



## Springing into Sprints at Mercer Island

# LEADING OFF

By  
Lee Carlson

### Champs, Teams, and Coaches

#### Champs

PNA Champs is PNA's only team-oriented competition where the 25 or so participating teams are categorized as small, medium, or large and swimmers are scored for places 1 through 12. Awards are given to the top three teams in each category. Before the meet, a 3-person committee reviews the list of teams ranked by number of swimmers, looking for logical breaks to create groups of equal strength. To insure a fair split, team names are hidden from the committee so their decision is made solely on team entrant counts.

Here are some secrets about Champs that can help your team. Every swimmer may swim up to six

*(Continued on page 2)*

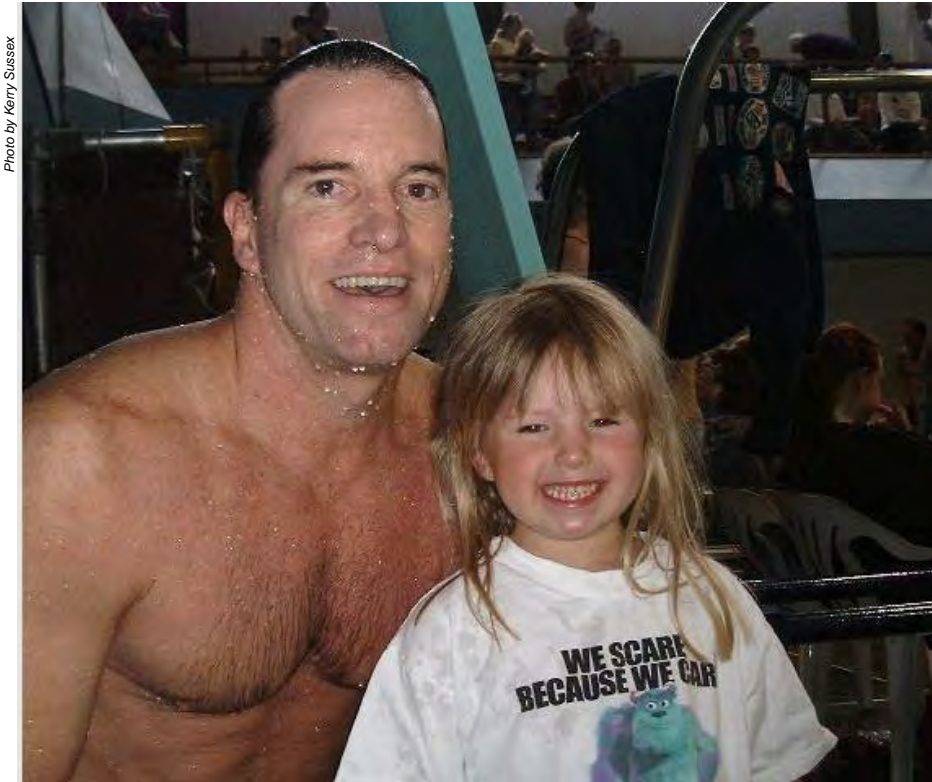


Photo by Kerry Sussex

John Sylvester and daughter Haley were part of the fun times at the Mercer Island Sprint meet.

## Results

P PNA Record

### Mercer Island Sprint Meet

March 10, 2002

#### Short Course Yards

#### WOMEN 19-24

<b>50 YD. FREE</b>		
K.WYMELENBERG	24 HM	29.84
<b>100 YD. FREE</b>		
JAMI SCHWAB	19 SHAR	1:07.55
K.WYMELENBERG	24 HM	1:08.14
<b>50 YD. BRST</b>		
JAMI SCHWAB	19 SHAR	37.97
<b>100 YD. BRST</b>		
JAMI SCHWAB	19 SHAR	1:21.72

#### WOMEN 25-29

<b>50 YD. FREE</b>		
JESSICA IVEY	26 UNA	30.76
<b>100 YD. FREE</b>		
RAE-CHRISTIE SHAW	26 UNA	1:08.39
<b>200 YD. FREE</b>		
EMILIE SULLIVAN	27 NWM	2:26.94
RAE-CHRISTIE SHAW	26 UNA	2:31.59
<b>50 YD. BACK</b>		
SHANNON LACEY	29 SHAR	33.61
<b>100 YD. BACK</b>		
ANNE CORNWELL	25 VAM	1:19.56

*(Continued on page 9)*

## What's inside?

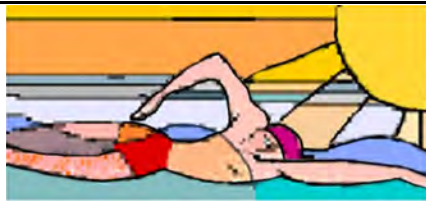


### Results

Mercer Island Sprint Meet  
Top Ten SCM  
One Hour Postal Swim

### Entry Form

Lake Padden Open Water



# WETSET

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**Computer Apps.:** Jim McCleery

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**Historian:** Tom Foley

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**Records/Top Ten:** Walt Reid

**Officiating:** Jan Kavadas

**Open Water:** Sally Dillon

**Publicity:** Lynn Wells

**Safety:** Kathy Casey

**Social:** Jett Vallandigham

# LEADING OFF

By  
Lee Carlson

(Continued from page 1)

events, plus relays, over the two days. You earn points for 1st through 12th places—13, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2 and 1 for individual events and double those for relays. (Note that only the 200-yard relays earn points.) So you should plan to swim both days, as many events and relays as you can stand (I mean, enjoy).

Consider swimming a wide range of events, even those you don't typically swim. Don't forget to plan and swim the relays as you will have great fun and score more points for your team. Since divisions are determined by entrants, make sure all your swimmers show up and swim! The results in the small and intermediate divisions often come down to the relays and the last event, the 1650. Champs is a great opportunity to swim in a fast pool and cheer on your teammates.

## Teams

What can teams contribute to your swimming? Probably first and foremost is familiarity—your pool where you swim, familiar lanes to swim in, and friends to swim with. Camaraderie and common goals are important. For some teams the meeting for coffee, breakfast, and discussion following workout is as important as the workout itself. It's important to find a team you are comfortable with and to swim as often as you can with your team.

What can we contribute to your teams? Here are some of the things the PNA can provide: The PNA Team Handbook, a USMS Rule Book, communications with your organization, a survey for your team members, a web site with information about events and swimmers, and a membership list. Make sure your team rep contacts Jeanne Ensign at Champs (she's

also listed in the *WetSet*) to insure that your team is receiving these benefits.

## Coaches

Coaches are a key link between you, the PNA, and USMS. A coach helps make swimming fun. Most of all, the coach is a communicator and translator of your expectations from and to our organization.

Coaches tailor the workout to your ability, give you tips and corrections on your stroke, conduct drills, and insure that you are getting the most out of the workout. Coaches often make up relays and take splits at meets. Most of all, coaches work with you to achieve your goals. These goals can range from simply improving your basic fitness to become a better swimmer to improving your best times or making a national qualifying time. Or a record!

We have several benefits for coaches. We offer workout insurance, a meet schedule, and an organization of swimmers for swimmers. We have scheduled a coaches meeting during Champs to find out what's important that we can provide. In the meantime let your coach know that we provide them free heat sheets, hospitality (that's food) if available at meets, and information on teams. Locations to workouts are posted and linked on the PNA web site ([www.SwimPNA.org](http://www.SwimPNA.org)). Support is also available through the Masters Aquatic Coaches Association (MACA) and USA Swimming's American Swimming Coaches Association (ASCA).

This year, with three clinics in the works (Open Water, Fitness, and Stroke), we have a lot to offer you, your team, and your coach. Take advantage!



# MASTERS 2002 CALENDAR

OPEN WATER  
POSTAL SWIMS  
MEETS  
CLINICS

*Events in Washington, Oregon, British Columbia, Idaho, and Alaska, plus USMS Championship events. PNA Events are listed in **bold**.*

April 13-14

**NW Zone & PNA Champs SCY  
WKAC, Federal Way, WA  
Hank Kirkland (253) 941-3585  
hankland1@attbi.com  
Entries due Mar 30/Apr 4**

April 13, 10:30 am  
PNA Coaches/Team Rep Meeting  
KCAC Hospitality Room

April 14  
Northwest Zone Meeting  
KCAC Hospitality Room

April 19-21  
YMCA National Masters Champs  
Hall of Fame Pool  
Ft Lauderdale, FL

April 20  
Deadline for articles for May/June *WetSet*

April 24, 7 pm  
PNA Board Meeting  
McNeel & Associates

May 4  
Freestyle Pentathlon SCM  
Bend, OR  
Pam Himstreet (541) 385-7770  
himstreet@bendcable.com

May 14-17  
USMS SCY Nationals  
Univ of Hawaii, Honolulu, HI  
Amy Patz, (808) 956-7510  
patz@hawaii.edu  
Entries due Apr 2/Apr 9

May 15-September 30  
USMS 5K/10K Postal Championships  
Pam Himstreet  
himstreet@bendcable.com

May 17-20  
MSC National Championships  
Saskatoon, BC  
Meredith Macpherson-Stalwick  
(306) 665-7036  
www.masters-nations2002.ca

May 22  
PNA Board Meeting

June 1, 2002-May 31, 2003  
Short Course Yard Season

June 1-2  
Washington State Special Olympics  
Swim/Dive Champs  
Weyerhaeuser King County Aquatic Ctr  
Federal Way, WA

June 2  
Albany Swim Meet LCM Meet  
Albany, OR  
Gary Arne Jr. arne\_1@juno.com

June 8  
Penticton Wine Country, SC  
Brian Rodger (250) 496-5504

June 15  
USMS 10K Open Water Championship  
Hartwell Lake, Clemson, SC  
Jacque Grossman (864) 654-4704  
jalg@innova.net

June 20, 2002  
Deadline for articles for July/Aug *WetSet*

June 20-22  
Utah Summer Games LCM  
Cedar City, UT  
Doug Smith (801) 521-8075  
swmdocdoug@aol.com

For PNA Board information, e-mail  
Steve Peterson at  
speterson@bandwagon.net.

