the generosity of their time and that of our swimmers that we are able to accomplish all the activities for the team and community. I hope that we can help let our legislators know the importance of aquatic venues and making them available for community groups. I also hope we will be able to start a learn-to-swim program to better welcome new swimmers, and particularly people of color, to the pool to help address historic issues in the aquatic sports.

When I first found a gay swim team, I finally found a place where I could be accepted as a queer swimmer. That sense of joy and acceptance is what I try to pass on through my interactions with others through the Orca Swim Team. We all come from different backgrounds, but there should be a safe and welcoming place for us to get our swim on as we create a swim family as there are still those who aren't accepted by their biological families. Ultimately, it is the smile

*(Continued on page 10)*



# Swimmer Spotlight (cont)

(Continued from page 9)

on the other swimmers' faces, whether it is after a practice or at a social event, that is my favorite part of what I do with the Orca Swim Team.

I feel that I am able to inspire others by showing them the importance of what we do through the Orca Swim Team and how it can better individuals through the connections that are made and how we future the community through the progress that is made.

**TW:** What are your personal goals and aspirations as a swimmer? How do they interface with your life goals?

**MC:** My personal goal is to be able to keep swimming and competing at IGLA and Gay Games until my 90's or 100's. If I am able to still swim at that age, then I know I will have achieved my life goal of staying healthy and active and that I would also have been able to stay connected to a community that has helped me grow as a person and see the progress that has been made where there is more acceptance for the younger generations of gay athletes.

**TW:** What do you say to all those you are thinking about joining us as Masters Swimmers?

**MC:** For anyone interested in joining US Masters Swimming, USMS, you should! It is a lot of fun and a great community of people. It is only as competitive as you want it to be, and your body will be thankful for all the fun times you have in the pool. Orca Swim Team does go to competitions, but we are more of a social swim group where it is more about achieving your personal goals than winning competitions. But then again, when you achieve your goals, you're winning.



**TW:** What do you do when you're not doing this?

**MC:** When I am not swimming, or doing ORCA things, I am a civil servant with the US government where I try to give back to this amazing country that has given me so many opportunities. You can also find me at the gym and socializing with fellow teammates.

**TW:** Any parting thoughts?

**MC:** It was a great honor to be nominated for this award! It is amazing that PNA has this type of award. It says a lot about the PNA and USMS organizations and about the community the Orca Swim Team has built. But really, thank you PNA and USMS for this and for your work in allowing our Orca Swim Team to be part of it.

# Board Meeting Highlights

## May 10

**Financials:** Bank account balances as of 4/30/23: Checking \$44,073, Savings \$58,319, total: \$102,392. Net revenue March – April: \$1,140. Net revenue YTD: \$13,095.

**President's Report:** President Sally welcomed new-to-the-Board members Bob Moore (Vice President), Brent Barnes (Treasurer), and Dave Scott (At-Large Director). Among her goals are to implement new ideas and return to at least one in-person board meeting each year as we overcome the COVID pandemic.

**Appointment:** The Board approved appointing Immediate Past President Linda Chapman as both Club and Team Development Coordinator and Coaches Coordinator (looking to combine these into one function).

**Membership:** 1,513 (718 men, 795 women).

**Meets:** The Board approved meet dates for *BAMFest* (October 8), the *Snohomish Masters Meet* (November 5), and *PSM SCM Champs* (November 18 and/or 19) and recognition for the *Washington State Senior Games meet* (July 23). The Board also approved the *PNA LCM meet* modified fee structure: \$40 (\$32 by June 18) plus \$4 per event, given the high cost of KCAC rental.

**Open Water:** The *Whidbey Island Adventure Swim* and

*Fat Salmon* events are ready to go. The *Swim Defiance* sanction request is in process.

**Club & Team Development:** Linda's first focus is soliciting up to three attendees for Relay 2023. She also plans to notify our coaches of the education and support available.

**Bank account and postal actions:** The Board approved updating PNA's Bank of America account signers and credit card holders to President Sally Dillon, Secretary Steve Peterson, and Treasurer Brent Barnes, in accordance with PNA Standing Policy 4.3. PNA's P.O. Box will be closed and official mailing address changed to that of Treasurer Brent Barnes.

