



What was LC Nationals Like? PNA President Steve Peterson Tells Us

I was looking forward to Nationals this year. My first Long Course Championships was at the same venue, Mt. Hood Community College in Gresham, back in 1986. I attended again in 1995 and now I'd get to try out the newly refurbished pool. It was worth the wait! Meet Directors BD (Brandon Drawz) and Bake (Dennis Baker) did a great job marshalling a force of Oregon Masters volunteers to stage a superb event.

Before the meet, I checked out its Web site, which featured a short welcoming video by Olympian Megan Jendrick and tons of information. Three expanded issues of "The Nationals Enquirer," what writers/editors Robin and Frank Parisi call their "infamous and unofficial meet newsletter," were posted — 29, 22 and 32 pages long! Packed inside were plenty of photos, tips, articles and humor to build enthusiasm. The duo published four more — much shorter — issues each day of the meet.

Going Gold

This was the first Nationals I subscribed as a Gold Medal Sponsor. For \$65 my name was listed in the meet program as a contributor to the meet's financial



World record 200 M Women's Free Relay (240-279), from left: Sarah Welch, Suzanne Dills, Sally Dillon and Debbie Glassman

success. I also had access to the hospitality area. For people like me who remained at the pool every day, this perk solved the food and transportation problem. And the food was excellent Breakfast burritos, fruit, nuts, cheeses, cereal, pasta, veggies and snack bars. Coffee, iced tea and soda. Friday's lunch was baked salmon!

Because I was a Gold Medal Sponsor, added to my goodie bag was a bottle of MacCallum Family Cellars 2003 Estate Malbec wine with a special "Swim Fast" label. (Wine Enthusiast rates it a "90" for showing "the intense boysenberry character of the Northwest.")

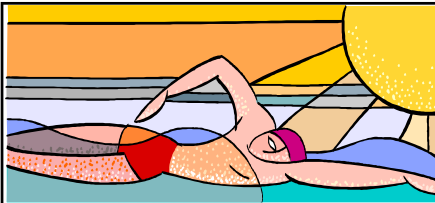
I attended both socials: a buffet dinner Friday night at McMenamins Edgefield Manor and a catered barbeque Saturday night in the field adjacent to the pool. The 38-acre Manor is a national

historic landmark that features ingredients from its own gardens. The barbeque included a live band. Both events were sold out. The featured entertainment, however, wasn't as popular as lively talk among Masters swimmers from across the country.

100+° Temperatures

I recall some chilly mornings in my previous meets here, but not this year. The temperature soared to over 100 degrees on three consecutive days, which hasn't happened since the 1980s. Fortunately, tent covers along the pool and trees behind the concrete bleachers provided sufficient shade. I rather enjoyed the heat, given Seattle's chilly summer.

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THE WET SET

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Editor

Paul Freeman (206) 283-3802
515 West Raye St.
Seattle WA 98119
pwriter@blarg.net

PNA Officers

President

Steve Peterson (360) 692-1669
11165 Central Valley Road NW
Poulsbo WA 98370
speterson@bandwagon.net

Vice President

Lisa Dahl (206) 251-1278
lisaisswimming@hotmail.com

Treasurer

Toby Coenen (425) 836-8943
tobycoenen@comcast.net

Secretary

Jo Moore mdec@halcyon.com

Immediate Past President

Jeanne Ensing
Jeanne@raincity.com

Board Members at-Large

Kathy Casey (253) 588-4879
kathyjcasey@comcast.net
Tom Foley (206) 937-5585
lilmot@hotmail.com
Herb Cook
herbcook@att.net

PNA Volunteers

Registrar

Arni Litt (206) 849-1387 (cell)
PO Box 12172
Seattle WA 98102--0172
PNARegistrar@usms.org

Awards: Kelly Crandell

Coaches: Wendy Neely

Constitution & Bylaws: Jane Moore

Fitness: Sarah Welch

Historian: Tom Foley

Meets: Cathy Cooley/Mike McColly

Records/Top Ten: Walt Reid

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Webmaster/Computer Apps:
Hugh Moore

Editor's Note:

PNA President Steve Peterson, who wrote the lead article about LC Nationals, yielded his monthly column to Kathy Morris.

Two short years ago, during the training for our first Washington State Senior Games, her exclamation, "I've never had a swim buddy before," seemed surprising to us both. In the roughly 888 days since, we've improved through coach's advice, teammates' support and shared participation in local, regional and national USMS events. But the most significant changes have come directly from our swim-buddy relationship.