June 22  
**Lake Padden Open Water Swim  
2.5K/5K  
Bellingham, WA  
Barb Gundred  
konabarb@hotmail.com**

June 29  
Silver Lake Swim  
1 & 2 mile  
Boise, ID  
richcooke@aol.com

June 29  
Kearns Oquirrh Park Swim Meet LCM  
Kearns, UT  
Doug Smith (801) 521-8075  
swmdocdoug@aol.com

June 30  
Nike Women's Triathlon  
Vancouver, WA  
(503) 617-4644  
www.pmevents.com

July 1  
Canada Day Challenge  
Sasamat Lake, Vancouver, BC  
OW 1K/2K/4K

July 6-7  
LCM Oregon State Games LCM  
Mt. Hood CC, Gresham, OR  
Kristi Gustafson  
kristigus@aol.com

## Web Guide

Check out these sites on the Internet for information on Masters swimming, news, events, workouts, and more from throughout the Northwest!

**PNA Masters Swimming**  
US Masters Swimming  
USMS Northwest Zone  
Pacific Northwest LMSC  
Oregon Masters  
Alaska LMSC  
Utah Masters  
Masters Swimming of BC

**www.swimpna.usms.org**  
www.usms.org  
www.northwestzone.org  
www.swimoregon.org  
www.swimoregon.org  
www.akmswim.org  
www.utahmasters.org  
www.mastersswimming.bc.ca

# Swim Clinics

A national mentor/coach and swimmer clinic has been approved by the USMS Coaches Committee for our PNA. A tentative date of October has been set for this prestigious clinic. Mike Collins and Doug Garcia will conduct the clinic.

We have also been awarded a national open water clinic. Sally Dillon is looking at dates for this and is suggesting late June or mid July, shortly before the Fat Salmon open water swim.



## News from New Zealand

As the *WetSet* went to press several of our PNA swimmers were down competing in the FINA World Masters Championships in New Zealand and swimming impressive times.

Barb Gundred broke her own world record in the 200 Long Course Meters Backstroke, with a time of 2:47.52, 8/100th seconds faster than her swim at USMS Long Nationals in Federal Way last summer.

2002 PNA Budget Summary			
	Budget Category	Amount	
<b>Revenue</b>	<b>Category</b>	<b>2002 Budget</b>	
	Registration	\$29,066	
	Meet Income	\$2,100	
	Clinics	\$1,300	
	Interest	\$1,070	
<b>Total</b>		<b>\$33,536</b>	
<b>Expense</b>	Registration	\$16,115	
	Meets	\$450	
	Clinics	\$1,300	
	Convention	\$4,000	
	Marketing	\$1,500	
	Swimmer/Team Support	\$600	
	Business	\$1,450	
	WetSet	\$11,000	
	<b>Total</b>		<b>\$36,415</b>
		Fund Balance Used	\$(2,879)



## WetSet Subscription / Change of Address Form

The *WetSet* is PNA's official newsletter. It is produced ten times a year and is delivered free of charge to PNA members. Non-members may purchase an annual subscription to The *WetSet* for \$12, payable to "PNA MASTERS SWIMMERS". To request a change of address or a new subscription, please send this completed form to:

Cindy Martin  
PNA Registrar  
2427 NE 143rd St.  
Seattle WA 98125

**Important** —The *WetSet* is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.

- Change of Address
- New Subscription
- Subscription Renewal

If you would like to become a PNA member or renew your membership, and receive The *WetSet* and *Swim Magazine*, please use the USMS Registration Application on the back cover of this newsletter.

Affix old address label here (if available)

Name \_\_\_\_\_

Address \_\_\_\_\_

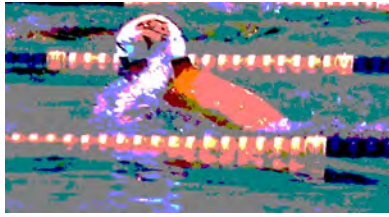
City / State / Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ USMS # \_\_\_\_\_



# PNA Board Meeting Minutes

By Steve Peterson  
PNA Secretary



January 22, 2002—Vice President Jeanne Ensign called the meeting to order at 7:00 pm in the Seattle Parks & Recreation Department lower conference room. Attendees also included Chaya Amiad, Kathy Casey, Sally Dillon, Tom Foley, Dan Frost, Jan Kavadas, Hank Kirkland, Chris Latham, Arni Litt, Cindy Martin, Sandy McNeel, Hugh Moore, Clark Pace, Steve Peterson, and Sarah Welch. These 16 represented Federal Way, Ft. Steilacoom-WAKO, GLAD, North Whidbey, OOPS, Swim Seattle, Tigers, West Seattle YMCA Dolphins, and the membership at large.

**Treasurer's Report:** Total assets are \$39,380 including the Wiggin Fund's \$2,742. Jan reminded attendees that an announcement regarding Wiggin Fund grant or support requests should be reviewed by the Wiggin Fund Committee prior to publication in the *WetSet*. The Board approved a motion to correct a math error that crept into last month's budget adjustment process; after predicted revenue of \$33,536 less expenses of \$36,415 the amended deficit will be (\$2,879). Sarah and Jeanne clarified attendees' several questions about the amended budget, budget summary, P&L (Budget vs. Actual), year-end balance sheet, and transaction detail. The Board then accepted Sarah's report as submitted. (See *Budget Summary on page 4.*)

**Membership:** Cindy reported current registration at about 630. She distributed the current list for the Board to check (e.g., unattached swimmers who really should be registered with a team). Cindy will revise the registration form for review at the next meeting.

**Meets:** The Orca meet had its

typical great turnout (147!) including a Coeur d'Alene contingent and various IGLA teams. Local meets planned so far include Bellingham (Feb 16), Mercer Island (Mar 10), Champs/Zones (Apr 13-14), Lake Padden OW (June 22), Fat Salmon OW (July 20?), KCAC (July 27, 28?—date conflict with WA Senior Games), and Whidbey Island (Sep 28). Potential hosts include Bainbridge Island (Oct?) and Bangor (Nov?). May, June, and August have no pool events yet scheduled. Dan presented the NW Zone SCY meet entry and noted changes to be made. The Board approved Sally's motion to count only the 200-yard relays for scoring PNA Champs (not the 400 and 800 relays offered).

Jan noted that National Qualifying Times might be confusing to some. Would recognizing NQTs achieved locally motivate members to attend national meets? Walt told Jan he would see what it would take to flag NQT achievement with a "Q" in the results.

**Open Water:** Sally proposed applying for a USMS Open Water Clinic to be held at Luther Burbank Park (Mercer Island) on June 15, just prior to the Lake Padden swim. Clark Pace suggested early August for better weather and attracting triathletes. The Board approved June 15.

**Newsletter:** Sandy will put the annual Dawn Musselman Inspirational Swimmer Award reminder in the *WetSet*. Cindy Martin and Clark Pace said they'd assist Steve on the committee. [Standing Policy G-4 includes all former recipients on the committee.] No action was taken.

**Officials:** Jan reported on officiating at the Orca meet. She reported that now those who want

to become officials but work USMS meets primarily can take Stroke & Turn training, complete their Novice experience at USMS meets, and be certified to work USMS and USAS meets. The only added costs would be \$10 for class and the USAS non-athlete annual membership fee.

**Safety:** Kathy Casey asked meet directors to please include the Safety Equipment Inventory when submitting their Meet Report to the Treasurer.

**At-large Reps:** Kathy Moore's move to Ellensburg puts her in Inland Northwest LMSC territory, so a third At-Large Rep is needed (unattached or team < 9, Zip code > 98199).

**Nationals:** Sandy Rousseau (USMS Championship chair) thanked PNA for a fine meet in her wrap-up letter. We were awarded the full USMS meet deposit reimbursement. The Federal Way Chamber of Commerce asked the Board to consider using their grant as seed money for organizing future events. Jeanne distributed Nationals profit sharing checks to the eight contributing teams (Bainbridge, Bellevue, Bellingham, Federal Way, Ft. Steilacoom, GLAD, Mercer Island, and ORCA). **One-Hour Swim:** Sally noted that not all entrants know they can swim it both individually and as a relay member (you can!). Sally will contact Sequim to encourage their participation, too.

**King County Aquatics meeting:** Jane Moore attended a meeting on January 20 called by Bob Regan, a member of the King County Active Sports and Youth Recreation Commission. This Commission will be assessing the condition of youth sports and youth sports facilities in King County. They will also look at methods of funding programs and facilities. Steve will e-mail Jane's meeting notes to the Board distribution list.

**Team Registration:** Jeanne mailed 49 letters to team contacts requesting team registration. Two came back undeliverable and ten were completed.

