



the OFFICIAL PNA MASTERS NEWSLETTER

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Vol.2

No.10

AUGUST 10, 1983

Schedule • J • Calendar

August 25-28 LC Nationals - Indiana (Indianapolis)

The new SC Schedule will be in the September Newsletter

NEXT BOARD MEETING SEPTEMBER 13, 1983, 7:30 PM AT DEBBIE LEWIS'

EDITOR'S CORNER...

Earl Walter of Oregon called me and said thanks for the PNA support at their meet in Albany (July 9th)

Susan

Congratulations to all swimmers at the South Kitsap Meet.

Susan

Please let us know when you move - so you can get your newsletter. Send your name, USMC number and new address to Rick Ingraham. (address above)

ROSES! ROSES! ROSES! ... to Walt and Kathy for a super job on all results. It's a really tough job.

Rick

INDEX

<u>10 Minute Kick</u>	<u>2</u>	<u>Masters Logo</u>	<u>7</u>
<u>Deck Profiles</u>	<u>3</u>	<u>Fall Schedule</u>	<u>8</u>
<u>Triathlon</u>	<u>4</u>	<u>Co-ordinator Wanted</u>	<u>8</u>
<u>President's Message</u>	<u>5</u>	<u>S.K. Results</u>	<u>9-14</u>
<u>Marathon Swim</u>	<u>6</u>	<u>U.S.M.S. Registration</u>	<u>15</u>

SWIM SWIM Magazine and Hind-Wells challenge you to

K I C K

10 T.M.

MINUTES FOR DISTANCE

A postal competition

FREE GOGGLES TO ALL ENTRANTS!!

This is a CHALLENGE from SWIM SWIM Magazine and Hind-Wells to do what's really tough: kick for 10 minutes straight, flat out. We allow any kick or combination of kicks: freestyle flutter, butterfly dolphin, breaststroke frog or whip, backstroke flutter or frog, side or trudgeon. With or without a kickboard. Our only restrictions are no fins, flippers or pulling allowed. Bare leg power only! Results of the competition by age group will be published in SWIM SWIM.

Entry fee: \$4.00 (includes free goggles).

ENTRY FORM

This is your mailing label. Please print clearly.

Name
Address
City
State Zip

Sex (check one): [] male [] female

Circle Age Group: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-90 90-up

Name
In 10 minutes I kicked a distance of

yards/meters (circle one).

signature of witness

TO ENTER—Clip this coupon and enclose with \$4.00 in check or money order to: SWIM SWIM Magazine, P.O. Box 5901, Santa Monica, CA 90405. Make checks payable to SWIM SWIM Magazine. Foreign (except Canada) add \$2.00 for postage.

Entry Deadline: Postmarked by Sept. 1

This is not a race—except against the clock! We hope you give it your all but feel it is necessary to warn you that NO one should undertake this swim unless he/she is physically fit and sufficiently trained to participate safely. This involves a yearly examination by a physician and dedication to a regular exercise program. NOTE: You do not need to be registered with U.S. Masters Swimming to participate in this event.

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge SWIM SWIM, Inc. and Hind-Wells, Inc. for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participating in said athletic event.

I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate.

signature of swimmer
(Parent's signature required if under 18 years of age)

Complete results will be printed in SWIM SWIM—your award will be in the mail just as soon as the results are tabulated.



"DECK PROFILES"

Rod Garretson owns a coffee delivery business, Seattle Coffee Service and swims at Mountlake Terrace pool. Four years ago friends at the Mountlake pool first got him interested in joining Masters. They thought Rod would enjoy himself. Since joining Masters Rod has found this to be true. "It does rekindle the fun of competition.", as Rod puts it.

Rod has been around pools from early in life, first swimming competitively, then as a life guard and later as a pool manager. He has always approached swimming as a means to having fun. "Swimming to me is fun." To keep the fun in swimming Rod works to the intensity that makes him feel good, thus preventing him from becoming burned out. "That is the way swimming remains fun -- no pressure at all," Rod states.

