



Fat Salmon Draws Record Crowd

The 19th of July was a special day for many PNA swimmers, because it marked the ninth running of the world famous Fat Salmon Open Water Swim. This popular event offers participants either a 1.2- or a 3.2-mile race course on Lake Washington between I-90 and SR-520.

For the third year running, swimmers experienced nearly ideal conditions, with sunny skies and moderate water temperature.

The swim attracted more interest than ever before. "I guess word is out that we offer a fun, well-run event," says race co-director Toby Coenen. "With a little advertising and PR, we could easily have had 400 participants in the two races. But we limited ourselves to just over 300 entrants to ensure swimmer safety."

And the King Salmon Goes to

By winning the 3.2-mile race overall, Portland's Greg Jablonski captured the coveted grand prize: a whole King Salmon. Greg, who has won this event three years in a row, easily outpaced the rest of 3.2-mile field by a solid 100 yards.

The 3.2-mile women's wetsuit division was won by Spokane's Susanne Simpson. In the non-wetsuit division, Seattle's



Start of the 1.2-mile race

Roy Berg and Bellevue's Bryn Mooney took men's and women's honors, respectively.


For the 1.2-mile race, David Thomson and Sarah Hoisington won the wetsuit divisions, while Everett's Ron Belleza and Seattle's Allison Demeritt won the non-wetsuit side. Altogether 154 1.2-milers and 156 3.2-milers finished their swims, a Fat Salmon record. You'll find full results on pages 4 and 5, and at the event website (<http://www.fatsalmonswim.org/results.htm>).

And the Volunteers are....

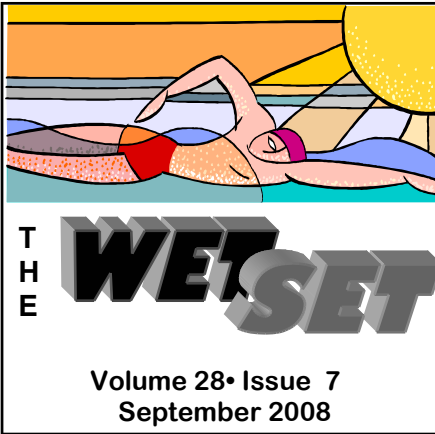
Thanks to Liz Shimizu and Toby Coenen, who shared the race director's hat. Other officials were David Dickman, kayak coordinator; Carolyn Krame, volunteer coordinator; Matt Woare,

webmaster; Alicia Brasch, donations coordinator; Alex Tulintseff, motor boat coordinator; and Rob Dunlop, radio/communications coordinator.

Thanks also to volunteers Arni Litt, Jeanne Ensign, Jason Nadal, Michael Meyer, John Sylvester, Robin Hall, Rick Ferrero, Tonya Berg and Tatyana Mishel. Says Toby, "No doubt about it; these volunteers were our key to success."



**Check out "Swimming
with Your Right Brain"
on page 9.**



Volume 28• Issue 7
September 2008

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Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps:
Hugh Moore

The thrill of victory, the agony of defeat. Jim McKay's iconic tag line came to mind as I watched the Summer Olympics in Beijing.

What a thrill our local Olympian swimmers have provided: Nathan Adrian (whose "B" relay paved the way to gold for "the most exciting 4x100 Free Relay in history"), Emily Silver (whose "B" relay led to silver for the Women's 4x100 Free Relay), and Margaret Hoelzer (bronze, 100m Back).

Agonizingly, our Bremerton hopeful and veteran Tara Kirk was denied the trip to Beijing, first by the smallest amount possible (0.01 second) at her own doing and then by decisions to use Rebecca Soni, who had qualified 0.29 sec behind Kirk, following Jessica Hardy's withdrawal.

Swimming and Technology

There, on the cover of my July 24 issue of "Electronic Design" magazine, was Natalie Coughlin! The cover story, "The 2008 TechnOlympics," describes "new modeling software, better timing, precise GPS systems, larger IT support and other improvements [that] should help athletes and viewers alike. But does it cross the line competition-wise?" Swimming is the article's major topic, addressing both technology (using exotic software to develop Speedo's LZR Racer suit) and politics (TYR suing Speedo and USA-S over the LZR Racer).

Track-Style Starting Blocks

The article also discusses Omega's new track-style starting block that claims to improve swims

LEADING OFF



By Steve Peterson, PNA president

"by up to 0.10 second." FINA, responding to complaints that not all competitors had an opportunity to practice with it, delayed its use until after Beijing. I really get a kick (no pun intended) from those Quikblox blocks at KCAC that enable our "reaction time" (starting gun to body departure) to be displayed. Will we be seeing Omega's new blocks at KCAC some day?

The magazine article (see electronicdesign.com/Articles/Index.cfm?ArticleID=19331) concludes with a discussion of the role of technology in the London 2012 Games. In humorous contrast to this techie information is the article's remark that swimmers "can 'stop' the clock simply by touching the touchpad."

How about touching the pad with your head? Check out the video of Igor Plotnikov swimming the 50m Fly in 32.52 at the 2004 Athens Paralympics (www.youtube.com/watch?v=qwsG1ic388E; also english.ndtvtv.com/?c=210&a=1234). Igor was born without arms!

See you at NWM's 11th annual Pentathlon in Oak Harbor. In the meantime, elsewhere in this issue you'll find stories and results for Fat Salmon, the Titlow and Anacortes pool meets, and the Washington State Senior Games. As we head into great fall weather (please!), enjoy those workouts that keep us all in Olympic shape!

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always have been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, 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.



MASTERS 2008/2009 CALENDAR

OPEN
POSTAL SWIMS
MEETS
CLINICS

*Events in Washington, Oregon, British Columbia, Idaho and Alaska, plus USMS Championship events. PNA events, including PNA Board meetings, are listed in **bold**. Unless otherwise noted, all PNA board meetings are at Yesler Community Center, 917 E. Yesler Way, Seattle.*

☐ May 15 to September 15, 2008
USMS 2008 5 and 10 Km Postal
Championships (50 meter pools
only)
Bob Bruce, 541-317-4851,
coachbob@bendbroadband.com;
www.usms.org/longdist/ldnats08/5k10kentry.pdf
See page 12 for more information.

☐ September 15 to November 15,
2008
USMS 2008 3000/6000 Yard
Postal Championships
Mark Gill (480) 784-7112
mark.gill@usms.org;
www.usms.org/longdist/ldnats08
See page 12 for more information.

☐ **September 16, 2008**
PNA Board Meeting
6:45 p.m.

☐ September 20, 2008
Port Angeles Senior Games Meet
Wm. Shore Memorial Pool
Port Angeles, Wash.
portangelesseniorgames.com

☐ **September 21, 2008**
11th Annual SCM
Pentathlon Meet
Oak Harbor, Wash.
salswmmr@verizon.net.

☐ September 24 to 28, 2008
USAS Convention
Atlanta, Ga.

☐ **October 28, 2008**
PNA Board Meeting
6:45 p.m.

☐ **October 25, 2008**
BAMfest SCY Meet
Ray Williamson Memorial Pool
Bainbridge Island, Wash.
Entry form on page 14.

☐ **December 9, 2008**
PNA Board Meeting
Arni Litt's house in Seattle

☐ January 1 to 31, 2009
USMS 2009 1 Hour Postal
Championships
Jane Moore (253) 759-4956,
swimmoore@comcast.net; Janae
McCullough, (253) 228-5947
u2jem@u2.com; usms.org/longdist/ldnats09
See page 12 for more information.

May 15 to September 15, 2009
USMS 2009 5 and 10 Km Postal
Championships (50 meter pools
only)
Susan Sotir, (339) 222-3165 (cell),
(781) 257-5102 (home)
spsotir@rcn.com; Rich Axtell,
rich@minutemanmasters.com;
usms.org/longdist/ldnats09
See page 12 for more information.