# King County Aquatics Meeting

Report submitted by Jane Moore



Look at the copy of the Executive's web home page (<http://www.metrokc.gov/exec/>). Look at the copy of Council Members Contact List (<http://www.metrokc.gov/mkcc/Members/members.htm>) and District Map.

On January 20, 2002, I attended a meeting of various people associated with aquatic sports. Bob Regan, a member of the King County Active Sports and Youth Recreation Commission, called the meeting. The Commission is working on a report assessing the condition of youth sports and youth sports facilities in King County. They will also look at methods of funding youth sports programs and facilities. They will release their first report in May. It will include 80 chapters on various sports and recreational activities identified as occurring in King County. These range from common (soccer, swimming) to unusual or new (mountain boarding, curling). Each chapter will include; Understanding the Sport—history, details, organizational levels; How the Sport Exists in King County—facilities, groups, etc.; Challenges—preservation, enhancement, growth; and Resources—contacts for additional information. There will also be a Community Partners Directory, a listing of more than 4000 organizations in King County involved in sports and recreation. The first report will not include solutions or suggestions for funding.

Each chapter is being written by the people and organizations involved in that sport or activity. The Aquatic Sports and Recreation section will include chapters on swimming, diving, synchronized swimming, and water polo. Input from Masters swimmers will be included, although currently there are no plans for a separate section. There is a section on Open Water

Sports and Recreation. It includes kayaking and canoeing, kite surfing, rafting, rowing, sailing, water-ski sports, and windsurfing, but not open water swimming. Triathlons are included under Other Sports and Recreation.

Other points of interest from the meeting:

1. King County is facing great budget shortfalls—\$45 million this year. In order to preserve funding for aquatics facilities and programs, we need to become politically active and contact our council representatives.
  - King County budget situation ([http://seattletimes.nwsources.com/html/localnews/134391600\\_budget16m.html](http://seattletimes.nwsources.com/html/localnews/134391600_budget16m.html)). **The point: citizens should follow the issue very closely since Parks programs have already been impacted.** There may be further measures taken before the end of 2002. The budget challenges continue into 2003. Aquatic programs may be impacted because Forward Thrust Pools and WKCAC are not mandatory programs. Watch this issue closely and know whom to contact.
  - King County government information. **The point: WKCAC is not just a matter of concern for Council District 7.** The majority of team members who train at WKCAC and host events are from the other districts and even extend outside of King County.
2. There may eventually be a proposal to create a regional/metropolitan park district. This would create a new entity to coordinate all parks and recreation facilities separate from current city and county governments. Regional and sub-regional facilities could then be developed.
3. Nationwide, voters pass 80% of sports and recreation funding issues if they are presented as separate issues. They generally fail if they are buried in county or city budgets.
4. The last major regional investment in parks and recreation was the Forward Thrust initiative of 1968. This funded 24 swimming pools and the Marymoor Park complex.
5. The velodrome at Marymoor Park and the King County Aquatic Center are the only true regional sports facilities in King County.
6. It is easier to obtain one-time capital funding to build a facility than it is to get ongoing funds for maintenance and continuation.

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always has been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.



## Forward Thrust Pools

With funding from the 1968 Forward Thrust bond initiative, 24 swimming pools were built in King County. Twenty-three of these pools were built on school district lands and leased to King County. The 24th pool was built on park land in Redmond. Since opening, the pools in Bellevue, Issaquah, and Shoreline have been transferred from King County to the cities as they incorporated. Some of the pools are now run by the city of Seattle.

The leases from the various school districts to King County were for a term of 40 years. They will generally expire in 2010. When the leases end, the pools revert to the school districts unless the county and the school district agree to extend the lease. If King County chooses not to renew the leases, the school districts would be free to do as they wish with the pools. The school districts could choose to manage and run the pools or could choose to close the pools. Obviously, closure of any of these pools would have a major impact on aquatics in this area.

All individuals with an interest in aquatic sports need to be aware of the events that are occurring and need to participate in efforts to preserve the Forward Thrust pool facilities.

### Forward Thrust Pools:

Auburn	Mt. Rainier
Ballard	Northshore
Bellevue	Queen Anne
Enumclaw	Rainier Beach
Evergreen	Redmond
Federal Way	Renton
Helene Madison	Shoreline
Issaquah	Si View—North Bend
Kent	South Central (Foster)
Meadowbrook	Southwest
Medger Evers	Tahoma-Kent
Mercer Island	Vashon

## Results for the One Hour Postal Swim

36 PNA Swimmers

Total 143,965 yards (About 82 miles per hour)

Seventh of 17 "medium" teams

### Award Winners

Rick Alberg (3,555 yards) 5th Men's 55+ relay

Kathy Casey (4,050 yards) 9th Women's 50-54, 4th Women's 45+ relay

Pete Colbeck (5,130 yards) 3rd Men's 25+ relay, 4th Mixed 35+ relay

Zena Courtney (4,725 yards) 5th Women's 40-44, 5th Women's 25+ relay, 4th Mixed 35+ relay

Sally Dillon (4,220 yards) 1st Women's 55-59, 4th Women's 45+ relay, 4th Mixed 45+ relay

Eric Dybdahl (4,850 yards) 3rd Men's 25+ relay, 4th Mixed 35+ relay

Dan Frost (4,685 yards) 3rd Men's 25+ relay

Bill Hayes (4,435 yards) 4th Mixed 45+ relay

Mary Lippold (4,500 yards) 7th Women's 45-49, 4th Women's 45+ relay, 4th Mixed 45+ relay

Jim McCleery (4,950 yards) 1st Men's 55-59, 5th Men's 55+ relay, 4th Mixed 45+ relay

Carrie Nordberg (4,670 yards) 5th Women's 25+ relay

Harvey Prosser (3,715 yards) 5th Men's 70-74, 5th Men's 55+ relay

Lisa Wilson (4,750 yards) 4th Women's 40-44, 5th Women's 25+ relay, 4th Mixed 35+ relay

### Other PNA participants

#### Men

Jack Akamine (age 69) 2,930 yards

Mike Bailey (37) 3,990 yards

Richard Batley (53) 4,075 yards

Kenneth Gund (31) 3,350 yards

Ron Jacobs (50) 4,430 yards

John Kessler (54) 3,760 yards

Hank Kirkland (44) 2,720 yards

Ron Oren (42) 4,105 yards

Tom Schutte (32) 3,900 yards of Breaststroke

Hein Tran (45) 3,470 yards

(Continued on page 8)



## Welcome to the swimmers who have recently joined PNA!

PATRICK ADAMS, BART BERT, KELLY BORING, CARRIE BREED, DAVID COONS, ANN CORNWELL, ERIC DURBAN, CARLA EDGE, JESSICA IVEY, JULIE LARKIN, DICKSON LEE, ALAN LEVIS, TIM O'BRIEN, SHARON OLDS, MELANY RICHMOND, GREG ROCKENBACK, DENNIS SAWYER, GEORGE SAYAH, ROGER SCHIMMEYER, DAVID SEARS, RHAЕ CHRISITE SHAW, SHAYLYNN SIMPSON, CELIA SPENCE, DONALD SPENCER, CAROLYN STEMSHORN, KRIS VAN GIESON, SCOTT VANDEVER



# INTHE NEWS

# PNA SWIMMERS



## Seattle Triathlon Club Awards PNA Members



At its annual holiday party and December meeting, Seattle Triathlete Club (SeaTri) presented awards to several of its members for outstanding performances in 2001. Two of the recipients were PNA Masters swimmers.

Female Rookie of the Year was given to Phillipa Kraussen.

Male Triathlete of the Year was given to Jerry Sanchez, a member of Green Lake Aqua Ducks. SeaTri noted that Jerry, after breaking his collarbone in May, still managed to place in the top three overall at several Olympic and half Ironman Tris.

The Seattle Triathlon Club supports and sponsors triathlon activities in the Seattle area and now has more than 200 members.

*(One Hour Postal, continued from page 7)*  
David Thompson (47) 3,800 yards

### Women

Barby Cahill (46) 4,000 yards  
Jennifer Cruze (22) 4,420 yards  
Jean Dillon (27) 4,575 yards  
Karin Heusted (33) 4,355 yards  
Diane Kennedy (34) 3,255 yards  
Jackie Kimpton (39) 4,000 yards  
Joanne Kirkland (43) 2,950 yards  
Margaret McCleery (38) 3,505 yards  
Marcia Smith (41) 3,510 yards  
Terry Steele (40) 3,030 yards  
Emilie Sullivan (27) 4,040 yards  
Vicky Wagner (32) 3,570 yards

**"She loved the friends and the competition."**

## Helen Schuchart Dies of Lung Cancer

Helen Schuchart, 83 years old, long-time member of Mercer Island Redwoods, passed away on March 14, 2002, of lung cancer.

Helen swam with US Masters Swimming for 20 years. In 1997, 1999, and 2000 Helen qualified for the USMS Top Ten.

Born January 7, 1919, in Rosalia, Washington, Helen first swam as a young girl. She loved it and excelled in it. She would recall her summer camp story: The camp was at a lake, so one of the activities was to swim across the lake, accompanied by the row boat. One-by-one, the rest of the girls in Helen's group gave up and climbed into the boat. But Helen stuck with it to completely cross the lake, to the consternation of the other girls and the encouragement of the camp counselor in the row boat.

Helen later took the test for a senior life guard certificate. She passed but was too young to be a life guard at any level. At this time her mother's new husband was concerned with Helen being a "tomboy". Helen was discouraged from swimming. By the time she was old enough to become a life guard, she had quit swimming.