Who is a Swim Buddy?

"Swim-buddy" status can be achieved only through direct participation in an aquatic activity that involves propelling oneself rapidly through short sprints, medium lengths or long distances. Like a coach, a swim buddy will push, chastise, carp and threaten to keep you on track, but your buddy will also cheer, plead, cajole and sweet talk. Both coach and buddy will encourage you into becoming your best possible swimmer. A swim buddy will tell you when your stroke is off or when it's right on.

Swim buddies think out loud while trying to figure out exactly how they do the breaststroke pull. And they know just what to say to convince you that bilateral breathing is not a leading cause of death in the United States.

More than Swimming — It's a Relationship

A swim-buddy relationship can run the gamut from a casual cup of coffee after workout to being caretaker of sacred African violets

LEADING OFF

"Swim Buddies"

By Kathy Morris (ORCA)

for twenty-one days or longer. It might involve whispered juicy gossip in the locker room or phone-call hilarity at day's end. Whatever the degree of involvement, a swim



buddy relationship always involves compassion, support, fun and water.

Flying high on our 2006 victories, my swim buddy and I made a wishful pact to participate in the 2009 San Francisco National Senior Games. Now that we've both qualified, it's interesting to ponder how the wish of sharing a competition has turned into a fulfilled promise of steadfast friendship.

Amazing Senior Games

On Sunday, July 27, 2008, at the Washington State Senior Games, I saw some amazing swimming: a 90-year-old woman completing the 100 IM in 3:48.58, a 67-year-old man bringing home the 50 Fly in 33.39, a 57-year-old Olympian breaking three Senior Games' records and a 50-year-old

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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.*

☐ 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

☐ **October 25, 2008**
BAMfest SCY Meet
Ray Williamson Memorial Pool
Bainbridge Island, Wash.

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

☐ **November 1 to 2, 2008**
Northwest Zone SCM
Championships
Hood River, Ore.
<http://www.northwestzone.org/08SCM/Zonesentryform.pdf>

☐ **December 2, 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,
swimmooore@comcast.net; Janae McCullough, (253) 228-5947
u2jem@u2.com; usms.org/longdist/ldnats09

☐ April 10 & 11, 2009
PNA Champs
Weyerhaeuser King County Aquatic Center
Federal Way, Wash.

☐ May 7 to 10, 2009
2009 USMS Short Course Yards Nationals
Clovis North High School, Fresno, Calif.

☐ May 11, 2009
USMS 1 Mile Open Water Championships
Millerton Lake, Clovis, Calif.
Clovis Swim Club
Dowain Wright, (559) 285-0489,
rightswim@sbcglobal.net



☐ 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

☐ July 11, 2009
USMS 1–3 Mile Open Water Championships (2 miles)
Canandaigua Lake, Canandaigua, N.Y.
Niagara District Masters Swimming
Vern Hecker, (585) 394-4075,
vhecker001@rochester.rr.com
Ken Koppenhaver,
niagarachair@hotmail.com
Lynn Fuller, (585) 394-2949
lfjee@rit.edu

☐ August 1, 2009
USMS 6+ Mile Open Water Championships (10 km)
Little Traverse Bay, Lake Michigan, Harbor Springs, MI
Date: August 1
Hammerhead Swim Club
John Cowing, (231) 330-8904,
johnc.marilyn@gmail.com
Marilyn Early, (231) 526-9824,
johnc.marilyn@gmail.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
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

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LC Nationals

PNA's designated Nationals Coach Frank Comerford was a constant figure at the starting end, where he kept a watchful eye on all PNA swimmers. Veterans and relative newcomers alike asked Frank for advice and tips, and all were impressed with his knowledge and encouragement. Unfortunately, Frank's next stops after the meet were job interviews in California, so I'm not sure if his services will be available again.

Setting Up Relays

Lisa Dahl and I helped Frank assemble the relay teams that PNA fielded. It's a challenging process, balancing conflicting philosophies (fastest possible teams versus using everyone willing to swim) and human nature (hoping everyone entered will show up).

Our four 240-279 relays typify this balancing: The Women's Free set a new world record while the Mixed Medley (third) and Mixed Free (sixth) both set PNA records. But to me, the Men's Medley (sixth but no record) was the most rewarding. Jerry Gallaher, age 80 and averaging nearly 20 years senior to the other three members, was happier than a record-setting age-grouper for being asked to swim the relay!