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
Oregon Masters
Alaska LMSC
Utah Masters
Masters Swimming of BC

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

Results: Fat Salmon OW Swim Lake Washington



3-mile No-wetsuit Results

Place	Name	Sex	Age	Time
1	Roy Berg	M	39	1:13:50
2	David Kays	M	40	1:14:43
3	Larry Krauser	M	55	1:15:32
4	Peter Larsen	M	21	1:15:42
5	Alan Bell	M	58	1:16:18
6	Alexander Beyer	M	20	1:16:41
7	Kirk Nelson	M	38	1:16:45
8	Bryn Mooney	F	22	1:16:46
9	Colleen Philipps	F	32	1:16:54
	Melissa Chamberlin	F	27	1:17:57
11	Paul Skoglund	M	40	1:19:07
12	Rod Craig	M	47	1:19:10
13	Thomas Grandine	M	49	1:19:58
14	Allison Cox	F	24	1:20:55
15	Scott Whelan	M	37	1:21:03
16	Steve Ruitter	M	43	1:23:23
17	Lisa Broadfield	F	29	1:23:29
18	Kainoa Pauole-Roth	F	42	1:24:24
19	Fred Ingham	M	41	1:24:29
20	Michael Meyer	M	42	1:24:58
21	Zena Courtney	F	48	1:25:00
22	Tom Broderick	M	41	1:27:51
23	Hallie Truswell	F	45	1:28:10
24	Emilie Ellis	F	33	1:30:57
25	Vicki Moorman	F	25	1:31:19
26	Matt Smith	M	31	1:31:21
27	Geraldine Vander Haegen	F	41	1:31:55
28	Andy Miller	M	54	1:32:25
29	John De Wit	M	55	1:32:33
30	Mary Lippold	F	52	1:34:09
31	Mike Grimm	M	39	1:34:10
32	Katie Shea	F	28	1:34:42
33	Jackie Raetz	F	34	1:34:44
34	James Goins	M	45	1:35:09
35	Erika Walker	F	30	1:35:34
36	Gordon Dowler	M	36	1:36:04
37	Tracy Maschman Morrisse	F	33	1:36:31
38	Sheri Sawyer	F	44	1:36:37
39	James Devere	M	36	1:37:28
40	Neal Freeland	M	38	1:37:31
41	Brian Carlton	M	58	1:37:48
42	Dawn Jaeger	F	52	1:39:24
43	Adam Shapiro	M	43	1:39:37
44	Linda Snyder	F	50	1:39:44
45	Steve Peterson	M	61	1:39:56
46	Dan Gregory	M	57	1:42:00
47	Kathleen Kamikawa	F	19	1:42:03
48	Kimberley Whitsitt	F	26	1:45:24
49	Mike Reilly	M	50	1:45:36
50	Michael McColly	M	62	1:46:55
51	Cathy Cooley	F	50	1:46:55
52	M Bender	M	48	1:48:36
53	Leonore Faulds	F	34	1:51:43
54	P Oakley	M	46	1:53:06
55	Rita Belsere	F	57	1:53:59
56	David Cuthbert	M	34	2:00:17
57	Bernardica Sculac Stern	F	28	2:01:21
58	Paul Schlosser	M	49	2:06:39

3-mile Wetsuit Results

Place	Name	Sex	Age	Time
1	Greg Jablonski	M	41	1:08:30
2	Greg Wolfe	M	23	1:10:13
3	Brad Williams	M	50	1:10:59
4	Jim Wolfe	M	25	1:11:11
5	Susanne Simpson	F	48	1:13:56
6	William Penn	M	56	1:16:02
7	Rich Seibert	M	44	1:16:53
8	Laura Springer	F	26	1:16:57
9	John Williams	M	40	1:17:48
10	Rob Dunlop	M	41	1:18:23
11	Warren Wild	M	44	1:18:25
12	Steve Underbrink	M	40	1:19:04
13	Jay Burnham	M	40	1:19:11
14	Pat McChesney	M	58	1:19:46
15	Markus Van Achte	M	48	1:20:23
16	Megan Lassen	F	37	1:22:36
17	Patty Swedberg	F	43	1:23:05
18	George Ramsdell	M	43	1:23:08
19	Jennifer Lewis	F	32	1:23:11
20	Matthew Woare	M	33	1:24:41
21	Orlando Boleda	M	53	1:24:44
22	David Folweiler	M	44	1:26:27
23	Katie Vandenberg	F	29	1:27:13
24	Meghan Kroll	F	33	1:27:27
25	Rebecca Steiner	F	43	1:27:28
26	James Kohnke	M	46	1:27:44
27	Howard Jess	M	56	1:27:49
28	Mark Budos	M	37	1:28:59
29	Steve Lahaie	M	45	1:29:46
30	Melissa Kirmayer	F	41	1:29:50
31	Thomas Schulz	M	37	1:29:54
32	Tatyana Mishel	F	44	1:29:59
33	Julie Ness	F	34	1:30:13
34	Gary Kamikawa	M	30	1:30:22
35	Thomas Brogan	M	49	1:30:28
36	Philip Pearl	M	50	1:30:45
37	Eric Westendorf	M	38	1:30:58
38	Ryan Hill	M	28	1:30:59
39	Lauren Lochner	F	29	1:32:10
40	Tom Kerfonta	M	59	1:32:18
41	Kristi Eager	F	35	1:33:00
42	Todd Henrichsen	M	36	1:34:02
43	Patrick Murphy	M	53	1:34:11
44	Kristan Wheeler	F	46	1:34:50
45	Rainer Leuschke	M	37	1:35:08
46	Gary Kelsberg	M	53	1:35:08
47	Sean Carver	M	40	1:35:11
48	Shelby Jacobs	F	29	1:35:14
49	Matthew Henn	M	42	1:35:21
50	Antony Clarke	M	37	1:35:22
51	Liza Vonrosenstiel	F	53	1:35:36
52	Kris Chopra	M	33	1:35:55
53	Margaret Grimes	F	39	1:36:15
54	Catherine Ramey	F	26	1:36:19
55	Robert Rooney	M	27	1:36:28
56	Alexander Tulintseff	M	44	1:37:09
57	Ruth Frobe	F	42	1:37:23
58	Robin Lee	F	27	1:37:32
59	Marc Lacrampe	M	48	1:38:29
60	Stephen Sheridan	M	48	1:39:52
61	Kennard Goodman	M	54	1:39:58
62	Rebecca Osborn	F	28	1:40:09
63	William Haberkorn	M	43	1:40:24
64	Scot Carr	M	38	1:40:59
65	George Schaller	M	43	1:41:43

66	Greg Wisont	M	47	1:41:57
67	Chris Springer	M	26	1:42:46
68	Jeff Cox	M	49	1:43:20
69	Jeff Jacobsen	M	64	1:44:36
70	Timmion Nichols	F	39	1:45:06
71	Elliot Grossman	M	42	1:45:20
72	Charles Schwieters	M	43	1:45:32
73	Alicia Brasch	F	34	1:47:04
74	Eric Clark	M	38	1:47:08
75	Stephanie Murray	F	46	1:48:47
76	Alison Craig	F	50	1:49:33
77	Caryn Gold	F	42	1:50:08
78	Heather Burger	F	46	1:51:10
79	Jeffrey Roe	M	43	1:51:48
80	Amy Bogaard	F	47	1:52:05
81	Jason Lassen	M	35	1:56:42
82	Linda Meyer	F	45	1:58:05
83	Steven Saito	M	39	1:59:16
84	Todd Casey	M	39	1:59:25
85	Lise Ellner	F	49	2:00:08
86	Michael Suomi	M	27	2:00:16
87	Bruce Buck	M	57	2:01:20
88	Alexander Frink	M	37	2:01:44
89	Abigail Cromwell	F	31	2:05:20
90	Louis Krukar	M	53	2:07:25
91	Glen Moore	M	60	2:07:38
92	Jeff Meehan	M	48	2:13:28
93	Inigo Rodriguez	M	31	2:16:29
94	Dennis Colgan	M	57	2:17:38
95	Kathleen Talluto	F	46	2:21:35
96	Ms Bert Chavez	F	39	2:26:30
97	Neal Sanders	M	43	2:26:49
98	Drew Dannels	M	33	2:28:15