Helen did not swim much again until much later. The turning point was when her son, Philip, drowned in a sailboat accident. She wanted to be close to her sons, alive or not, and somehow Helen felt the water was the place to be. Helen was 62.

One thing led to another. Helen joined Masters, had some good coaches, and was soon competing. Her son, Doug, says, "I don't think she enjoyed anything more than her swimming. She loved the friends and the competition."

Doug, a scuba diver, was delighted when he taught his mom how to snorkel, in preparation for a cruise trip to the South Pacific with her friend and swimmer, Betty Kercheval. So on Helen's 82nd birthday, she was snorkeling in Tahiti and having a very good time.

Betty and Helen also went to the swim meets together. Betty reminisces, "Helen would say, 'I have cabin fever' so we would go to the out-of-town meets. I will miss her."

Helen had earlier had breast cancer and survived. But last fall the cancer returned to her lungs. The doctor was leery of starting an 82-year-old on chemo treatments, but told Helen, "You're the healthiest 82-year-old I have ever met." Helen had to stop swimming because of chemotherapy treatments. Still, she managed to swim four times between chemo treatments. But the lung cancer was fast moving. Helen was hospitalized on March 4th when she had trouble breathing, and died on March 14th. The service was held on March 23rd.

Lee Carlson, who has been swimming with Helen for the last 20 years says, "Mercer Island and Masters swimming has lost a good friend and a decent person."







# Mercer Island Results

(Continued from page 1)

<b>100 YD. BRST</b>		
EMILIE SULLIVAN	27 NWM	1:24.88
<b>50 YD. FLY</b>		
SHANNON LACEY	29 SHAR	32.91
<b>100 YD. FLY</b>		
ANNE CORNWELL	25 VAM	1:14.39
<b>100 YD. I.M.</b>		
SHANNON LACEY	29 SHAR	1:13.51
ANNE CORNWELL	25 VAM	1:17.36
EMILIE SULLIVAN	27 NWM	1:19.30

## WOMEN 30-34

<b>50 YD. FREE</b>		
KATHY MOORE	34 UNA	32.43
EMMA SIEBER	34 WSYP	38.36
<b>100 YD. FREE</b>		
EMMA SIEBER	34 WSYP	1:28.52
<b>50 YD. BACK</b>		
MAGGIE CROSS	31 PRO	34.28
KATHY MOORE	34 UNA	38.86
<b>100 YD. BACK</b>		
MAGGIE CROSS	31 PRO	1:12.62
KARIN HEUSTED	33 SHAR	1:12.89
<b>50 YD. BRST</b>		
KATHY MOORE	34 UNA	44.31
<b>100 YD. BRST</b>		
KARIN HEUSTED	33 SHAR	1:19.27
<b>100 YD. FLY</b>		
KARIN HEUSTED	33 SHAR	1:08.02

## WOMEN 35-39

<b>50 YD. FREE</b>		
SHARON FILIPOWSKI	36 MIR	28.78
<b>100 YD. FREE</b>		
SHARON FILIPOWSKI	36 MIR	1:02.53
LAURA DEL RIO	36 GLAD	1:09.67
WENDY HOFFMAN	39 GLAD	1:09.83
KYMMBERLY MYRICK	38 BAM	1:13.73
<b>200 YD. FREE</b>		
HOLLY CORNER	35 UNA	2:20.78
KRIS SPEIR	38 TACY	2:28.36
<b>100 YD. BACK</b>		
HOLLY CORNER	35 UNA	1:13.36
LAURA DEL RIO	36 GLAD	1:22.51
KYMMBERLY MYRICK	38 BAM	1:25.00
WENDY HOFFMAN	39 GLAD	1:25.17
<b>100 YD. BRST</b>		
KRIS SPEIR	38 TACY	1:25.06
LAURA DEL RIO	36 GLAD	1:26.01
WENDY HOFFMAN	39 GLAD	1:29.55
<b>50 YD. FLY</b>		
CORY MACKIE	38 MIR	29.70
HOLLY CORNER	35 UNA	31.86
SHARON FILIPOWSKI	36 MIR	32.05
KRIS SPEIR	38 TACY	32.43
KYMMBERLY MYRICK	38 BAM	39.13
<b>100 YD. FLY</b>		
LAURA DEL RIO	36 GLAD	1:23.37
<b>100 YD. I.M.</b>		
CORY MACKIE	38 MIR	1:07.21
KRIS SPEIR	38 TACY	1:16.64
LAURA DEL RIO	36 GLAD	1:17.91
WENDY HOFFMAN	39 GLAD	1:20.48

## WOMEN 40-44

<b>50 YD. FREE</b>		
ZENA COURTNEY	42 FWM	29.08
MARCIA SMITH	41 SHAR	31.79
CHRISTINE PRUNEAU	44 WSYP	35.19
<b>100 YD. FREE</b>		
ZENA COURTNEY	42 FWM	1:01.23
KAMERA BAKER	43 AFAM	1:10.28
BRENDA KNUTSON	43 UNA	1:12.26
MARCIA SMITH	41 SHAR	1:12.38
CHRISTINE PRUNEAU	44 WSYP	1:18.85
<b>200 YD. FREE</b>		
SUSAN CARLETON	42 UNA	2:27.90



Photo by Kerry Sussex

Cory Mackie brought her family, Tim O'Brien, and Claire to the Mercer Island meet

BRENDA KNUTSON	43 UNA	2:36.50
<b>50 YD. BACK</b>		
SUZIE NESS	40 ORCA	38.45
KAMERA BAKER	43 AFAM	39.87
KARI EINSET	42 WSYP	43.64
CHRISTINE PRUNEAU	44 WSYP	43.95
<b>100 YD. BACK</b>		
SUSAN CARLETON	42 UNA	1:19.63
SUZIE NESS	40 ORCA	1:22.85
KAMERA BAKER	43 AFAM	1:24.33
BRENDA KNUTSON	43 UNA	1:25.59
<b>50 YD. BRST</b>		
ZENA COURTNEY	42 FWM	39.40
KAMERA BAKER	43 AFAM	42.91
KARI EINSET	42 WSYP	43.48
<b>100 YD. BRST</b>		
BRENDA KNUTSON	43 UNA	1:30.97
KARI EINSET	42 WSYP	1:34.94
KAMERA BAKER	43 AFAM	1:35.61
<b>50 YD. FLY</b>		
ZENA COURTNEY	42 FWM	32.01
SUSAN CARLETON	42 UNA	32.13
SUZIE NESS	40 ORCA	34.85
MARCIA SMITH	41 SHAR	37.02
KARI EINSET	42 WSYP	38.88
<b>100 YD. FLY</b>		
MARCIA SMITH	41 SHAR	1:24.49
<b>100 YD. I.M.</b>		
ZENA COURTNEY	42 FWM	1:11.26
SUZIE NESS	40 ORCA	1:20.96

BRENDA KNUTSON	43 UNA	1:24.42
MARCIA SMITH	41 SHAR	1:24.63
KARI EINSET	42 WSYP	1:29.66

## WOMEN 45-49

<b>50 YD. FREE</b>		
JO MOORE	47 BC	26.85
MARY LIPPOLD	46 GLAD	27.20
DONA WILLIAMS	48 UNA	34.09
<b>100 YD. FREE</b>		
MARY LIPPOLD	46 GLAD	1:00.36
JO MOORE	47 BC	1:00.53
DEBBIE GLASSMAN	48 GLAD	1:02.67
BARBY CAHILL	46 BAM	1:05.88
SANDY LAURENCE	45 GCM	1:13.84
DONA WILLIAMS	48 UNA	1:17.08
<b>200 YD. FREE</b>		
MARY LIPPOLD	46 GLAD	2:13.08
DEBBIE GLASSMAN	48 GLAD	2:24.40
<b>50 YD. BACK</b>		
BARBY CAHILL	46 BAM	33.05
<b>100 YD. BACK</b>		
BARBY CAHILL	46 BAM	1:09.71
DEBBIE GLASSMAN	48 GLAD	1:18.35
<b>50 YD. BRST</b>		
DONA WILLIAMS	48 UNA	42.84
JANET JOHNSON	47 UNA	46.44
<b>100 YD. BRST</b>		
BARBY CAHILL	46 BAM	1:25.12

Photo by Kerry Sussex



Gene Crossett and Livia Walker.