The backstroke has been Rod's favorite event in Masters because it is the only event where he can feel his kick working. After the Mountlake Terrace Adult Sextathlon this June, Rod received a surprise. His breaststroke time in the 50 was faster than his 50 backstroke. Perhaps there is something to be said for a good strong whip kick as well?

Rhondi White was Tacoma YMCA's Swimmer of the Year for 1983. She joined Masters after being out of competitive waters for 13 years due to prompting by Dave Addleman, who also swims for the Tacoma YMCA. Rhondi decided it would be a good idea, particularly as a means to get back in shape.

Since joining Masters, Rhondi, who works for an accounting firm, has found swimming an excellent way to measure physical achievement. This is evident since the 400 IM is her favorite event. She likes it because it gives her time to think and it is definitely too long to be a sprint. Anyone who has swum the 400 IM agrees it certainly is a major physical achievement just to finish.

Masters is not only a way to meet new people but also rekindle old friendships. Long course Nationals last year at Portland was particularly enjoyable to Rhondi since one of the swimmers from Switzerland was a woman she hadn't seen in 20 years. They had swum together in Oregon as girls. This reunion added a great deal to the excitement of Nationals for Rhondi.

Masters has given Rhondi something to look forward to and a better attitude towards age. Through Masters Rhondi has come to realize "You can start anything at any age," -- be a lawyer, an accountant, or even a Master swimmer.

Cathy Brooks

Dear Fellow Swimmers and friends:

The summer swim season has come and gone for most of us. To you who have competed and participated in support of our Long Course season, congratulations on those PB's (personal bests) and thanks for making the season a success! To those of you who have yet to compete in Indianapolis at L.C. Nationals, have fun tapering and best blessings! I know that you will represent the PNA well! We'll all be anxious to hear about your adventures and experiences!

To those of us who sat out and enjoyed our summer break, I just hope you had a fantastic time and that you are beginning to think about starting to get ready for the beginning of the Short Course season this fall!!! It promises to be terrific, so recruit some friends to join us. You all are going to be the ones who "sell" our program - who encourage people to come and try Masters Swimming! And, I want to encourage all of you to consider swimming at S.C. Nationals this Spring at Industry Hills, (Southern) California!

On July 7, I pulled myself out of a nice warm bed and drove to Bellevue to swim with the BEST Masters. All 7 of us in the pool treated (?!?) to a special "7's" workout. (Everything we did was in groups of "7".) Coach Bob Moore is certainly creative with his workouts! Summer continues to be a busy time, but I will be trying to "hit" more practices with you all out there.

A special thanks to Rick Ingraham and the South Kitsap Masters for pinch hitting and hosting L.C. Regionals for this year. Spokane had pool problems and Rick and his crew stepped in at the last minute.

We still need volunteers to work on various committees to make this organization run smoothly. If you can donate any time or help in any way, please contact me at 525-9687 (Seattle).

A big thanks to those of you who already have given time and effort into PNA Masters at the organizational level. We can't do it without you!

'Til next month----

Keep swimming----

KIKO



1983 Marathon Swim

10,000 Meter Postal Meet



SPONSORS AND SANCTIONS: This meet is sponsored by the Long Distance Swimming Committee of United States Swimming and is sanctioned by the ARIZONA SWIMMING, INC. and the MASTERS SWIM COMMITTEE OF ARIZONA.

ELIGIBILITY: Open to all registered United States Swimming Athletes 13 years of age and older, all registered United States Masters Swimmers and Non-United States Athletes subject to their country's rules and regulations concerning this competition.

MEDICAL: All contestants are urged to have a complete physical before starting this event. Coaches and participants are urged to have competent medical assistance available during the competition and be extremely watchful for cases of exhaustion, hypo-thermia, and dehydration. We urge contestants not to start if there is a question that they will not be able to finish in reasonable time. This applies primarily to the Masters.