1-mile Wetsuit Results

Place	Name	Sex	Age	Time
1	David Thomson	M	48	0:24:44
2	Sarah Hoisington	F	40	0:27:37
3	Barton Daniel	M	50	0:28:12
4	David Margrave	M	37	0:29:03
5	Douglas Macke	M	54	0:29:44
6	Jim Lasersohn	M	43	0:29:50
7	Jason Nadal	M	34	0:29:53
8	Peter Berner-Hays	M	52	0:30:00
9	Eric Kelley	M	30	0:30:18
10	Nancy Hopper	F	38	0:30:25
11	Radu Ivan	M	44	0:30:49
12	Michael Jones	M	48	0:31:02
13	Megan Wolfe	F	27	0:31:41
14	Karin Robinson	F	44	0:31:48
15	Bruce Boytler	M	50	0:32:09
16	Haile Chesnut Iv	M	42	0:32:15
17	Dan Rogers	M	31	0:32:24
18	Rebecca Corson	F	24	0:33:32
19	Mike Murphy	M	48	0:33:48
20	Mark Harrast	M	38	0:34:08
21	Brandon Seaton	M	28	0:34:09
22	Stephen Fisher	M	33	0:34:27
23	Tom Ryan	M	43	0:34:30
24	Jennifer Mesler	F	38	0:34:33
25	Margaret Diddams	F	46	0:34:37
26	Eric Peterson	M	45	0:35:20
27	John McAlpine	M	51	0:36:58
28	Judi McAlpine	F	42	0:36:58
29	Karen Buttram	F	51	0:37:01
30	Eric Schoen	M	44	0:37:52
31	Sheila McCue	F	56	0:38:27
32	Jami Burke	F	41	0:38:27
33	Betsy Garfunkel	F	42	0:38:29
34	Susan Townsend	F	41	0:38:32
35	David Stewart	M	52	0:38:58
36	Aaron Rubenson	M	33	0:39:25
37	Blake Cahill	M	37	0:39:31
38	Jean Fankhauser	F	54	0:39:37
39	Dona Williams	F	54	0:39:46
40	Susie Main	F	50	0:39:47
41	Bill Sepeda	M	36	0:39:56
42	Karly Wade	F	26	0:40:11
43	Bryan Jaffe	M	36	0:40:12



44	Jan Fick	F	52	0:40:13	37.	Donnie North	F	42	0:40:30
45	Reed Sillers	M	37	0:40:22	38.	Te Mullane	M	40	0:41:09
46	Krista Loercher	F	38	0:40:35	39.	Judy Williams	F	60	0:41:43
47	Molly Smith	F	28	0:41:11	40.	Clydia Cuykendall	F	59	0:41:51
48	Greg Bradley	M	44	0:41:32	41.	Lori Tillman	F	29	0:42:13
49	Jennifer Newman	F	37	0:41:42	42.	Peter Tang	M	39	0:42:35
50	Jennie Bowen	F	38	0:42:02	43.	Catherine Johnson	F	31	0:43:17
51	Gisela Paz	F	43	0:42:06	44.	Mary Prieve	F	39	0:45:06
52	Edward Bullock	M	50	0:42:17	45.	John Broderick	M	39	0:45:17
53	Martina Widmann	F	30	0:43:00	46.	Carolyn Hutter	F	36	0:45:25
54	Jan Ringo	F	55	0:43:06	47.	Arni Litt	F	62	0:45:54
55	Michelle Koenen	F	36	0:43:07	48.	Eric Halsne	M	44	0:45:57
56	Megan Scudder	F	41	0:43:09	49.	Sally Ann Smith	F	60	0:46:08
57	Jodi Morrison	F	40	0:43:12	50.	Jill Lasersohn Nuss	F	50	0:47:01
58	James Davison	M	64	0:43:29	51.	Vanessa Christensen	F	26	0:47:42
59	Mark Muller	M	37	0:43:35	52.	Jeanne Ensign	F	61	0:48:00
60	Patricia Buchanan	F	58	0:44:03	53.	Holly Bork	F	31	0:48:20
61	Scott Bonney	M	52	0:44:38	54.	Todd Mitchell	M	49	0:48:35
62	Saul Stenbak	M	34	0:44:45	55.	Dale Walker	F	54	0:50:14
63	Lynne Sandilands	F	36	0:45:44	56.	Rick Bush	M	35	0:50:38
64	Joann Johnson	F	59	0:45:52	57.	Kathy Morris	F	53	0:51:00
65	Kari Roe	F	38	0:45:59	58.	Linda Jakiel	F	45	0:51:25
66	Lisa Christen	F	49	0:46:02	59.	Cathy Thompson	F	43	0:51:42
67	Linda Irvine	F	43	0:46:44	60.	Francesca Merlini	F	34	0:53:19
68	Lynne Cadigan	F	51	0:47:34	61.	Nancy McFadden	F	42	0:53:31
69	Brian McCleary	M	44	0:47:37	62.	Andrew Gombossy	M	20	0:54:42
70	Alisa Blitz-Seibert	F	44	0:47:39	63.	Rebecca Pompon	F	36	0:54:44
71	Karyn Johnson	F	39	0:47:41	64.	Kirby Drawbaugh	F	70	0:56:16
72	Garick Mattson	M	31	0:48:23	65.	James Jones	M	59	0:56:33
73	Phillip Burger	M	48	0:48:26	66.	Jordana Huchital	F	44	0:56:50
74	Julie Buktenica	M	51	0:48:51	67.	Hamber Pablo	M	22	0:58:59
75	Cathy Yu	F	34	0:48:57	68.	Jeff Vileta	M	42	1:02:38
76	Paul Glezen	M	47	0:49:00	69.	Lori Graham	F	31	1:05:19
77	Wanda Christensen	F	51	0:51:31					
78	Jeff McGowan	M	33	0:52:27					
79	Christine Denis	F	34	0:52:46					
80	Lynne Zeller	F	56	0:52:49					
81	Sarah Dods	F	36	0:53:11					
82	Laura Humpf	F	28	0:53:41					
83	Jennifer Mount	F	41	0:55:38					
84	Mary O'Brien	F	54	0:57:30					
85	Mary Pigott	F	57	0:57:31					

1-mile No-Wetsuit Results

Place	Name	Sex	Age	Time
1.	Ron Belleza	M	33	0:28:39
2.	Joseph Lang	M	45	0:28:44
3.	Guillermo X Romano	M	18	0:29:07
4.	Tim Floyd	M	35	0:29:12
5.	Lars Durban	M	51	0:29:24
6.	Stephen Polucha	M	26	0:29:43
7.	Miles Lippold	M	24	0:29:49
8.	Allison Demeritt	F	32	0:30:21
9.	Leo Espinosa	M	48	0:30:36
10.	Nick Wiesnet	M	19	0:30:41
11.	Kathleen Hall	F	21	0:30:56
12.	Thomas Farrell	M	48	0:31:33
13.	Elizabeth Lucco	F	41	0:32:31
14.	Jonathan Leuchs	M	31	0:33:07
15.	Damien Alvarado	M	30	0:33:24
16.	Will Hansen	M	25	0:34:05
17.	Jake Bartholomy	M	35	0:34:38
18.	Caroline Brown	F	51	0:35:01
19.	Paul Verner	M	53	0:35:14
20.	Emma Coulson	F	23	0:35:50
21.	Raymond Endres	M	39	0:35:54
22.	Karen Boehmer	F	39	0:36:27
23.	Haze Jentz	F	35	0:36:59
24.	Adele Botha	F	28	0:37:04
25.	Dominique Wilmore	F	28	0:37:24
26.	Nicki Affolter	M	18	0:37:37
27.	Kim Knudsen	F	29	0:37:47
28.	Melissa Marszalek	F	30	0:38:17
29.	Robin Hall	F	53	0:38:20
30.	Paul Broderick	M	40	0:38:26
31.	Jennifer McManus	F	39	0:39:09
32.	Jessica Forsgren	F	33	0:39:13
33.	Dan Fenton	M	53	0:39:38
34.	Doug McCrary	M	45	0:40:07
35.	Rocky Ursino	M	39	0:40:12
36.	Jeffrey Edwards	M	39	0:40:19

Oldies But Goodies: 90 Swimmers at Senior Games

By Steve Peterson
PNA President

“We had a few glitches to overcome, but things seemed to go smoothly,” said Gloria Tolaro, Washington State Senior Games swimming commissioner. Lee Carlson jumped in to help the Briggs YMCA volunteers check in the 90 competitors and hand out goodie bags and tee shirts at the registration table. Meet Referee René Bollman, starters Bill Moore and Paul Adelman, judges Michele Albert and Mica Marquez, and head timer Rick Parnell diligently ensured compliance with USMS rules.

Perhaps the popularity of this year’s PNA-recognized meet, held at the Briggs YMCA in Lacey July 27, can be attributed to better advertising. Or perhaps to the



(From left) Rick Colella and Tom Foley, gold medalists in the 100 Fly

meet being a qualifier for next year’s National Senior Games Association (NSGA) competition. That venue will be Stanford University, remembered by many for the great time had at XI FINA Masters World Championships there in 2006. 2007’s NSGA meet in Louisville, Ky., was also popular (see *The WetSet*, July-August-September 2007, p. 22).