DONA WILLIAMS	48 UNA	1:34.52
JANET JOHNSON	47 UNA	1:41.42
<b>50 YD. FLY</b>		
DEBBIE GLASSMAN	48 GLAD	30.36
JO MOORE	47 BC	30.42
MARY LIPPOLD	46 GLAD	30.76
SANDY LAURENCE	45 GCM	36.10
<b>100 YD. FLY</b>		
MARY LIPPOLD	46 GLAD	1:10.62
<b>100 YD. I.M.</b>		
JO MOORE	47 BC	1:12.69
BARBY CAHILL	46 BAM	1:13.65
DONA WILLIAMS	48 UNA	1:24.06
SANDY LAURENCE	45 GCM	1:25.20

**WOMEN 50-54**

<b>50 YD. FREE</b>		
DEMPSEY DYBDAHL	53 FWM	34.72
<b>100 YD. FREE</b>		
KATHRINE CASEY	53 FTSW	1:07.30
<b>200 YD. FREE</b>		
KATE CARRUTHERS	53 BAM	3:01.35
<b>50 YD. BACK</b>		
KATE CARRUTHERS	53 BAM	43.06
<b>50 YD. BRST</b>		
KATHRINE CASEY	53 FTSW	39.55
DEMPSEY DYBDAHL	53 FWM	41.89
KATE CARRUTHERS	53 BAM	43.71
<b>100 YD. BRST</b>		
KATHRINE CASEY	53 FTSW	1:26.61
KATE CARRUTHERS	53 BAM	1:33.63
<b>50 YD. FLY</b>		
DEMPSEY DYBDAHL	53 FWM	38.59
<b>100 YD. FLY</b>		
KATHRINE CASEY	53 FTSW	1:23.22
<b>100 YD. I.M.</b>		
KATHRINE CASEY	53 FTSW	1:16.98
DEMPSEY DYBDAHL	53 FWM	1:29.30
KATE CARRUTHERS	53 BAM	1:29.76

**WOMEN 55-59**

<b>50 YD. FREE</b>		
ARNI LITT	55 GLAD	37.91
<b>100 YD. FREE</b>		
SARAH WELCH	55 SWIM	1:14.66
ARNI LITT	55 GLAD	1:28.90
<b>200 YD. FREE</b>		
SARAH WELCH	55 SWIM	2:47.66
<b>50 YD. BRST</b>		
ARNI LITT	55 GLAD	46.68
<b>100 YD. BRST</b>		
ARNI LITT	55 GLAD	1:41.07
<b>50 YD. FLY</b>		
SARAH WELCH	55 SWIM	36.91
<b>100 YD. FLY</b>		
SARAH WELCH	55 SWIM	1:28.31
<b>100 YD. I.M.</b>		
SARAH WELCH	55 SWIM	1:26.82
ARNI LITT	55 GLAD	1:39.73

**WOMEN 60-64**

<b>50 YD. BACK</b>		
CHAYA AMIAD	63 WSYD	58.01
<b>100 YD. BACK</b>		
CHAYA AMIAD	63 WSYD	2:06.71
<b>50 YD. BRST</b>		
CHAYA AMIAD	63 WSYD	1:08.16
<b>50 YD. FLY</b>		
CHAYA AMIAD	63 WSYD	1:10.45

**WOMEN 65-69**

<b>50 YD. FREE</b>		
CAROLYN BALDWIN	67 TIG	56.16
<b>100 YD. FREE</b>		
PEG CLOUTIER	66 VAM	1:36.54
CAROLYN BALDWIN	67 TIG	1:59.67
<b>200 YD. FREE</b>		
PEG CLOUTIER	66 VAM	3:36.95
<b>50 YD. FLY</b>		
CAROLYN BALDWIN	67 TIG	1:07.36
<b>100 YD. I.M.</b>		
CAROLYN BALDWIN	67 TIG	2:12.94

**WOMEN 70-74**

<b>50 YD. FREE</b>		
JANET KAVADAS	70 NSM	53.90
<b>50 YD. BACK</b>		
JANET KAVADAS	70 NSM	1:03.68
<b>100 YD. BACK</b>		
JANET KAVADAS	70 NSM	2:09.19
<b>50 YD. BRST</b>		
JANET KAVADAS	70 NSM	1:03.62
<b>100 YD. BRST</b>		
JANET KAVADAS	70 NSM	2:12.37

**WOMEN 75-79**

<b>50 YD. BRST</b>		
LIVIA WALKER	79 GLAD	1:16.55
<b>100 YD. BRST</b>		
LIVIA WALKER	79 GLAD	2:48.25

**MEN 19-24**

<b>100 YD. FREE</b>		
K.WYMELENBERG	24 HM	48.82
<b>200 YD. FREE</b>		
K.WYMELENBERG	24 HM	1:48.59
<b>50 YD. FLY</b>		
K.WYMELENBERG	24 HM	24.07
<b>100 YD. I.M.</b>		
K.WYMELENBERG	24 HM	56.43

**MEN 25-29**

<b>50 YD. FREE</b>		
ROSS LINDERMAN	25 ORCA	23.64
BRANDON AUSTIN	29 UNA	24.17
KEVIN NOAH	29 EM	25.28
DAVID AUSTIN	27 BMSC	25.31
STEVEN ROSARIA	27 UNA	25.40
<b>100 YD. FREE</b>		
MARK ARNOLD	27 HM	51.94
ROSS LINDERMAN	25 ORCA	52.55
KEVIN NOAH	29 EM	54.11
DAVE ALLES	29 PRO	54.95
STEVEN ROSARIA	27 UNA	56.32
BRANDON AUSTIN	29 UNA	57.35
DAVID AUSTIN	27 BMSC	1:00.21
<b>200 YD. FREE</b>		
RON BELLEZA	27 UNA	1:56.97
KEVIN NOAH	29 EM	1:59.64
DAVE ALLES	29 PRO	2:04.77
STEVEN ROSARIA	27 UNA	2:08.31
DAVID AUSTIN	27 BMSC	2:18.45
<b>50 YD. BACK</b>		
MARK ARNOLD	27 HM	27.95
RON BELLEZA	27 UNA	29.03
ROSS LINDERMAN	25 ORCA	30.84
<b>100 YD. BACK</b>		
MARK ARNOLD	27 HM	57.77
RON BELLEZA	27 UNA	1:01.08
<b>50 YD. BRST</b>		
BRANDON AUSTIN	29 UNA	30.62
STEVEN ROSARIA	27 UNA	32.11
<b>100 YD. BRST</b>		
BRANDON AUSTIN	29 UNA	1:06.96
STEVEN ROSARIA	27 UNA	1:13.50
<b>50 YD. FLY</b>		
ROSS LINDERMAN	25 ORCA	26.65
RON BELLEZA	27 UNA	26.67
KEVIN NOAH	29 EM	27.17
<b>100 YD. I.M.</b>		
KEVIN NOAH	29 EM	1:03.70
DAVE ALLES	29 PRO	1:04.11

**MEN 30-34**

<b>50 YD. FREE</b>		
MATT DELANEY	30 HM	22.75
JOHN CROSS	31 PRO	23.17
JEFF STRAND	31 HM	23.27
ED GRAEFEN	31 UNA	24.77
KERRY NESS	32 SVY	29.34
GLENWOOD JOHNSON	34 ORCA	37.25
<b>100 YD. FREE</b>		
MATT DELANEY	30 HM	51.11

**Team Abbreviations**

<b>AFAM</b>	Air Force
<b>BAM</b>	Bainbridge Area Masters
<b>BC</b>	Bellevue Club
<b>BEST</b>	Bellevue Eastside
<b>BMSC</b>	Bellingham Masters
<b>DSCAL</b>	Different Strokes Calgary
<b>EM</b>	Evergreen Masters
<b>FTSW</b>	Ft. Steilacoom-WAKO
<b>FWM</b>	Federal Way Masters
<b>GCM</b>	Gold Creek Masters
<b>GLAD</b>	Greenlake Aquaducks
<b>HM</b>	Husky Masters
<b>IST</b>	Issaquah Swim Team
<b>MIR</b>	Mercer Island Redwoods
<b>NSM</b>	North Shore Masters
<b>NSYG</b>	Northshore Y's Guys
<b>NWM</b>	North Whidbey Masters
<b>OOPS</b>	Old Olympic Peninsula
<b>ORCA</b>	Orca Swim Team
<b>PRO</b>	Pro Sports Club
<b>SVY</b>	Skagit Valley Y
<b>SWIM</b>	Swim Seattle
<b>TACY</b>	Tacoma Pierce Co YMCA
<b>TDA</b>	Team Dallas Aquatics TX
<b>TIG</b>	Tigers
<b>TOSC</b>	Thurston Olympic Club
<b>UNA</b>	Unattached
<b>VAM</b>	Vashon Aquatic Masters
<b>WSYD</b>	West Seattle YMCA Dolphins

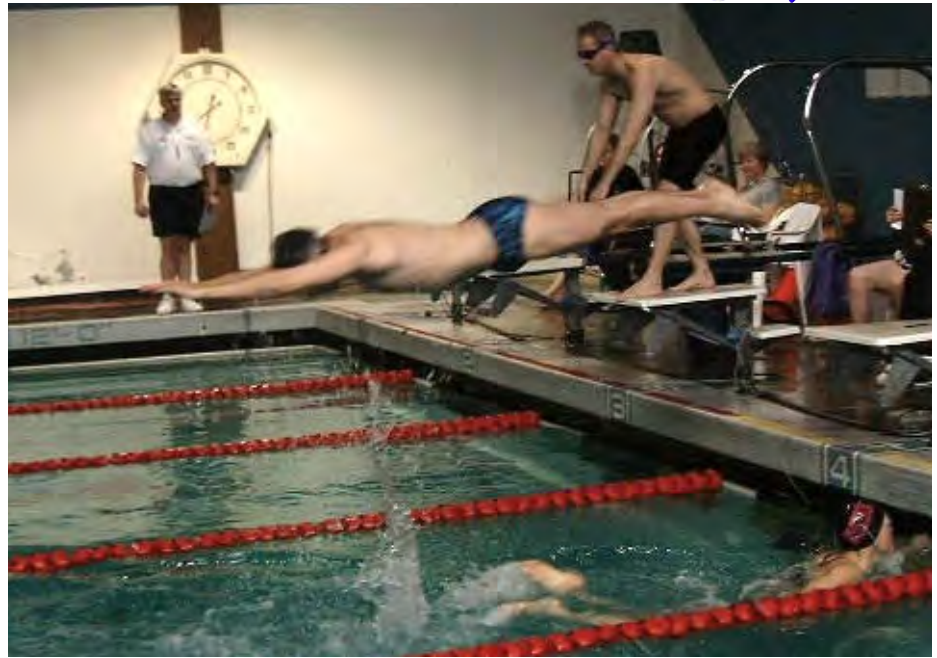


Photo by Kerry Sussex

*Greg Cole blasts off the diving board for the Bainbridge Area Master relay team.*