High Tech

High-tech features added to the fun. Wi-Fi service was available for those wanting to connect their laptops to the Internet. The bright scoreboard displayed reaction times off the blocks and split times as races progressed. It also showed television feed from the Olympics after Saturday's barbeque social.

Oregon Masters has set a new standard for a National

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Results: Nationals Long Course Meters Gresham, Ore. August 17, 2008

P = P.N.A. RECORD
Z = NORTHWEST ZONE RECORD
N = NATIONAL RECORD
W = WORLD RECORD
S = SPLIT TIME
U = UNOFFICAL TIME (1 WATCH)

WOMEN 19-24

100 M. BRST			
DANIELLE TREVINO	21 # 3	1:21.24	
200 M. BRST			
DANIELLE TREVINO	21 # 2	2:53.65	
100 M. FLY			
DANIELLE TREVINO	21 # 2	1:10.93P	
200 M. I.M.			
DANIELLE TREVINO	21 # 3	2:34.09P	
400 M. I.M.			
DANIELLE TREVINO	21 # 1	5:38.30Z	

WOMEN 25-29

400 M. FREE			
ALLISON BOOMER	25 # 8	5:37.17	
50 M. FLY			
ALLISON BOOMER	25	36.49	
200 M. FLY			
ALLISON BOOMER	25 # 2	3:12.62	

WOMEN 30-34

200 M. FREE			
COLLEEN PHILIPPS	32 # 1	2:14.96P	
EMILIE ELLIS	34 # 5	2:39.78	
200 M. BACK			
EMILIE ELLIS	34 # 2	3:03.19	

100 M. BRST			
EMILIE ELLIS	34 # 3	1:32.03	
100 M. FLY			
COLLEEN PHILIPPS	32 # 5	1:10.22	
400 M. I.M.			
EMILIE ELLIS	34 # 4	6:11.70	

WOMEN 35-39

200 M. FREE			
TRACEY SONDRGROTH	36 # 9	2:34.53	
400 M. I.M.			
TRACEY SONDRGROTH	36 # 5	6:15.64	

WOMEN 40-44

50 M. BRST			
LAURA DEL RIO	43 # 7	43.69	
100 M. BRST			
LAURA DEL RIO	43 # 7	1:37.19	
200 M. BRST			
LAURA DEL RIO	43 # 2	3:28.77	
200 M. I.M.			
LAURA DEL RIO	43 # 10	3:16.82	
400 M. I.M.			
LAURA DEL RIO	43 # 5	6:55.56	

WOMEN 45-49

50 M. FREE			
LISA DAHL	47 # 1	28.35	
ZENA COURTNEY	49 # 7	31.83	
400 M. FREE			
KRIS SPEIR	45	6:15.62	
50 M. BACK			
LISA DAHL	47 # 2	34.59	
ZENA COURTNEY	49 # 3	35.85	
100 M. BACK			
ZENA COURTNEY	49 # 3	1:16.14	
200 M. BACK			
ZENA COURTNEY	49 # 4	2:46.77	
50 M. BRST			
LISA DAHL	47 # 1	37.21Z	
100 M. BRST			
KRIS SPEIR	45	1:40.03	
200 M. BRST			
KRIS SPEIR	45 # 9	3:38.70	
50 M. FLY			
LISA DAHL	47 # 2	30.08P	

(Continued on page 5)



Morning Warm up

200 M. I.M.
 ZENA COURTNEY 49 # 6 2:52.40
 KRIS SPEIR 45 3:19.75

WOMEN 50-54

50 M. FREE
 JO MOORE 53 # 5 31.71
 CAROLINE BROWN 51 36.47
 100 M. FREE
 JO MOORE 53 # 4 1:09.01
 JESSIE HICKEL 50 # 10 1:12.81
 CAROLINE BROWN 51 1:18.49
 400 M. FREE
 JO MOORE 53 # 4 5:22.85
 JESSIE HICKEL 50 # 9 5:44.09
 CAROLINE BROWN 51 6:01.79
 100 M. BACK
 JESSIE HICKEL 50 # 9 1:33.85
 50 M. BRST
 T.UTIGARD-RATHBUN 50 # 5 42.07
 JANET JOHNSON 54 45.63
 CAROLINE BROWN 51 50.19
 100 M. BRST
 T.UTIGARD-RATHBUN 50 # 5 1:33.64
 JANET JOHNSON 54 1:44.65
 200 M. BRST
 T.UTIGARD-RATHBUN 50 # 3 3:21.39
 JANET JOHNSON 54 # 9 3:47.42
 50 M. FLY
 JO MOORE 53 # 8 34.38
 200 M. FLY
 JESSIE HICKEL 50 # 7 3:50.76