**Champs April 15 Social:** The event was successful, with 96 attendees enjoying a mid-Champs pizza feed and presentation of PNA's *Inspirational Swimmer* and *Coach of the Year* awards. Expenses of \$1425 came in below the budgeted \$2000.

**USMS Annual Meeting:** The Board approved sending Sally, Linda, and Walt Reid as delegates to Houston, September 8-10. Rule Book amendment proposals are due June 10.

**Next Meeting:** June 25 at President Sally Dillon's residence and via Zoom.

## June 25

**President's Report:** President Sally attended the Oregon LMSC's Annual Meeting and Social in May during their Champs weekend in Bend. Oregon LMSC president Tim Waud held a short meeting to introduce board members, announce upcoming events, and acknowledge those who set records in 2022. Sally brought back several ideas for our Champs Social next year. Sally received no responses to purchase PNA license plate frames so none were ordered.

**Financials:** Bank account balances as of 6/30/23: Checking \$44,359, Savings \$58,319, total: \$102,677. Net revenue May: \$325. Net revenue YTD: \$13,899. Sally suggested an audit of invoices for fees from meet hosts as several remain outstanding. Brent requested more comprehensive documentation describing all the Treasurer functions.

**Membership:** 1,611 (752 men, 859 women).

# Board Meeting Highlights (cont)

(Continued from page 11)

**Meets:** The PNA LCM meet at KCAC has 150 entrants to date; lack of timers may be a problem. PSM SCM Champs may be one day or two in November.

**Open Water:** The *Whidbey Island Adventure Swim* was successful. In addition to USMS, Seattle wants the Orcas and the race itself to be the named insured on the Certificate of Insurance, jeopardizing the *Fat Salmon* event. *Swim Defiance* has been sanctioned.

**Position Descriptions:** Descriptions will be developed for the Appointed, At Large, and Club Directors.

**Webpage:** Dave Scott was approved as new PNA webmaster.

**USMS Annual Meeting:** Two members expressed interest as a potential fourth delegate to Houston.

**Standing Policies Revision:** The Board approved numerous housekeeping changes to the Standing Policies, clearing the clutter and leaving just the substantial changes for further consideration.

**Next Meeting:** September 5 via Zoom.

President – Sally Dillon  
 Past President – Linda Chapman  
 Vice President – Bob Moore  
 Secretary – Steve Peterson  
 Treasurer – Brent Barnes  
 At-Large Director – Kathy Casey  
 At-Large Director – Dave Scott  
 Bylaws – Jim Davidson  
 Meets – Lorraine Masse  
 Membership – Linda Chapman  
 Open Water – Jim Davidson  
 Appointed Director – Bob DeWard  
 Appointed Director – Dan Underbrink  
 Club Director – Kim Boggs  
 Club Director – Doug Jelen  
 Club & Team Development  
 Coordinator – Sally Dillon

Awards – Dan Underbrink  
 Coaches – Open!  
 Fitness/Clinics – Wade Praeger  
 Historian – Walt Reid  
 Newsletter – Lucianne Pugh  
 Officiating – David Baer  
 Postal – Sally Dillon  
 Records/Top Ten – Doug Jelen  
 Social Media – Jake Ni  
 Webmaster – Dave Scott