JOHN CROSS	31 PRO	51.73
ED GRAEFEN	31 UNA	54.32
BILLY PERRY	32 UNA	57.58
KERRY NESS	32 SVY	1:07.35
GLENWOOD JOHNSON	34 ORCA	1:33.38
<b>200 YD. FREE</b>		
MIKE GRIMM	33 PRO	2:13.92
TOM SCHUTTE	32 GLAD	2:30.33
<b>100 YD. BACK</b>		
TOM SCHUTTE	32 GLAD	1:02.92
<b>50 YD. BRST</b>		
JOE HOLLIDAY	34 UNA	31.90
KERRY NESS	32 SVY	36.44
GLENWOOD JOHNSON	34 ORCA	1:02.04
<b>100 YD. BRST</b>		
TOM SCHUTTE	32 GLAD	1:06.70
JOE HOLLIDAY	34 UNA	1:08.90
KERRY NESS	32 SVY	1:22.73
<b>50 YD. FLY</b>		
BILLY PERRY	32 UNA	29.15
<b>100 YD. FLY</b>		
MIKE GRIMM	33 PRO	1:08.29
<b>100 YD. I.M.</b>		
MATT DELANEY	30 HM	58.20
BILLY PERRY	32 UNA	1:08.50
MIKE GRIMM	33 PRO	1:08.90
KERRY NESS	32 SVY	1:14.50

**MEN 35-39**

<b>50 YD. FREE</b>		
RICHARD WILSON	39 WSYD	27.46
DEMI ALLEN	39 BAM	28.69
MIKE FLEMING	38 NSYG	30.27
<b>100 YD. FREE</b>		
KEN RAGSDALE	39 BAM	59.18
RICHARD WILSON	39 WSYD	1:03.60
MIKE FLEMING	38 NSYG	1:11.18
<b>200 YD. FREE</b>		
DEMI ALLEN	39 BAM	2:38.68

MIKE FLEMING	38 NSYG	2:41.68
<b>50 YD. BRST</b>		
CHARLES NORMAN	35 TOSC	33.15
DEMI ALLEN	39 BAM	36.81
<b>100 YD. BRST</b>		
JOE GASPER	39 UNA	1:09.54
CHARLES NORMAN	35 TOSC	1:10.04
<b>50 YD. FLY</b>		
KEN RAGSDALE	39 BAM	29.07
MIKE FLEMING	38 NSYG	32.42
RICHARD WILSON	39 WSYD	36.75
<b>100 YD. FLY</b>		
JOE GASPER	39 UNA	1:03.03
<b>100 YD. I.M.</b>		
CHARLES NORMAN	35 TOSC	1:06.44
KEN RAGSDALE	39 BAM	1:09.83
RICHARD WILSON	39 WSYD	1:14.82

**MEN 40-44**

<b>50 YD. FREE</b>		
KRIS VAN GIESON	41 BAM	25.18
LARS DURBAN	44 UNA	25.29
SCOTT LORENZEN	43 WAC	26.39
ERIC DYBDAHL	41 FWM	26.53
PAUL WEBBER	43 BAM	26.85
TODD KOWALSKI	43 BAM	26.86
RON OREN	42 SHAR	29.03
PAUL IKEDA	42 ORCA	29.94
TIM O'BRIEN	44 MIR	33.28
<b>100 YD. FREE</b>		
PETE COLBECK	40 GLAD	52.29
JACK STAVROS	41 GLAD	53.76
DONALD SPENCER	44 PRO	54.93
GREG MARTIN	41 VAM	55.89
LARS DURBAN	44 UNA	55.90
KRIS VAN GIESON	41 BAM	56.03
DAN ROBINSON	44 UNA	57.29
MICHAEL JONES	41 MIR	57.49
ERIC DYBDAHL	41 FWM	57.50
SCOTT LORENZEN	43 WAC	58.85
TODD KOWALSKI	43 BAM	59.75
PAUL WEBBER	43 BAM	1:00.56
RON OREN	42 SHAR	1:03.22
PAUL IKEDA	42 ORCA	1:11.34
<b>200 YD. FREE</b>		
PETE COLBECK	40 GLAD	1:54.50
JACK STAVROS	41 GLAD	1:58.46
ERIC DYBDAHL	41 FWM	2:05.15
LARS DURBAN	44 UNA	2:05.81
MICHAEL JONES	41 MIR	2:06.23

<b>50 YD. BACK</b>		
PAUL IKEDA	42 ORCA	39.24
<b>100 YD. BACK</b>		
PAUL IKEDA	42 ORCA	1:21.24
<b>50 YD. BRST</b>		
GREG MARTIN	41 VAM	32.32
KEVIN AMES	44 UNA	34.11
JACK STAVROS	41 GLAD	35.34
TODD KOWALSKI	43 BAM	37.63
TIM O'BRIEN	44 MIR	39.68
RON OREN	42 SHAR	41.18
<b>100 YD. BRST</b>		
GREG MARTIN	41 VAM	1:08.60
DAN ROBINSON	44 UNA	1:13.82
KEVIN AMES	44 UNA	1:16.59
<b>50 YD. FLY</b>		
PETE COLBECK	40 GLAD	26.84
DONALD SPENCER	44 PRO	27.03
KRIS VAN GIESON	41 BAM	27.90
LARS DURBAN	44 UNA	28.68
ERIC DYBDAHL	41 FWM	28.77
PAUL WEBBER	43 BAM	30.49
<b>100 YD. FLY</b>		
MICHAEL JONES	41 MIR	1:01.54
DONALD SPENCER	44 PRO	1:02.87
ERIC DYBDAHL	41 FWM	1:03.87
KRIS VAN GIESON	41 BAM	1:04.15
PAUL WEBBER	43 BAM	1:11.45
<b>100 YD. I.M.</b>		
PETE COLBECK	40 GLAD	1:02.76
DONALD SPENCER	44 PRO	1:02.94
DAN ROBINSON	44 UNA	1:04.38
KRIS VAN GIESON	41 BAM	1:05.76
KEVIN AMES	44 UNA	1:09.16
SCOTT LORENZEN	43 WAC	1:10.02
PAUL IKEDA	42 ORCA	1:18.98

**MEN 45-49**

<b>50 YD. FREE</b>		
JOHN SYLVESTER	45 GLAD	24.87
JOHN VRANESH	47 MIR	25.98
MIKE WALSTEAD	45 TOSC	27.05
BILL KNOWLTON	49 WSYD	27.51
ERIC DURBAN	46 UNA	27.68
BILL REEDER	49 GLAD	28.05
<b>100 YD. FREE</b>		
JOHN SYLVESTER	45 GLAD	55.40
GREG ROCKENBACH	48 UNA	56.84
JOHN VRANESH	47 MIR	57.26
BILL KNOWLTON	49 WSYD	57.93

MIKE WALSTEAD	45 TOSC	58.67
DAVID WITUS	45 MIR	59.03
ERIC DURBAN	46 UNA	1:00.34
JONATHAN KOTT	45 VAM	1:04.71
WALLER TAYLOR	49 IST	1:07.58
CHARLES BIES	49 UNA	1:19.58

**200 YD. FREE**

GREG ROCKENBACH	48 UNA	2:07.88
DAVID WITUS	45 MIR	2:11.98
BILL KNOWLTON	49 WSYD	2:14.81

**50 YD. BACK**

JOHN SYLVESTER	45 GLAD	32.29
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**100 YD. BACK**

BILL KNOWLTON	49 WSYD	1:08.55
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**50 YD. BRST**

MIKE WALSTEAD	45 TOSC	36.10
BILL REEDER	49 GLAD	37.14
JONATHAN KOTT	45 VAM	38.56
CHARLES BIES	49 UNA	44.06

**100 YD. BRST**

WALLER TAYLOR	49 IST	1:25.41
JONATHAN KOTT	45 VAM	1:26.91
CHARLES BIES	49 UNA	1:38.82

**50 YD. FLY**

MIKE SCHAEFFER	45 MIR	29.74
BILL KNOWLTON	49 WSYD	29.81
ERIC DURBAN	46 UNA	30.61
BILL REEDER	49 GLAD	31.64

**100 YD. I.M.**

GREG ROCKENBACH	48 UNA	1:06.55
JOHN SYLVESTER	45 GLAD	1:06.73
MIKE SCHAEFFER	45 MIR	1:10.39
BILL REEDER	49 GLAD	1:12.01
MIKE WALSTEAD	45 TOSC	1:12.37
WALLER TAYLOR	49 IST	1:19.19

**MEN 50-54**

**50 YD. FREE**

RONALD JACOBS	50 GLAD	24.70
BRIAN CARLTON	52 NSYG	30.45
GENE REESE	53 SHAR	32.64
PETE KYNION	54 SHAR	36.03

**100 YD. FREE**

BRIAN CARLTON	52 NSYG	1:07.92
GENE REESE	53 SHAR	1:14.78
PETE KYNION	54 SHAR	1:19.58

**200 YD. FREE**

BRIAN CARLTON	52 NSYG	2:37.37
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**50 YD. BACK**