WOMEN 55-59

50 M. FREE
 DEBBIE GLASSMAN 55 # 2 30.94
 100 M. FREE
 DEBBIE GLASSMAN 55 # 3 1:11.92
 400 M. FREE
 JANE MOORE 58 9:11.76
 100 M. BACK
 DEBBIE GLASSMAN 55 # 7 1:32.12
 100 M. BRST
 ELIZABETH KASSEN 56 # 7 1:45.47
 50 M. FLY
 DEBBIE GLASSMAN 55 # 3 35.27
 ELIZABETH KASSEN 56 # 5 40.42
 100 M. FLY
 DEBBIE GLASSMAN 55 # 2 1:29.11
 200 M. I.M.
 ELIZABETH KASSEN 56 # 5 3:23.16

WOMEN 60-64

50 M. FREE
 SALLY DILLON 62 # 9 35.82P
 100 M. FREE
 SALLY DILLON 62 # 3 1:17.29P
 200 M. FREE
 SUZANNE DILLS 63 # 5 2:51.57P
 SALLY DILLON 62 # 8 2:54.13
 JOAN DELGADO 63 3:23.67
 400 M. FREE
 SUZANNE DILLS 63 # 5 6:01.60P
 MEL LEBSACK 60 # 10 6:42.76
 ARNI LITT 62 7:29.26
 800 M. FREE
 SUZANNE DILLS 63 # 3 12:25.86P
 JOAN DELGADO 63 # 9 14:49.26

1500 M. FREE
 KATHRINE CASEY 60 # 5 25:38.95P
 MEL LEBSACK 60 # 7 26:10.36
 50 M. BACK
 KATHRINE CASEY 60 # 7 46.52P
 100 M. BACK
 KATHRINE CASEY 60 # 4 1:41.42P
 200 M. BACK
 SUZANNE DILLS 63 # 3 3:24.51P
 KATHRINE CASEY 60 # 5 3:43.09
 50 M. BRST
 SALLY DILLON 62 # 6 47.60P
 ARNI LITT 62 # 7 49.05
 100 M. BRST
 ARNI LITT 62 # 7 1:48.87
 200 M. BRST
 ARNI LITT 62 # 6 4:15.47
 MEL LEBSACK 60 # 7 4:32.16
 50 M. FLY
 SARAH WELCH 61 # 2 36.84P
 100 M. FLY
 SARAH WELCH 61 # 1 1:26.62Z
 200 M. FLY
 SARAH WELCH 61 # 1 3:29.21Z
 200 M. I.M.
 SARAH WELCH 61 # 1 3:14.93Z
 SUZANNE DILLS 63 # 2 3:16.73
 400 M. I.M.
 SARAH WELCH 61 # 1 7:09.23P
 KATHRINE CASEY 60 # 3 8:02.92
 ARNI LITT 62 # 8 8:48.15

WOMEN 65-69

50 M. FREE
 CAROLYN BEHSE 65 44.90
 400 M. FREE
 CAROLYN BEHSE 65 # 8 7:40.46
 100 M. BACK
 CAROLYN BEHSE 65 # 7 2:11.38

WOMEN 70-74

100 M. BACK
 CHAYA AMIAD 70 # 9 2:56.86
 200 M. BACK
 CHAYA AMIAD 70 # 6 6:09.38
 200 M. FLY
 CHAYA AMIAD 70 # 3 9:11.13P
 400 M. I.M.
 CHAYA AMIAD 70 # 4 15:01.06

WOMEN 75-79

100 M. FREE
 KAREN BRYCE 75 # 4 2:13.32
 400 M. FREE
 JANET KAVADAS 77 # 4 10:18.12
 1500 M. FREE
 JANET KAVADAS 77 # 3 39:54.80
 50 M. BACK
 KAREN BRYCE 75 # 4 1:13.57
 100 M. BACK
 JANET KAVADAS 77 # 4 2:23.00
 200 M. BACK
 JANET KAVADAS 77 # 4 5:06.62
 50 M. BRST
 KAREN BRYCE 75 # 9 1:15.27