EVENT: Contestants swim 10,000 meters in a pool of their choice and mail the time to the Meet Director for tabulation along with other pertinent information found on the entry form below. This event must be swum between May 15 and September 15 and the form must be in the hands of the Meet Director by September 30, 1983.

ENTRY FEES: The entry fee for this event is \$3.00 (U.S. currency, check or money order please).

T-SHIRTS: Special T-shirts will be available at a cost of \$5.50. Order must be submitted with entry form.

CLASSIFICATION: Open: - (To be conducted under the rules of United States Swimming, Inc.). Men and women over 13 years. Masters: - (To be conducted under the rules of United States Masters Swimming, Inc.). Men and Women -- Age Groups: 25- 29, 30-34, 35-39, 40-44, 45-49, 50- 54, 55-59, 60-65, 65-69, 70-74, 75-79, 80-84, 85- 89, and 90+.

TIMERS AND COUNTERS: Please insure accuracy by paying strict attention to the laps swum. We urge you to use a check-off system. If you are using a mechanical watch, please wind it periodically. If you are using a battery-operated watch, please start with fresh batteries.

ENTRY: Mail entry form and \$3.00 entry fee with check made payable to Arizona Masters National 10 K Swim to:

10 K Swim
Beth Colbert
2021 North 10th Street
Phoenix, Arizona 85006

AWARDS: Open Classification - USS Postal Swim: Medals to the top ten finishers. Masters Classification - USS Postal Meet Medals to the top three finishers in each age group. Patches To All Competitors.

QUESTIONS: Days: Barry Friedman (602) 266-7031
Nights: John Graves (602) 966-4441

OFFICIAL ENTRY - 1983 MARATHON SWIM

Swimmer _____ 10 K Time: _____
Address _____ Age _____ Sex _____
_____ Zip _____ Phone _____
Club _____ USS or USMS # _____
Classification ()Open ()Master

Verification: I certify that the information above is correct, the time accurate, and the distance was 10,000 meters. Please sign in the appropriate place.

Swimmer _____ Parent (if under 18) _____

Timer/Counter _____ Coach (if applicable) _____

I wish a T-Shirt and have enclosed a total of \$8.50-SIZE S M L XL



united states
MASTERS
swimming inc

MARKETING COMMITTEE

Design Sub-Committee
Darcy Fazio, Chair
13A Waverly Road
Branford CT 06405

THIS IS THE CHANCE YOU HAVE BEEN WAITING FOR!

You can become world famous by designing an emblem for United States Masters Swimming that typifies the goals and spirit of Masters Swimming.

- DATE: NOW until August 24, 1983
- ENTRIES: Designs may be submitted on any kind of paper of any size. Please keep the design simple and clear. Use of more than two colors plus background may be detrimental to the fate of your entry (too expensive to duplicate). Put your name and address on each sheet of paper. Designs cannot be returned unless accompanied by a self-addressed, stamped envelope.
- ENTRY FEE: FREE. You may enter an unlimited number of designs so start your workout for this now!
- AGE GROUPS: Prenatal to one year - Group A
2 to 202 - Group B
203 plus - Group C
- ELIGIBILITY: Designer must have been immersed in water at some point in life. USMS registration not required.
- JUDGES: Members of the Logo Design Contest Committee of the Marketing Committee at the National Convention. Final results will be announced at the Convention in Cincinnati Sept. 25 through Oct. 1, 1983. Winner will be notified and results posted in SWIM-SWIM and SWIM MASTER.
- ENTRIES TO: Darcy Fazio 13A Waverly Rd., Branford, CT 06405

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Wanted, a person who is:

Courteous
Responsible
Friendly

Dependable
Trustworthy
Cheerful

Who likes:

Travel
Praise
Glory

Friends
Excitement
Fulfillment

To become the next AWARDS Chairperson!

Interested? Call Dave Addleman at 773-2242 (days)
or 852-7002 (nights)

Hurry, this opportunity knocks
but once every two years.

Auntie Kiko needs YOU!

The PNA needs YOU!

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