RONALD JACOBS	50 GLAD	29.40
PETE KYNION	54 SHAR	52.00

**50 YD. BRST**

PETE KYNION	54 SHAR	46.37
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**50 YD. FLY**

RONALD JACOBS	50 GLAD	28.80
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**100 YD. I.M.**

RONALD JACOBS	50 GLAD	1:04.72
BRIAN CARLTON	52 NSYG	1:21.62
GENE REESE	53 SHAR	1:30.04
PETE KYNION	54 SHAR	1:40.78

**MEN 55-59**

**50 YD. FREE**

MICHAEL MCKINLAY	58 BEST	28.70
STEVEN PETERSON	55 OOPS	28.97

**100 YD. FREE**

THOMAS WALKER	55 UNA	1:27.82
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**50 YD. BACK**

MICHAEL MCKINLAY	58 BEST	32.63
STEVEN PETERSON	55 OOPS	38.27

**100 YD. BACK**

MICHAEL MCKINLAY	58 BEST	1:11.79
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**50 YD. BRST**

STEVEN PETERSON	55 OOPS	33.76 P
DENNIS SAWYER	58 BAM	39.43

**100 YD. BRST**

THOMAS WALKER	55 UNA	1:41.89
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**50 YD. FLY**

MICHAEL MCKINLAY	58 BEST	32.17
STEVEN PETERSON	55 OOPS	33.52

**100 YD. FLY**

THOMAS WALKER	55 UNA	1:44.19
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**100 YD. I.M.**

STEVEN PETERSON	55 OOPS	1:11.33
MICHAEL MCKINLAY	58 BEST	1:13.60
THOMAS WALKER	55 UNA	1:35.92

**MEN 60-64**

**50 YD. FREE**

GARY CHASE	62 TACY	28.85
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**50 YD. BACK**

GARY CHASE	62 TACY	30.51
WALT REID	61 FTSW	35.59

**50 YD. BRST**

GARY CHASE	62 TACY	35.11
WALT REID	61 FTSW	37.29

**100 YD. BRST**

GARY CHASE	62 TACY	1:16.95
WALT REID	61 FTSW	1:24.21

**100 YD. I.M.**

GARY CHASE	62 TACY	1:10.08
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**MEN 65-69**

**50 YD. FREE**

DAVID ADDLEMAN	67 FWM	30.61
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**50 YD. BACK**

DAVID ADDLEMAN	67 FWM	39.55
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**50 YD. BRST**

DAVID ADDLEMAN	67 FWM	41.34
DON REHFELDT	67 UNA	45.63

**100 YD. BRST**

DON REHFELDT	67 UNA	1:38.84
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**MEN 70-74**

**50 YD. FREE**

JIM MILNE	73 NSYG	32.86
BOB DORSE	70 TIG	33.07

**100 YD. FREE**

BOB DORSE	70 TIG	1:15.61
JIM MILNE	73 NSYG	1:17.02

**200 YD. FREE**

HARVEY PROSSER	73 UNA	2:51.16
JIM MILNE	73 NSYG	3:00.98

**50 YD. FLY**

HARVEY PROSSER	73 UNA	46.42
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**100 YD. FLY**

HARVEY PROSSER	73 UNA	1:46.70
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**100 YD. I.M.**

BOB DORSE	70 TIG	1:32.66
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**MEN 85-89**

**50 YD. FREE**

GENE CROSSETT	88 GLAD	49.18
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**100 YD. FREE**

GENE CROSSETT	88 GLAD	1:52.70
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**200 YD. FREE**

GENE CROSSETT	88 GLAD	4:16.49
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**RELAYS-WOMEN 200 YD. FREE**

**35 +**

BARBY CAHILL	46 BAM	2:04.87
MARY LIPPOLD	46	
KATE CARRUTHERS	53	
KYMMBERLY MYRICK	38	

**RELAYS-WOMEN 200 YD. MEDLEY**

**35 +**

KYMMBERLY MYRICK	38 PNA	2:23.82
KATE CARRUTHERS	53	
BARBY CAHILL	46	
ZENA COURTNEY	42	

**RELAYS-MEN 200 YD. FREE**

**19 +**

MATT DELANEY	30 HM	1:33.48
MARK ARNOLD	27	
JEFF STRAND	31	
KVD WYMELNBERG	24	



Mike Schaefer dressed to swim.

Photo by Kerry Sussex

# New Swimmers at the Mercer Island Meet

- Demi Allen
- Mark Arnold
- Kamera Baker
- Matt Delaney
- Eric Durban
- Joe Gasper
- Mike Fleming
- Jessica Ivey
- Kevin Noah
- Tim O'Brien
- Christine Pruneau
- Richard Wilson
- Kevin Van Den Wymelenberg
- Kimberly Van Den Wymelenberg
- Kris Van Gieson
- Dennis Sawyer
- Emilie Sullivan
- David Witus



25 +  
MIKE GRIMM 33 PRO 1:41.68  
STEVEN ROSARIA 27  
DONALD SPENCER 44  
JOHN CROSS 31

35 +  
ERIC DURBAN 46 PNA 1:43.18  
LARS DURBAN 44  
JOHN BRANSAH 47  
GREG ROCKENBACH 47

RONALD JACOBS 50 GLAD 1:43.22  
JOHN SYLVESTER 45  
DAN ROBINSON 44  
BILL REEDER 49

PAUL WEBBER 43 BAM 1:54.49  
TODD KOWALSKI 43  
DEMI ALLEN 39  
DENNIS SAWYER 58

### RELAYS-M E N 200 YD. MEDLEY

19 +  
MARK ARNOLD 27 HM 1:46.28  
JEFF STRAND 31  
MATT DELANEY 30  
KVD WYMELENBERG 24

35 +  
JOHN VRANESH 47 PNA 2:01.54  
GREG ROCKENBACH 48  
LARS DURBAN 44  
ERIC DURBAN 46

KEN RAGSDALE 39 BAM 2:11.96  
DEMI ALLEN 39  
TODD KOWALSKI 43  
KRIS VAN GIESON 41

### RELAYS-MIXED 200 YD. FREE

25 +  
JONATHAN KOTT 45 VAM 2:07.00  
PEG CLOUTIER 66  
ANNE CORNWALL 25  
GREG MARTIN 41

35 +  
ZENA COURTNEY 42 PNA 2:04.22  
DENNIS SAWYER 58  
KATE CARRUTHERS 53  
DEMI ALLEN 39

45 +  
RONALD JACOBS 50 GLAD 1:44.16  
MARY LIPPOLD 46  
DEBBIE GLASSMAN 48  
JOHN SYLVESTER 45

### RELAYS-MIXED 200 YD. MEDLEY

25 +  
MAGGIE CROSS 31 PRO 2:09.18  
RAE-CHRISTIE SHAW 26  
DONALD SPENCER 34  
DAVE ALLES 29

SUSAN CARLETON 42 VAM 2:14.88  
JONATHAN KOTT 45  
ANNE CORNWALL 25  
GREG MARTIN 41

35 +  
KYMMEBERLY MYRICK 38 BAM 2:19.83  
DENNIS SAWYER 58  
BARBY CAHILL 46  
TODD KOWALSKI 43



# HAPPY BIRTHDAY

to the following PNA swimmers!

04 15	CONNIE AUSTIN	04 30	CHARLOTTE DAVIS
04 16	ROBIN GOEBEL	04 30	WILLIAM SCHUBACH
04 16	RICK SCHULTZ	05 01	CAROLYN BEHSE
04 17	JAN ACUFF	05 01	MICHELLE OLSZEWSKI
04 18	ARTHUR MATHISEN	05 01	JOHN LAFFEY
04 18	DAVID PARSONS	05 02	MARALEE McVEAN
04 18	HAROLD JOHANSON	05 02	BETSY McCONNELL JGUTIERREZ
04 19	IAN THOMPSON	05 03	ALYSOUN BOND
04 21	DOUG APP	05 03	SUSAN ELLIOTT
04 22	MATTHEW BITTNER	05 03	CHRISTIAN BROWN
04 23	LOREN BAKER	05 04	PAUL IKEDA
04 23	JOSEPH MICHEL	05 04	JEFF FOSTER
04 23	LESLEY WEINBERG	05 05	JANE VITKUSKE
04 23	DEB BURNEY	05 05	DICKSON LEE
04 23	CEZANNE ALLEN	05 06	JOSEPH MICHALAK
04 23	EUGENE HUNN	05 06	GUNNAR FORSMAN
04 24	WILLIE STUMP	05 06	DEBORAH AMANDOLI
04 24	CYNTHIA FULLER-KLING	05 07	TAMRA CANHAM
04 24	MARIETTA HUNZIKER	05 08	MARY PATRICIA LAWLOR
04 25	BARBARA HARRINGTON	05 09	DAVID BATTISTI
04 25	R. DUNCAN MITCHELL	05 10	LYNNE DAVISON
04 25	KRISTY GLAZE	05 10	KATHRYN CRIST
04 25	KASIA PIERZGA	05 11	WILLIAM STERLING
04 25	KAREN MAHER	05 11	REGAN HAINES
04 25	KAREN WOLF	05 11	LUIS SANTANA
04 25	WALLER TAYLOR	05 12	SUSAN HIGINBOTHAM
04 26	ALISON HOWARD	05 13	ARNI LITT
04 27	ERIK SMITH	05 13	RONDAMARIE SMITH
04 27	LINDA SULLIVAN	05 13	BRANDON AUSTIN
04 28	GEOFFREY ANDERSON	05 13	MARYAN BURKE
04 29	ROBERT KING	05 13	KATIE RICHTER
04 29	TAUNYA ROBERTS	05 14	CARLA EDGE
04 30	JOY THOMPSON	05 14	ALISON ELIASON

# Second Annual LAKE PADDEN OPEN WATER SWIM

Saturday, June 22, 2002

Hosted by the BELLINGHAM MASTERS SWIM CLUB

Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction #3602-OW1

**Events:** A 2.5-kilometer and 5-kilometer open water lake swim on a triangular course marked with large orange buoys. The start will be in the water with the finish on the beach. The course will be monitored by lifeguards and safety boats. The expected water temperature is 65F/18C.