MEN 19-24

50 M. FREE
 BRIAN GOLDMAN 22 # 2 24.72Z
 50 M. FLY
 BRIAN GOLDMAN 22 # 4 27.17

MEN 30-34

50 M. FREE
 STEVEN ROSARIA 34 # 9 28.47
 100 M. FREE
 STEVEN ROSARIA 34 # 9 1:02.76

50 M. BACK
 STEVEN ROSARIA 34 # 6 36.13
 50 M. BRST
 STEVEN ROSARIA 34 # 5 35.25
 100 M. BRST
 STEVEN ROSARIA 34 # 4 1:18.77
 50 M. FLY
 JASON GOLTZ 30 # 1 26.34P
 100 M. FLY
 JASON GOLTZ 30 # 2 59.24P
 200 M. FLY
 JASON GOLTZ 30 # 1 2:18.52P
 200 M. I.M.
 JASON GOLTZ 30 # 1 2:18.35
 400 M. I.M.
 JASON GOLTZ 30 # 2 5:00.68P

MEN 35-39

50 M. FREE
 ZAC MONTGOMERY 37 # 8 26.99
 100 M. FREE
 ZAC MONTGOMERY 37 # 7 59.61
 ERIN DUNN 38 1:00.90
 DAVID MARGRAVE 37 1:04.34
 ERIC KAPFHAMMER 35 1:05.07
 200 M. FREE
 KIRK NELSON 38 # 6 2:07.41
 ERIN DUNN 38 2:19.99
 DAVID MARGRAVE 37 2:25.88
 400 M. FREE
 KIRK NELSON 38 # 5 4:29.96P
 DOUG JELEN 35 # 8 4:49.81
 ERIN DUNN 38 4:56.78
 DAVID MARGRAVE 37 5:18.46
 1500 M. FREE
 KIRK NELSON 38 # 2 17:51.74P
 DAVID MARGRAVE 37 # 6 21:20.93
 100 M. BACK
 TOM SCHUTTE 39 # 3 1:11.15
 200 M. BACK
 DOUG JELEN 35 # 1 2:28.37
 100 M. BRST
 TOM SCHUTTE 39 # 3 1:17.21
 JOE DENTON 37 1:31.97
 200 M. BRST
 TOM SCHUTTE 39 # 2 2:49.90
 50 M. FLY
 ZAC MONTGOMERY 37 # 7 30.18
 ERIC KAPFHAMMER 35 # 8 30.73
 100 M. FLY
 DOUG JELEN 35 # 4 1:04.65
 DAVID MARGRAVE 37 # 7 1:13.01
 200 M. FLY
 DOUG JELEN 35 # 3 2:28.39
 200 M. I.M.
 KIRK NELSON 38 # 2 2:25.77P
 TOM SCHUTTE 39 # 5 2:31.43
 ERIN DUNN 38 # 8 2:41.40
 400 M. I.M.
 KIRK NELSON 38 # 2 5:11.28P
 DOUG JELEN 35 # 3 5:21.87
 ERIN DUNN 38 # 6 5:48.66

MEN 40-44

50 M. FREE
 JOHN WILLIAMS 40 27.53
 RICHARD SEIBERT 44 27.91
 PATRICK PRESTON 42 28.95
 RICK FERRERO 44 29.47
 100 M. FREE
 JOHN WILLIAMS 40 58.60
 RICHARD SEIBERT 44 1:01.10
 PATRICK PRESTON 42 1:05.22
 RICK FERRERO 44 1:06.04
 200 M. FREE
 DAVID KAYS 41 # 7 2:07.78
 400 M. FREE
 DAVID KAYS 41 # 8 4:32.05
 JOHN WILLIAMS 40 4:51.01



Rich Seibert after swimming the 100 Back

(Continued on page 6)

1500 M. FREE		
DAVID KAYS	41 # 6	18:15.66P
50 M. BACK		
RICHARD SEIBERT	44	35.03
RICK FERRERO	44	36.68
100 M. BACK		
MATTHEW LIND	44 # 8	1:14.07
RICHARD SEIBERT	44	1:16.80
200 M. BACK		
MATTHEW LIND	44 # 9	2:48.62
RICK FERRERO	44 # 10	2:57.69
50 M. BRST		
KEVIN ESKO	42 # 7	34.34
100 M. BRST		
KEVIN ESKO	42 # 6	1:18.86
KAS BADIOZAMANI	40	1:33.91
50 M. FLY		
JOHN WILLIAMS	40	29.52
KEVIN ESKO	42	29.71
200 M. I.M.		
RICHARD SEIBERT	44	2:39.69
RICK FERRERO	44	2:54.37
400 M. I.M.		
DAVID KAYS	41 # 4	5:16.44