## Welcome New Members!

Agrawal, Khyati

Allen, Chris

Amyot, Josee

Aplaca, Joshua

Aungst, Emily

Bennett, Evan

Bode-Wagner, Brent

Brady, Sarah

Caddey, Melissa

Cain, Makenna

Candler, Missy

Capron-Graves, Jazmyn

Casey-Minnick, Liam

Cavanagh, Ryan

Combs, Spencer

Duca, Kristina

Eliseeva, Sofia

Endo, Brian

Enslin, Teresa

Hayes, Margaret

Hemke, Kristen

Hollis, Brooke

Homer, Victoria

Howeiler, Brad

Jensen, Kelly

Kissell, Kristen

Knuth, Jordan

Kohler, Caralee

Kuehn, Scott

Larson, Adam

Logan, Eleanor

Loughlin, Hannah

Luque, Alexandra

Macias, Carly

MacPhee, Kellie

Marzec, Ella

McDonald, Mackenzie

Nichols, Jen

Nilsson, Judy

O'Halloran, Scott

Onodu, Tariq

Peckham, Elizabeth

Peterson, Dave

Petralli, Pavla

Phillips, Minda

Powell, Katherine

Raphael, Justin

Ray, Bernadette

Ruf, Bonnie

Satira, Jaclyn

Sotomayor, Adrian

Sreenivasan, Raoul

Uekawa, Madisyn

Valencia, Ana Maria

Vanderwilt, Cate

Wachter, Heidi

Wade, Jacqueline

Weaver, Lain

Wheeler, Maureen

Wilcox, Andrew

Woolley, Danielle

Yu, Felicia

# Whidbey Adventure Swim

The 2023 Whidbey Adventure Swim was held Saturday, June 24, at Seawall Park on Whidbey Island. The event featured 90 competitors swimming either a 1.2- or 2.4-mile course.

Tani Stenford was the top overall swimmer in the 1.2-mile swim, finishing in 32:46.8. Rounding out the top five females were Fiona Clauson (34:49.7), Isabelle Singh (35:55.9), Jenell Outerson (36:05.8), and Cheryl Morgen (36:38.4).

Gary Kelsberg was the top male finisher and sixth overall at the 1.2-mile distance, finishing in 37:33.9. Other top five males were Sam Miller (38:56.3), Scott Matthews (39:24.4), Theo Eicher (39:33.2), and Jon Sullenberger (39:42.8).

Hallie Pound took first in the 2.4-mile swim, finishing in 1:00:51.1. Other top five females included Sarah Beth Wood (1:01:41.5), Kimberly Phan (1:02:14.5), Samantha Lorenz (1:02:53.5), and Cheryl Davis (1:03:58.5).

Roger Hicks was the top male at the 2.4-mile distance, taking fifth overall in 1:02:59.1. Rounding out the top five males were Michael Stadler (1:03:09.7), Gary Cox (1:03:21.9), Stephen Freeborn (1:03:39.9), and Peter Gillis (1:05:20.5).

Event organizers gave special thanks to Rob Jung, Jim Forsyth, John deWit, and Catherine Marshall along with sponsors [South Whidbey Animal Clinic](#), [South Whidbey Parks and Aquatics Foundation](#), [Whidbey Island Kayaking](#), [Convergence Financial](#), [Blue70](#), [The Inn at Langley](#), [South Whidbey Harbor at Langley](#), and [Flying Bear Farm and Design Floral Shop](#).



Pictures are from the [Whidbey Adventure Swim webpage](#)

## 2023 PNA Open Water Series

### Start planning for this year's season!

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**COMPLETED:** June 24 - The series starts with the Whidbey Island Adventure Swim. The race includes 1.2- and 2.4-mile races off the shore of Langley, WA, beginning and ending at Seawall Park. Both distances follow a rectangular course, with the 1.2-milers turning halfway down the course and the 2.4-milers swimming the full rectangle.

<http://www.whidbeyadventureswim.org/>



July 15 - The second event is the Fat Salmon Open Water Swim. It's a 3.2-mile race along the Seattle shoreline of Lake Washington. The course runs south-to-north, generally between the I-90 and 520 floating bridges. The race starts at the Day Street Boat Ramp directly beneath I-90 and finishes at Madison Park.

[www.fatsalmonswim.com/](http://www.fatsalmonswim.com/)



August 6 - Swim Defiance re-enacts the 1926 Dalco Passage crossing. The race location is Owen Beach in Point Defiance Park on Commencement Bay in Tacoma, WA. There is a single 3K race on a linear course swim from Vashon Island (after a 15-minute ferry ride) to Owen Beach with competitive and non-competitive divisions. [Bernardo's All Stars](http://www.bernardosallstars.com/) are hosting the event.

<http://www.swimdefiance.com>



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***These events are open to USMS members only. For non-USMS swimmers, a One-Event USMS membership can be purchased for \$20. (The fee can be applied to a full USMS membership.)***

***Enter more than one event and compete for The Open Water Series High Point Awards!***

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We will be tracking finishes again this year for the Open Water High Point awards. The awards honor the top two male and female swimmers in each age group. To be eligible, each swimmer must swim at least two of the PNA-sanctioned events. The more events you swim, the more points you accumulate.

Points will be awarded to the top 10 PNA registered finishers in each event. One event registrants are not eligible. Wetsuit swimmers score points separately from those not wearing wetsuits. At the end of the season, points will be tallied and awards will be sent to the winners. See the [PNA website](http://www.pna.org) for rules.