The Senior Games aim to inspire those 50 and older to start and maintain an active lifestyle. Events offered included 25-through 200-yard distances in each stroke, plus the 500 Free. This year’s competitors ranged in age from 50 through 90, featuring novices to Olympian Rick Colella (1972 and 1976 Olympics). Rick thrilled everyone in setting state Senior Games records in the 100 Fly, 100 and 200 Breast, and 500 Free (55-59). Evelyn Hoffman (Olympia, unat.) set both meet and PNA records in her 50 Free, Back

(Continued on page 6)



(From left) left Don Rehfeldt, Steve Peterson and another swimmer, all gold medalists in the 100 Breaststroke



Tom Foley moving swiftly in the 200 Breaststroke

(Continued from page 5)

and Breast and 100 IM (90-94).

Out-of-area competitors included one each from Oregon (the only state with no Senior Games), Texas and Alberta; two each from Idaho and British Columbia; and three each from Arizona and California.

A meet highlight for me was seeing Jerry Tauscher. Jerry and wife Ginny came to last year's meet as curious observers. This year Jerry signed up for both the West Sound Senior Games Meet in Bremerton (July 11) and this meet. Jerry hadn't competed in a swim meet since our days together on Tacoma's Stadium High swim team from 1961 to 1964!

Port Angeles hosts its Senior Games meet September 20 at the William Shore Memorial Pool. Details on this and other Senior Games are available at portangelesseniorgames.com, pugetsoundgames.com and nsga.com.

July 27 Senior Games results:

www.pugetsoundgames.com / 2008 Results / SwimmingResults.htm



Cold Weather Doesn't Spoil Titlow Meet Fun

With temperatures in the 50s some of the time, the weather sure wasn't great for an outdoor meet. Nevertheless, 80 or so swimmers braved the elements for the first Titlow Long Course Sprint Meet on June 8. Thanks to Meet Director Janae McCullough and others from Ohana Swim Team, including club swimmers and parents, for their efforts at making the meet a success. There's a possibility the Titlow pool will close, but if it stays open, Ohana Swim Team wants to run the meet next year.

Here are the results:

WOMEN 19-24

50 M. FREE			
HEATHER BONAR	19 GHY	33.90	
ASHLEY RAYGOR	20 OST	34.40	
EMMA COULSON	23 PNA	37.24	
ALLYSON LAND	19 OST	39.24	
100 M. FREE			
ASHLEY RAYGOR	20 OST	1:17.98	
CARRISA SUNDSMO	24 CWST	1:21.24	
EMILY PURBAUGH	22 GHY	1:22.25	
200 M. FREE			
CARRISA SUNDSMO	24 CWST	2:55.05	
50 M. BACK			
EMMA COULSON	23 PNA	40.87	
ALLYSON LAND	19 OST	49.01	
100 M. BACK			
EMMA COULSON	23 PNA	1:27.19	
HEATHER BONAR	19 GHY	1:37.18	
50 M. BRST			
HEATHER BONAR	19 GHY	46.68	

EMILY PURBAUGH	22 GHY	46.93
CARRISA SUNDSMO	24 CWST	49.96
ALLYSON LAND	19 OST	51.62
50 M. FLY		
EMMA COULSON	23 PNA	43.14
ALLYSON LAND	19 OST	46.40
200 M. I.M.		
HEATHER BONAR	19 GHY	3:15.49

WOMEN 25-29

50 M. FREE			
MARCIA MARCY	29 OST	47.44	
200 M. FREE			
ALLISON BOOMER	25 OST	2:41.64	
MARCIA MARCY	29 OST	3:50.98	
100 M. BACK			
MEGAN BARRET	29 OST	1:20.96	
100 M. BRST			
BRITTANY KUNZE	25 GLAD	1:29.02	
50 M. FLY			
BRITTANY KUNZE	25 GLAD	36.22	
ALLISON BOOMER	25 OST	37.22	
MARCIA MARCY	29 OST	55.02	
100 M. FLY			
BRITTANY KUNZE	25 GLAD	1:19.96	
ALLISON BOOMER	25 OST	1:22.55	
MEGAN BARRET	29 OST	1:26.43	
200 M. I.M.			
BRITTANY KUNZE	25 GLAD	2:49.01	
ALLISON BOOMER	25 OST	3:07.55	

WOMEN 30-34

100 M. FREE			
MICHELLE SIMMONS	33 FWM	1:36.31	
200 M. FREE			
MICHELLE SIMMONS	33 FWM	3:29.29	
50 M. BRST			
MICHELLE SIMMONS	33 FWM	50.01	
100 M. BRST			
MICHELLE SIMMONS	33 FWM	1:53.57	

WOMEN 35-39

50 M. FREE			
SABRINA BRUCKNER	39 OAC	34.90	
100 M. FREE			
MICHELLE BEHRENS	35 GHY	1:20.05	
JANA MCCULLOUGH	38 OST	1:43.68	
200 M. FREE			
MICHELLE BEHRENS	35 GHY	2:58.08	
SABRINA BRUCKNER	39 OAC	3:03.62	
50 M. BACK			
SABRINA BRUCKNER	39 OAC	44.03	



Gig Harbor YMCA Masters: Doug Bush (top left); Mark Thomas (top right); Heather Bonar (front left); Michelle Behrens (front middle) and Emily Purbaugh (front right)



100 M. BACK			
SABRINA BRUCKNER	39 OAC	1:34.60	
MICHELLE BEHRENS	35 GHY	1:40.96	
50 M. BRST			
MICHELLE BEHRENS	35 GHY	49.01	
50 M. FLY			
JANAE MCCULLOUGH	38 OST	55.96	

WOMEN 40-44

50 M. FREE			
KRISTINE ANTILLA	40 OST	36.90	
SUSAN TOWNSEND	42 OAC	38.84	
LISA MACLEOD	42 PNA	43.68	
M.MARNKOVICH	40 OST	51.12	
100 M. FREE			
KRISTINE ANTILLA	40 OST	1:29.12	
SUSAN TOWNSEND	42 OAC	1:30.59	
50 M. BACK			
SUSAN TOWNSEND	42 OAC	50.68	
100 M. BACK			
SUSAN TOWNSEND	42 OAC	2:01.16	
50 M. BRST			
KRISTINE ANTILLA	40 OST	48.58	
LISA MACLEOD	42 PNA	49.62	
100 M. BRST			
LISA MACLEOD	42 PNA	1:50.98	
50 M. FLY			
SUSAN TOWNSEND	42 OAC	49.02	
200 M. I.M.			
LISA MACLEOD	42 PNA	4:07.97	

WOMEN 45-49

50 M. FREE			
LEE SPENCER	48 FWM	39.78	
JONI RASMUSSEN	46 OST	44.58	
100 M. FREE			
LEE SPENCER	48 FWM	1:35.49	
200 M. FREE			
KRIS SPEIR	45 OST	2:56.80	
LEE SPENCER	48 FWM	3:27.46	
100 M. BACK			
KRIS SPEIR	45 OST	1:32.52	
50 M. BRST			
KRIS SPEIR	45 OST	45.02	
JONI RASMUSSEN	46 OST	1:00.44	
100 M. BRST			
KRIS SPEIR	45 OST	1:40.95	
50 M. FLY			
LEE SPENCER	48 FWM	45.96	

WOMEN 50-54

50 M. BRST			
T.UTIGARD-RATHBUN	50 PNA	44.01	
100 M. BRST			
T.UTIGARD-RATHBUN	50 PNA	1:38.25	

WOMEN 60-64

50 M. FREE			
KATHRINE CASEY	60 FS	39.78	
100 M. FREE			
KATHRINE CASEY	60 FS	1:36.49	
200 M. FREE			
KATHRINE CASEY	60 FS	3:16.88	
100 M. BACK			
KATHRINE CASEY	60 FS	1:45.44	
50 M. BRST			
KATHRINE CASEY	60 FS	53.22	