**Location:** Lake Padden Park, Bellingham, Washington. This is a beautiful lake which has hiking, biking and running trails. It also has a large barbecue and play area for the entire family. The swim area is equipped with restrooms, showers and changing areas.

**Rules/Wetsuits:** Current USMS rules will be in effect. The use of neoprene wetsuits is allowed and encouraged. Swimmers must wear the swim cap provided.

**Awards/Results:** Each participant will receive a certificate of participation. Age-group awards for both men and women will be given in each event. Age-groups are 19-24, 25-29, 30-34, and additional five-year groups as high as necessary. Results will be posted upon completion of each event.

**Entry Fees and Deadline: \$25(U.S.) entry fee.** Participants must be members of USMS or Masters Swimming Canada. A one-day USMS membership may be purchased on race day for \$8. Race day registration is available. Participants pre-registering by June 15 will receive a T-shirt.

<b>Schedule:</b>	8:00 - 8:45 a.m.	Registration and Check-in	8:45 a.m.	Mandatory pre-race meeting
	9:00 a.m.	5-kilometer swim start	9:15 a.m.	2.5-kilometer swim start

**Directions to Lake Padden:** Southbound (from Vancouver): I-5 to Exit 152 (Samish Way) and turn left at the end of the off-ramp. Go across freeway overpass and turn right at the next light. Follow road about two miles to the Lake Padden park entrance on the right. Park in the lots available. Northbound (from Seattle): I-5 to Exit 150 (Old Fairhaven Parkway) and turn right at the bottom of the off-ramp. Wind your way up the steep hill by following the yellow lane divider (This is a series of roads with right-angle turns) until reaching the top of the hill and one of the park entrances. Turn right into the park and follow the drive to the swim area.

**Event Director:** Barb Gundred / Phone: (360) 734-8364 / E-mail: konabarb@hotmail.com

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone (home): \_\_\_\_\_ Phone (work): \_\_\_\_\_ E-mail: \_\_\_\_\_

Emergency contact & phone: \_\_\_\_\_

USMS/MSC registration number: \_\_\_\_\_ (please include photocopy of registration card for verification)  
(A one-day USMS registration may be purchased for \$8 at the swim)

Mail entry form and fees [payable to BELLINGHAM MASTERS SWIM CLUB] to: BELLINGHAM MASTERS SWIM CLUB  
ATTN: BARB GUNDRED  
3880 GALA LOOP  
BELLINGHAM WA 98226

T-Shirt size: M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

**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 of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

**Must be signed and dated for acceptance.** SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_



# THE FINAL LAP



## SCM Top Ten for PNA

Times performed by December 21, 2001

United States Masters Swimming has published the Top Ten nationwide times for Short Course Meter events in 2000. Following is the list of local swimmers who were included in this list. Listings from 1993 to present are available at [www.swimgold.com](http://www.swimgold.com).

Although we didn't have any swimmers place first, we did have five swimmers place second: Suzanne Dills, Marion Chadwick, Jon Pauole, Jim McCleery, and Gary Chase.

Eight of our swimmers were also on the SCM Top List for 2000: Linda Hegeberg, Kathrine Casey, Francesca Drum, Marion Chadwick, Michael McColly, Gary Chase, David Drum, and Harvey Prosser.

**Swimmer Age Dist Stroke Time Place**

### Women 30-34

Linda Hegeberg	31	100 Brst	1:22.18	8
Rondamarie Smith	31	200 IM	2:38.50	10

### Women 40-44

Zena Courtney	42	100 Bk	1:13.73	5
Zena Courtney	42	100 Fly	1:13.15	4
Zena Courtney	42	200 IM	2:43.66	4

### Women 45-49

Debbie Glassman	48	50 Fr	:30.69	5
Debbie Glassman	48	200 IM	3:00.79	8

### Women 50-54

Kathrine Casey	53	200 Fr	2:42.85	10
Kathrine Casey	53	400 Fr	5:43.41	5
Kathrine Casey	52	100 Bk	1:24.46	6
Kathrine Casey	52	200 Bk	3:06.07	4
Kathrine Casey	53	100 Brst	1:36.39	8
Kathrine Casey	52	200 Brst	3:23.04	5
Kathrine Casey	53	100 Fly	1:31.88	7
Kathrine Casey	52	200 IM	3:03.19	3

### Women 55-59

Sally Dillon	55	50 Fr	:34.59	3
Suzanne Dills	56	800 Fr	12:05.78	2
Sally Dillon	55	50 Brst	:44.70	4
Sally Dillon	55	50 Fly	:41.99	7
Suzanne Dills	56	100 Fly	1:36.90	3
Suzanne Dills	56	100 IM	1:30.22	5
Sally Dillon	55	100 IM	1:33.40	8

### Women 60-64

Francesca Drum	60	50 Fr	:40.08	6
Francesca Drum	60	50 Bk	:49.36	10
Francesca Drum	60	50 Brst	:48.21	3
Francesca Drum	60	100 IM	1:42.70	6

### Women 80-84

Marion Chadwick	80	200 Fr	6:00.99	8
Marion Chadwick	80	400 Fr	12:06.50	8

Marion Chadwick	80	200 Bk	7:14.25	8
Marion Chadwick	80	100 IM	3:58.57	8
Marion Chadwick	80	200 IM	8:15.80	4
Marion Chadwick	80	400 IM	19:18.09	2

### Men 30-34

Jon Pauole	31	50 Bk	:28.74	2
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### Men 35-39

Steve Ruitter	36	200 Bk	2:25.44	9
Steve Ruitter	36	200 Fly	2:21.85	6
Steve Ruitter	36	400 IM	5:04.62	6

### Men 50-54

Rick J Peterson	50	50 Fr	:26.49	6
Rick Peterson	50	100 Fr	:58.51	5
Rick Peterson	50	800 Fr	10:41.24	8
Dana Cox	50	50 Brst	:35.81	10
Rick Peterson	50	200 Brst	2:53.77	7

### Men 55-59

Jim McCleery	55	100 Bk	1:18.28	6
Michael McColly	56	200 IM	2:48.89	4
Jim McCleery	55	400 IM	5:38.92	2

### Men 60-64

Gary Chase	61	50 Fr	:30.34	10
Gary Chase	61	50 Bk	:34.52	2
Gary Chase	61	100 Bk	1:14.67	2
Gary Chase	61	50 Brst	:38.32	4
Harold Tauscher	64	50 Brst	:40.75	10
Gary Chase	61	50 Fly	:33.49	7
Gary Chase	61	100 IM	1:17.68	5

### Men 65-69

David S Drum	66	200 Fr	2:51.83	9
Dave Drum	66	50 Fly	:38.58	7

### Men 70-74

Harvey Prosser	73	200 Bk	3:53.98	10
Harvey Prosser	73	200 Fly	4:15.39	5
Harvey Prosser	73	400 IM	8:23.53	8

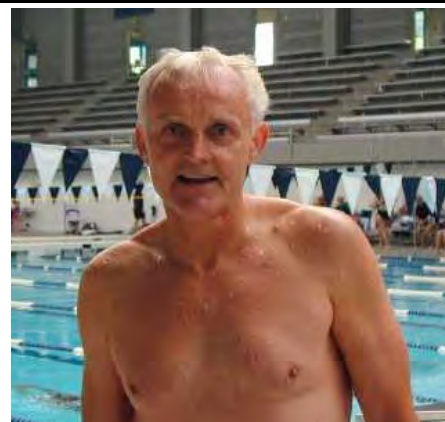


Photo by Dave Raediff

Gary Chase placed in the SCM Top Ten in three events: the 50-meter backstroke, the 100-meter backstroke, and the 50-yard free.

## Top Ten Patches

If you are listed in the USMS Top Ten you are eligible for Top Ten patches.

Top Ten patches are available to USMS swimmers who have qualified in the top ten in any event, in any of the three courses (SCY, SCM, or LCM). Top Ten patches and stroke segments can be ordered for the present year and as far back as 1982. Actual size of the 2001 patch is 4x2½ inches.

Each patch comes with one stroke or a relay segment and costs \$5. You may order extra stroke segments for \$1.25 each.

When you order, give the following information: your name, age, gender, year of your Top Ten swim, the course (SCY, LCM, SCM), and the event. If placing in any relay event, also include your team name. Make your check payable to *Lake Erie LMSC* and mail with your information to:

Thomas Gorman  
3369 Desota Ave  
Cleveland Heights, OH 44118