WOMEN 65-69

200 M. FREE			
CAROLYN BEHSE	65 PNA	3:58.05	
100 M. BACK			
CAROLYN BEHSE	65 PNA	2:11.21	

MEN 19-24

50 M. FREE			
BADEN SPRINKLE	20 CWST	26.74	

100 M. FREE			
BADEN SPRINKLE	20 CWST	1:00.55	
100 M. BACK			
BADEN SPRINKLE	20 CWST	1:11.99	

MEN 25-29

50 M. FREE			
BRIAN MARCY	29 OST	37.96	
100 M. FREE			
DAVID TOURIGNY	29 GLAD	1:11.14	
BRIAN MARCY	29 OST	1:45.22	
50 M. BRST			
BRIAN MARCY	29 OST	46.87	
100 M. BRST			
BRIAN MARCY	29 OST	1:56.22	
50 M. FLY			
DAVID TOURIGNY	29 GLAD	31.74	
100 M. FLY			
DAVID TOURIGNY	29 GLAD	1:19.51	

MEN 30-34

50 M. FREE			
MELVIN CARDEN	34 OST	28.24	
100 M. FREE			
ROSS LINDERMAN	31 ORCA	1:05.76	
50 M. BACK			
ROSS LINDERMAN	31 ORCA	38.72	
50 M. FLY			
MELVIN CARDEN	34 OST	34.37	

MEN 35-39

50 M. FREE			
ZAC MONTGOMERY	37 GW	27.62	
GREG KOWALSKY	36 PNA	29.01	
TOM WUNDERLICH	37 GW	32.02	
100 M. FREE			
ZAC MONTGOMERY	37 GW	1:04.96	
200 M. FREE			
DOUG JELEN	35 PNA	2:19.04	
TOM WUNDERLICH	37 GW	2:38.15	
50 M. BACK			
TOM WUNDERLICH	37 GW	40.52	
100 M. BACK			
DOUG JELEN	35 PNA	1:11.92	
50 M. BRST			
ZAC MONTGOMERY	37 GW	38.90	
TOM WUNDERLICH	37 GW	40.91	
KERRY NESS	39 SVY	43.37	
100 M. BRST			
ZAC MONTGOMERY	37 GW	1:29.62	
TOM WUNDERLICH	37 GW	1:31.03	
DOUG JELEN	35 PNA	1:31.60	
KERRY NESS	39 SVY	1:44.01	
50 M. FLY			
ERIC KAPFHAMMER	35 PNA	31.34	
ZAC MONTGOMERY	37 GW	31.36	
100 M. FLY			
DOUG JELEN	35 PNA	1:07.29	
200 M. I.M.			
DOUG JELEN	35 PNA	2:39.46	

MEN 40-44

50 M. FREE			
RICHARD SEIBERT	44 OAC	27.87	
MARK THOMAS	43 GHY	30.72	
JAY BATTISTELLI	44 ORCA	32.24	
DANIEL JAS	43 GW	39.96	
100 M. FREE			
MARK THOMAS	43 GHY	1:10.87	
JAY BATTISTELLI	44 ORCA	1:22.88	
200 M. FREE			
CRAIG SCRIVNER	42 CWST	2:32.10	
50 M. BACK			
RICHARD SEIBERT	44 OAC	35.37	
100 M. BACK			
RICHARD SEIBERT	44 OAC	1:18.23	
MARK THOMAS	43 GHY	1:33.36	
50 M. BRST			
KEVIN ESKO	42 PNA	35.05	
CRAIG SCRIVNER	42 CWST	38.41	

100 M. BRST			
KEVIN ESKO	42 PNA	1:21.61	
CRAIG SCRIVNER	42 CWST	1:28.19	
50 M. FLY			
KEVIN ESKO	42 PNA	30.14	
MATT STAUFFER	44 FW	30.40	
100 M. FLY			
MATT STAUFFER	44 FW	1:12.65	
200 M. I.M.			
CRAIG SCRIVNER	42 CWST	2:55.01	
MATT STAUFFER	44 FW	3:01.62	

MEN 45-49

50 M. FREE			
PATRICK YALUNG	49 BAM	30.87	
JIM KOHNKE	46 OAC	31.08	
100 M. FREE			
JIM KOHNKE	46 OAC	1:11.37	
PATRICK YALUNG	49 BAM	1:11.49	
STEVE LAHAIE	46 OAC	1:11.55	
200 M. FREE			
DAN SMITH	46 FW	2:22.60	
JIM KOHNKE	46 OAC	2:37.39	
PATRICK YALUNG	49 BAM	2:38.03	
STEVE LAHAIE	46 OAC	2:42.63	
50 M. BRST			
DAN SMITH	46 FW	36.05	
PATRICK YALUNG	49 BAM	37.68	
100 M. BRST			
DAN SMITH	46 FW	1:23.79	
100 M. FLY			
STEVE LAHAIE	46 OAC	1:31.40	
200 M. I.M.			
DAN SMITH	46 FW	2:45.86	
JIM KOHNKE	46 OAC	3:16.32	

MEN 50-54

50 M. FREE			
JOHN NUTTMAN	54 PNA	29.98	
DAN BAILEY	51 PNA	30.39	
DAVID PERRY	52 OAC	31.24	
100 M. FREE			
DAVID PERRY	52 OAC	1:10.51	
JAMES ORR	50 GW	1:10.69	
DAN BAILEY	51 PNA	1:11.29	
100 M. BACK			
JAMES ORR	50 GW	1:24.30	
50 M. BRST			
RICHARD ADCOCK	53 GHY	40.40	
100 M. BRST			
RICHARD ADCOCK	53 GHY	1:31.96	
50 M. FLY			
HUGH MOORE	54 FW	35.40	
100 M. FLY			
HUGH MOORE	54 FW	1:21.33	
200 M. I.M.			
HUGH MOORE	54 FW	3:07.68	



(From left) Lee Spencer, Michelle Simmons and Emma Coulson, all from Federal Way Masters

MEN 55-59

50 M. FREE		
GORDON CLARK	57 BAM	29.02
100 M. FREE		
GORDON CLARK	57 BAM	1:10.71
200 M. FREE		
FRANK WARNER	59 TYR	2:33.36
50 M. BACK		
GORDON CLARK	57 BAM	39.18
100 M. BACK		
SCOTT LAUTMAN	56 FWM	1:31.31
50 M. FLY		
SCOTT LAUTMAN	56 FWM	30.37P
GORDON CLARK	57 BAM	32.73
100 M. FLY		
SCOTT LAUTMAN	56 FWM	1:07.44

MEN 60-64

200 M. FREE		
STEVEN PETERSON	62 OOPS	3:12.36
50 M. BACK		
THOMAS WALKER	61 CAC	49.90
100 M. BACK		
THOMAS WALKER	61 CAC	1:51.32
50 M. BRST		
STEVEN PETERSON	62 OOPS	38.87
100 M. BRST		
STEVEN PETERSON	62 OOPS	1:29.45
200 M. I.M.		
STEVEN PETERSON	62 OOPS	3:10.24
THOMAS WALKER	61 CAC	4:03.78

MEN 65-69

50 M. FREE		
PAUL FREEMAN	65 PNA	43.57
MIKE DORMANN	68 PNA	1:04.58
100 M. FREE		
PAUL FREEMAN	65 PNA	1:35.68
50 M. BACK		
WALT REID	67 FS	41.12
100 M. BACK		
MIKE DORMANN	68 PNA	3:34.10
50 M. BRST		
ROY DAVIS	66 PNA	41.62
WALT REID	67 FS	42.14
PAUL FREEMAN	65 PNA	54.72
100 M. BRST		
ROY DAVIS	66 PNA	1:34.76
PAUL FREEMAN	65 PNA	2:02.38

MEN 75-79

100 M. FREE		
BILL KING	75 OREG	1:29.50
200 M. FREE		
BILL KING	75 OREG	3:23.78

RELAYS-WOMEN 400 M.

FREE
100-119

MEGAN BARRET	29 OST	5:29.82Z
ALLYSON LAND	19	
KRIS SPEIR	45	
ALLISON BOOMER	25	

RELAYS-WOMEN 400 M.

MEDLEY
100-119

MEGAN BARRET	29 OST	6:40.96Z
ALLYSON LAND	19	
ASHLEY RAYGOR	20	
KRISTINE ANTILLA	40	

RELAYS-MEN 400 M.

FREE
160-199

JAMES ORR	50 GW	4:53.55
DANIEL JAS	43	
TOM WUNDERLICH	37	
ZAC MONTGOMERY	37	

RELAYS-MEN 400 M. MED-LEY

160-199

RICHARD SEIBERT	44 OAC	5:41.17P
JIM KOHNKE	46	
STEVE LAHAIE	46	
DAVID PERRY	52	

TOM WUNDERLICH	37 GW	5:59.77
ZAC MONTGOMERY	37	
JAMES ORR	50	
DANIEL JAS	43	

RELAYS-MIXED 400 M.

FREE
160-199

SABRINA BRUCKNER	39 OAC	5:14.71P
DAVID PERRY	52	
SUSAN TOWNSEND	42	
RICHARD SEIBERT	44	

**Anacortes Meet:
Small but Fun**

Attendance at the Anacortes Short Course Meters Distance Meet on June 8 may have been small, but the 20 or so participants were enthusiastic.

And there was excellent representation from the immediate area. In fact, Masters teams from Oak Harbor and Mt. Vernon fielded all but four of the entries.

Notable achievements were a zone record in the 800 Free by North Whidbey's Harvey Prosser (80), who swam the last 200 faster than his other 200s in the race. (Harvey would say he's not getting older, just better.) Jim McCleery, also of North Whidbey (62), and Pinky Walker of Thunderbird Aquatics (66) each set PNA records in the 400 Free.

Congratulations to those swimmers that completed the 400, 800

and 1500 Free swims: Ron Hanson and Shannon Singer of Skagit Valley Y and Jim McCleery.

The light turnout was primarily the result of a conflict with other events. But this first-time meet is expected to attract more swimmers next year.

Results:
Anacortes
June 8, 2008

PNA - ANACORTES
06-08-08
SHORT COURSE METER
P = P.N.A. RECORD
Z = NORTHWEST ZONE RECORD
N = NATIONAL RECORD
W = WORLD RECORD

WOMEN 35-39

400 M. FREE		
SHANNON SINGER	38 SVY	6:46.84
EIKO CHINN	37 TACM	6:57.88
800 M. FREE		
SHANNON SINGER	38 SVY	14:12.13
1500 M. FREE		
EIKO CHINN	37 TACM	26:48.41
SHANNON SINGER	38 SVY	27:17.03

WOMEN 40-44

800 M. FREE		
RUTH MASTERS	41 TACM	14:06.29

WOMEN 55-59

400 M. FREE		
SANDRA SMITH	56 SVY	10:55.25
1500 M. FREE		
SANDRA SMITH	56 SVY	43:56.81

WOMEN 60-64

1500 M. FREE		
ELIZABETH SMITH	60 WIN	23:32.68
JEANNE ENSIGN	62 GLAD	30:28.62
400 M. I.M.		
GINGER PIERSON	62 ORM	7:33.89

WOMEN 65-69

400 M. FREE		
PINKY WALKER	66 TACM	6:22.05P

WOMEN 75-79

400 M. FREE		
JANET KAVADAS	77 NEO	10:12.93
800 M. FREE		
JANET KAVADAS	77 NEO	20:53.72

MEN 50-54

400 M. FREE		
JEFF MORRISON	53 TACM	5:50.72
1500 M. FREE		
DAN ROBINSON	51 FWM	19:46.55
JEFF MORRISON	53 TACM	24:29.77



400 M. I.M.
DAN ROBINSON 51 FWM 5:36.64

MEN 55-59

400 M. FREE
RON HANSON 59 SVY 6:43.06
PETER HUBBARD 57 SVY 11:21.67
800 M. FREE
RON HANSON 59 SVY 14:04.10
1500 M. FREE
RON HANSON 59 SVY 27:18.45

MEN 60-64

400 M. FREE
JAMES MCCLEERY 62 NWM 4:58.53P
800 M. FREE
JAMES MCCLEERY 62 NWM 10:20.82
1500 M. FREE
JAMES MCCLEERY 62 NWM 19:37.27
DOUG THOMPSON 60 TACM 24:56.55

MEN 80-84

800 M. FREE
HARVEY PROSSER 80 NWM 14:39.58Z

Technique

Swimming With Your Right Brain

By John Maki, NEO

Too boring. That's what some of my friends say about my swimming. I protest loudly, of course, because for me swimming is deeply engaging — the variety of strokes, the complex drills, the rhythmic sounds, the underwater beauty. Elliptical walkers are great for reading, but nothing beats the water for mind-body connection.

Right Brain, Left Brain

The brain plays an essential role in mastering swimming. The left brain processes sequential instructions and patterns; the right brain processes entire streams of information in a holistic way. This right side let's-put-it-all-together gestalt benefits swimming. We "know" to swim with high elbows,

but "seeing" high elbows as part of a smooth, overall motion is significantly more powerful.

According to researchers, the right brain's modus operandi is observation. The more vividly demonstrated the activity, the easier it is to emulate and remember. When we conjure up a meaningful and detailed "swimming picture" we improve our strokes and overall performance.

Coaching the Right Brain

My North End Otters (NEO) coach, Robin O'Leary, uses many right-brain techniques to help her swimmers "see." During sets she demonstrates Gumby-like from the deck. Her physical repertoire of motions, drills and contortions, from dolphin to wet spaghetti noodles to fingertip dragging, surreptitiously works on our minds to improve our strokes.

R-rated Imagery

An Otter survey reveals that many of us use right-brain sensory stimulus during our workouts. One Otter writes "often in workouts I will try to picture myself copying an athlete that has mastered the stroke I am swimming. I have purchased several videos and I occasionally refresh my mental pictures by reviewing them. I also visit GoSwim online [<http://www.goswim.tv/>] and watch clips that they post that have tips and drills for mastery." Other Otters hear music, emulate mermaids, glide gracefully, jump, create rhythms, draw energy from teammates and visualize body positions. A few also admit to imagining what happens between the sheets while they're swimming. Hey, if R-rated imagery works, go for it!

Right Brain Role Play

The right brain also uses role playing to override the left brain's

carefully constructed rule set. Every October coach Robin brings pumpkins to our Halloween relay workout. Seeing your teammate clutch a large organic object between his or her legs while windmilling upside down is, well, a "sight" to behold. I'm firmly convinced that laughter is the right brain's grease.

I'd be interested to hear about your swimming pictures, so send me an email if you get a chance (makihouse@comcast.net).

Sometimes the path to high performance is paved with hard work. Other times it's not even a path, it's a flight through outer space in a Speedo.

Happy swimming and even happier imagining.



Hooray! 11th Annual Pentathlon Almost Here

The North Whidbey Masters will host their annual short course meters pentathlon meet in Oak Harbor on Sunday, September 21.

Three world records were set in last year's meet, so count on a fast pool to log those rare short course meter swims. The meet includes three distances of traditional pentathlon events, plus the Brute division's 200 Fly, 400 IM and 1500 Free. All events are offered individually, too.

Understanding Atrial Febrillation

Editor's note: This is the second part of a two-part article by Jane Moore, a physician and long-time PNA member. The first part, which appeared in the July-August issue of The WetSet, discussed heart palpitations.

One cause of heart palpitations is atrial fibrillation (AF). AF is a common rapid, irregular heartbeat in older people. It is estimated to occur in 2.3% of those over 40, and increases to 5.9% in people 65 years and older. Most have high blood pressure, heart disease, congestive heart failure or other underlying conditions such as an overactive thyroid or lung disease.

AF is unusual in people under 40, but there is some suggestion that the disorder may be more common among people who exercise. Short episodes of AF have been observed in people who have otherwise normal hearts after chest surgery, acute alcohol intoxication or exercise.

Even though vigorous long-term exercise protects healthy middle-aged men against coronary heart disease and premature death, it has been found to be associated with AF.

AF and Athletes

Athletes may be more prone to AF because they have larger hearts where there is more room for the extra electrical signals to develop and spread, or possibly because of the extra pressure they put on their pulmonary veins through aerobic exercise. AF is often found in tall people, particularly basketball players. Men get AF more than women.

Symptoms

Symptoms from AF vary dramatically. Many patients have no symptoms. Other patients experi-

Health Fitness

ence only minor palpitations. Some patients, however, experience severe palpitations, weakness or chest pain. Exercise intolerance and easy fatigability may occur.

AF may be intermittent or sustained. During AF, the contractions of the atria are so fast that the atrial walls quiver. As a result, blood is not pumped effectively to the ventricles. During AF, the atrial rhythm is irregular, so the ventricular rhythm is also irregular, but is usually slower than the atrial rhythm. Even though the ventricles beat more slowly than the atria, the ventricles often still beat too fast to fill completely. Therefore, the heart pumps inefficiently, blood pressure may fall and heart failure may occur.

Although competitive athletes and other well-conditioned individuals can tolerate high ventricular rates at rest and during exercise, the need for maximal cardiac output makes persistent AF incompatible with optimal performance.

In AF, the atria do not empty completely into the ventricles with each beat. Over time, some blood inside the atria may stagnate, and clots may form. Pieces of the clot may break off, often shortly after AF converts back to normal rhythm — whether spontaneously or because of treatment. These pieces may travel through the bloodstream and block a smaller artery. If pieces of a clot block an artery in the brain, a stroke results. Rarely, a stroke is the first sign of AF or flutter.

Treating AF

Treatment of AF is designed to control the rate at which the ventricles contract, to restore the normal



rhythm of the heart and to treat the disorder causing the arrhythmia. Drugs to prevent the formation of clots and emboli usually are given.

AF may spontaneously convert to a normal rhythm. However, these arrhythmias must often be actively converted to normal. Certain drugs may be effective, but cardioversion (delivery of an electrical shock to the heart) is the most effective approach.

Rarely, when all other treatments of AF are ineffective, the area of the heart causing the irregular beats can be destroyed by radiofrequency ablation (delivery of energy of a specific frequency through a catheter inserted in the heart).

Preventing Strokes

When AF is converted back to normal rhythm, the risk that a clot will be dislodged and cause a stroke is particularly high. Most people with AF are given an anticoagulant to prevent clots, because they are at risk of a stroke. Anticoagulant therapy can cause bleeding, which can lead to hemorrhagic stroke and other bleeding complications, such as excessive bleeding after surgery. Therefore, doctors balance the potential benefits and risks for each person.

Lesson

Pay attention to your body. If things change or just don't seem right, get checked out. Don't wait to see if an irregular heartbeat will go away. If it persists or occurs frequently, see your health care provider.



Swimming in Guatemala: PNA's Scott Lautman Captures Top Spot in 12K Open Water Swim

Geography quiz: How many towns are on Lake Atitlan, and what's unusual about their names? If you don't know the answer, don't feel bad. Most people have never heard of Lake Atitlan, which is in a remote part of Guatemala. Twelve towns are along the lake, and each is named after one of the 12 apostles in the Bible.

In May, PNA swimmer Scott Lautman of Federal Way Masters journeyed to the lake, where he competed in a 12k open water swim. Twenty-eight swimmers started, and 24 finished, including Scott, who came in first in his 55-59 age group and first overall with a time of 2:52.27.

Absolutely Gorgeous

Surrounded by three active volcanoes, Lake Atitlan provided an "absolutely gorgeous swim," says Scott. "Fabulous country, very rural and still somewhat undiscovered by travelers."

Located 5,000 feet above sea level, Lake Atitlan reminded Scott of Oregon's famed Crater Lake, except for Lake Atitlan's water temperature, a much warmer, perfect 68 to 70.

Altitude Worries

Before the swim, Scott was concerned about the altitude. "My game plan was to start slow and see how I felt." Given his time and first place finish, that game plan was a success.

Catalina, Here I Come

Next on Scott's list of major open water swims: In early September, he and another Federal Way Masters swimmer, Dan Robinson (51), will swim from Doctor's

Cove on Catalina Island to a beach on California's Palos Verdes Peninsula. That's 20.2 miles as the dolphin swims and about the same distance as the English Channel swim, conquered by Scott in 2000.

Most of us will never swim these distances. But we all can enjoy the satisfaction that swimming brings to Scott. "I love the camaraderie, the travel and meeting and making new friends."

Your *WetSet* editor recently experienced unparalleled **ecstasy!!!**



It happened when PNA member *Kathy Morris* submitted an article about Senior Games' swim buddies.

Look for the article in the October issue.

Your editor needs another shot of **ecstasy**, so please keep those articles coming.



Looking for meet results, places to swim, past newsletters or other information about PNA?
Check out our Website at www.swimpna.org.

Welcome New PNA Swimmers

Judith R Boissevain
Erin E Burke
Doug Calvert
Benjamin Chan
Chu Ghee Chng
Vanessa L Christensen
Wanda L Christensen
Joseph Christman
Frank J Comerford
Jeffrey N Down
Dan Dubie
Don H Ellingson
Rogers J Evans
Jan G Fick
Debra J Forinash
Cathy A Frye
Tressa W Johnson
James H Jones
Dayhawk Kim
Danny Le
Garry C Lockett
Tracy A Lynn
Jennifer A MacCormack
Don W McLain
Bryn M Mooney
Thomas S Moore
Rebecca Ook
George Park
Kristine Penrod
Lisa Preston
Phillip Riolo
Chuck Rundle
Laura M Rundle
Steven Saito
Bryon J Scott
Madison M E Shellgren
Kathleen M Talluto
Marcia A Tierney
Barbara M Young



Postal Swims FAQs

What exactly is a postal swim?

—A competition swim in the pool of your choice, but you MAIL your results (in an envelope!) to the event director. Your results are compared against those of the other entrants.

What events and distances are available as postal swims?

—There are three USMS National Championship events:

One Hour Swim – how far can you swim in one hour?

5K & 10K swims – how fast can you swim 5 or 10 kilometers?

3000/6000 Yard swims – how fast can you swim 3000 or 6000 yards?

For more information, go to the Long Distance section of the USMS website: www.usms.org.

There are non-championship postal events, too. Individual clubs sponsor postal swims. The USMS Fitness Committee sponsors postal fitness challenges such as the 30 Minute Swim and Go The Distance. Entry forms for these events are on the USMS website.

Does it matter what pool I swim in?

—Yes. The One Hour Swim may be swum in any 25-yard, 25-meter or 50-meter pool. The 5K & 10 K swims may be swum only in a 50-meter pool. The 3000/6000 yard swims must be swum in a 25-yard pool. Other events will list their particular restrictions.

Are there any rules that must be followed?

—In National Championships, each participant must have someone count and record lap times. Official split and entry forms must be completed and submitted with an entry fee. Complete directions are on the forms. The participant and the lap counter must sign the

forms attesting to the accuracy of the information submitted.

When can I participate in these swims?

—The 3000/6000 events are from September 15 to November 15.

The One Hour Swim is held in January.

The 5K & 10K is held from May 15 to September 15.

Entry forms are available on the PNA and USMS websites (www.swimpna.org and www.usms.org/longdist/ldnats08).

Are postal swims a “team effort”?

—Absolutely! PNA encourages its swimmers to participate in postal swims. Awards are presented to clubs having the most participation. To manage expense and availability, PNA attempts to secure time at local 50-meter pools for swimmers to do the 5K or 10K together. Plus, PNA’s relay team coordinator will assemble entrants

into relay teams for each of these events.

What is a postal relay team?

—Unlike conventional pool relays, your entry is matched with others to form relay teams. Standard age groups apply with three divisions per age group: three men, three women or four mixed (two men & two women). The more PNA swimmers participating, the easier it is for the relay team coordinator to form fast relays and include entrants on at least one relay. PNA covers the cost of the relay team entry fees!

Still more questions?

—Contact Sally Dillon, PNA’s Long Distance Committee chair and relay team coordinator at:

salswmr@verizon.net or (360) 679-5038.



USMS NATIONAL CHAMPIONSHIP 3000/6000-YARD POSTAL SWIM NOW PLAYING AT YOUR OWN 25-YARD POOL!

BUILD YOUR BASE this fall and participate in a fun National Championship at the same time. The 3000/6000 yard postal swims take place from September 15 through November 15. The swims must be done in a 25-yard pool. You can swim one or both, but separately. No counting the 3000 on your way to the 6000! Organize the event with your fellow swimmers or do it alone. But don’t forget to have someone officially count and record your splits. All details are on the official entry form, which is posted on the PNA web site.

When you’re finished, make a photocopy of your entry form and send the original and small entry fee to the event director (in this case, Mark Gill). THEN, send a photocopy of your entry to PNA’s relay team coordinator so she can put you on a relay. .. PLEASE make sure to mail it for arrival by November 20 to Sally Dillon, PO Box 845, Oak Harbor, WA 98277.

7th Annual BAMFEST SCY Swim Meet- Sanction # 0368-09

Hosted by Bainbridge Area Masters (BAM)

Sanctioned by PNA Local Masters Swim Committee for USMS, Inc.

ORDER OF EVENTS	
Modified "High School" Format	
#	EVENT
1 & 2	200 MEDLEY RELAY W/M
3	200 FREE
4	50 BACK
5	200 IM
6	50 FREE
15 minute Break	
7	100 FLY
8	50 BREAST
9	100 FREE
10	500 FREE
11	100 IM
12 & 13	200 FREE RELAY W/M
14	100 BACK
15	50 FLY
16	100 BREAST
17	200 Mixed Fantasy Relay

DATE & TIME: Saturday, October 25, 2008
 Warm-up: 9:00 AM Meet starts: 10:00 AM
 Check-in with Clerk of Course upon arrival and positive check-in required for the 500FR prior to the break.

LOCATION: Bainbridge Island Aquatic Center: High School Rd. & Madison Ave, @ the East campus entrance, Bainbridge Island WA; pool phone: 206-842-2302. 25-yard course with six lanes used for competition and two lanes for continuous warm-up and cool down in a separate pool. The hot tub will be available during the meet for competitors only. Electronic timing will be used.

DIRECTIONS:

From Seattle: Take the 7:55 AM ferry to Bainbridge Island. Proceed on SR305 exactly one mile to NE High School Road. Turn left (west) on High School Rd. Turn right (north) at traffic circle onto Madison Ave. Take first left for driveway entrance to pool.

From West sound: Take SR305 to Madison Ave. N and turn right (south). Proceed 0.6 miles to the pool.

ELIGIBILITY: Open to all 2008 USMS registered swimmers age 18 and above on 10/25/08. Age groups determined by the swimmer's age on 10/25/08.

RULES: Current USMS rules will govern meet.

AGE GROUPS (individual events): 18-24, 25-29, and 5-year age groups as high as necessary.

RELAYS: Deck-enter relays at the meet. Age groups 18+, 25+, 35+, and 10-year increments as high as necessary. Age of the youngest relay swimmer determines the age group of the relay. Fantasy relay instructions will be announced at the meet. (NOTE: the relay often utilizes inner tubes, backwards swimming, water polo balls, sculling, flower caps, and/or other exciting and goofy challenges).

SEEDING: Slow to fast. Check-in with the clerk of course.

MEET DIRECTOR: Tara Simsak TaraSimsak@aol.com, 206-780-3687; 206-550-2969

WEBSITE: For more information, visit the PNA website (www.swimpna.org), or BAM website www.bainbridgeaquaticmasters.org

SAFETY FIRST

No diving during warm-up/warm-down except into designated sprint lanes.

MEET ENTRY FORM: October 25, 2008 7th Annual BAMFEST

Hosted by Bainbridge Area Masters (BAM) - Sanction # 0638-09

NAME: _____ M F AGE (on10/25/08) _____

ADDRESS: _____

E-MAIL: _____ PHONE: _____

BIRTHDATE: _____ USMS# _____ Team or Unattached _____

Include a copy of your current Masters Registration card if you are not a PNA member.

EMERGENCY CONTACT: _____ PHONE: _____

ENTRY LIMIT: Five individual events, plus relays. Circle if your first Masters meet: Y

EVENT #	EVENT NAME	SEED TIME (Short Course Yards)

ENTRY FEES: \$ 13.00 Surcharge (Includes LMSC & electronic timing fees)

Individual Events: \$ _____ \$1.00 per event. No charge for relays.

Optional for age 65 and over, or if needs based.

TOTAL \$ _____ Please make checks payable to: BAM

Mail this entry form and fees to: BAM

PO Box 10848

Bainbridge Island, WA 98110

Entries must be postmarked by Oct. 14 or received by Oct. 18, 2008.

Late entries will not be accepted.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR 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.

SIGNATURE: _____ DATE: _____

2008 Membership Application

Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer

(Old Number if available _____)

2008 Annual Fee: Of your membership fee \$25 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication. (There is no discount for those not wishing to receive the national publication.)

Please print clearly and fill out the entire form. Register with the same name you will use for competition. If your name has changed, please include old and new names.

Name: _____ Birth date: _____
 Last First Initial Month Day Year
 Address: _____ Age: _____ Male Female (circle one)
 Street or box number
 City State Zip+4 E-Mail: _____
 please print carefully

Telephone: (____) _____

2nd Phone: (____) _____

If you coach a Masters swim team check here
I am interested helping the PNA committee
Send The WetSet newsletter only by email

CLUB: Pacific NW Aquatics (PNA)
 or Unattached

AND Team : _____
 or Unattached

September 1, 2008 to **Dec. 2008 \$25

Optional Donations:

USMS Endowment Fund \$ _____
 International Swimmers Hall of Fame \$ _____
TOTAL \$ _____

Mail to: PNA Registrar, Arni H. Litt,
 P O Box 12172
 Seattle, WA 98102-0172

Questions: (206) 849-1387

pnaRegistrar@usms.org

** Annual registration starts Nov 1, 2008

Make check payable to: **PNA**

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

→ Signature _____

Date _____

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

Workout Groups

- | | | |
|--------------------------------------|---------------------------------------|-------------------------------------|
| BAM: Bainbridge Area Masters | IST: Issaquah Swim Team | QASC: Queen Anne Swim Club |
| BADD: Bellevue Aquatic Divas & Dudes | JAM: Juanita Aquatic Masters | RAH: Redmond Aqua Hotshots |
| BC: Bellevue Club | LLUA: Little Lebowski Urban Achievers | SAMM: Samena Club |
| BEST: Bellevue Eastside Masters | LOGS: Logger Masters | SAC: Seattle Athletic Club |
| BBST: Bellingham Bay Swim Team | LUNA: Team Luna | SVY: Skagit Valley YMCA |
| BMSC: Bellingham Masters Swim Club | LWS: Lynnwood Sharks | SSTM: South Sound Titans Masters |
| BTAC: Bremerton Aquatics | MICC: Mercer Island Country Club | SWIM: South Whidbey Island Masters |
| BYMS: Briggs YMCA Masters Swim | MIR: Mercer Island Redwoods | SSRM: Swim Seattle Redhawk Masters |
| CAC: Columbia Athletic Masters (All) | MAMS: Middle Aged Marlins | TACY: Tacoma Pierce County YMCA |
| DSYM: Downtown Seattle YMCA Masters | MMM: Mighty Marlins Masters | TACM: Thunderbird Aquatic Masters |
| EMS: Everett Masters Swimmers | MYM: Monroe :YMCA Masters | TIG: Tigers |
| ESC: Evergreen Swim Club Masters | NHM: Newport Hills Masters | TVAC: Tumwater Valley Athletic Club |
| FAST: Foothills Aquatics Swim Team | NEO: North End Otters | UNAT: Unattached to a Team |
| FWM: Federal Way Master | NSYG: Northshore Y's Guys | UPAC: University Place Aquatic Club |
| FSJ: Fins of the San Juans | NWM: North Whidbey Masters | VFC: Valley Fitness Center |
| FTS: Ft. Steilacoom | OAC: Olympic Aquatic Club | VAM: Vashon Aquatic Masters |
| GACM: Gateway Athletic Club | OOPS: Old Olympic Peninsula Swimmers | WAC: Washington Athletic Club |
| GHY: Gig Harbor YMCA | ORCA: Orca Swim Club | WEST: West Coast Aquatics Masters |
| GCMS: Gold Creek Masters (GCM) | OST: Ohana Swim Team | WSAS: West Seattle All-Stars |
| GAM: Gold's Aquatics Masters | PAC: Poseidon Aquatic Club | WSYD: West Seattle YMCA Dolphins |
| GGRM: Gold's Gym Redmond Masters | PSC: Phinney Ridge Swim Club | WWUS: Western WA U Masters Swimming |
| GLAD: Green Lake Aqua Ducks | PTMS: Port Townsend Master Swimmers | WCY: Whatcom County YMCA |
| HMST: Husky Masters | PRO: Pro Sports Club | YNOT: Y Nauts |

Inside this issue:



- ◆ *Articles, pictures and results for Fat Salmon, the Titlow and Anacortes Meets and the Senior Games.*



- ◆ *Article about swimming with your right brain. See page 9.*
- ◆ *Article about atrial fibrillation. See page 10.*
- ◆ *Article about Scott Lautman's 12K open water swim in Guatemala. See page 11.*
- ◆ *Important clarifications about USMS rules affecting your swimming. See page 13.*

**Hot off the press
(actually a computer):
September's
The WetSet.
A not-to-miss
issue.
Packed with
need-to-know
information.
Fast moving.
Lots of action.
Better than a
Grisham
novel!**

Pacific Northwest Association of Masters Swimmers
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