MEN 45-49

100 M. FREE		
ERIC VALLEY	47 # 9	59.97
200 M. FREE		
ERIC VALLEY	47 # 9	2:13.34
JOSEPH LANG	45	2:23.48
400 M. FREE		
ERIC VALLEY	47 # 5	4:46.58
JOSEPH LANG	45 # 10	5:00.56
800 M. FREE		
ERIC VALLEY	47 # 6	10:11.16
1500 M. FREE		
DANIEL SMITH	46 # 2	19:23.54
JOSEPH LANG	45 # 3	19:46.69
50 M. BACK		
JAMES LITTLEFIELD	48 # 10	34.93
100 M. BACK		
JAMES LITTLEFIELD	48 # 7	1:14.72
200 M. BACK		
JAMES LITTLEFIELD	48 # 8	2:52.68
50 M. BRST		
DANIEL SMITH	46 # 10	35.42
PATRICK YALUNG	49	36.54
100 M. BRST		
DANIEL SMITH	46 # 7	1:20.18
PATRICK YALUNG	49	1:22.74
200 M. BRST		
DANIEL SMITH	46 # 7	2:57.03
50 M. FLY		
JAMES LITTLEFIELD	48	31.53
200 M. FLY		
ERIC VALLEY	47 # 5	2:53.38
400 M. I.M.		
DANIEL SMITH	46 # 7	5:45.06

MEN 50-54

50 M. FREE		
RICK PARNELL	50	29.86
JOHN MARK NUTTMAN	54	30.24
JEFFREY MORRISON	53	30.43
100 M. FREE		
RICK PARNELL	50	1:05.17
JEFFREY MORRISON	53	1:10.20
STEPHEN SUGG	53	1:12.53
RICHARD ADCKOCK	53	1:14.84
200 M. FREE		
RICK PARNELL	50	2:26.47
STEPHEN SUGG	53	2:47.83
50 M. BACK		
STEPHEN FREEBORN	53 # 8	38.03
200 M. BACK		
STEPHEN FREEBORN	53 # 6	2:54.46
50 M. BRST		
RICHARD ADCKOCK	53	40.52
100 M. BRST		
RICHARD ADCKOCK	53	1:32.80

JEFFREY MORRISON	53	1:41.19
50 M. FLY		
STEPHEN FREEBORN	53	30.92
HUGH MOORE	54	32.88
100 M. FLY		
HUGH MOORE	54	1:14.51
STEPHEN FREEBORN	53	1:15.48
200 M. I.M.		
DAN ROBINSON	51	2:44.01
STEPHEN FREEBORN	53	2:54.26
HUGH MOORE	54	3:04.17
400 M. I.M.		
HUGH MOORE	54	6:19.75

MEN 55-59

200 M. FREE		
BILL KNOWLTON	56	2:36.16
BRIAN CARLTON	58	2:52.71
400 M. FREE		
RICK COLELLA	57 # 6	5:14.01P
W.PENN	57 # 7	5:15.60
BRIAN CARLTON	58	6:04.57
1500 M. FREE		
W.PENN	57 # 4	20:02.88
MIKE KOENIG	57 # 10	23:43.46
BRIAN CARLTON	58	23:44.74
50 M. BACK		
BUSTER YONYCH	57 # 5	34.45P
MIKE KOENIG	57 # 9	36.04
100 M. BACK		
BUSTER YONYCH	57 # 3	1:14.60
MIKE KOENIG	57 # 9	1:22.71
200 M. BACK		
BUSTER YONYCH	57 # 5	2:48.19
BILL KNOWLTON	56 # 8	2:52.08
MIKE KOENIG	57	3:04.97
100 M. BRST		
RICK COLELLA	57 # 1	1:14.30N
200 M. BRST		
RICK COLELLA	57 # 1	2:38.66W
50 M. FLY		
SCOTT LAUTMAN	56 # 1	29.08Z
100 M. FLY		
SCOTT LAUTMAN	56 # 1	1:03.95Z
200 M. FLY		
SCOTT LAUTMAN	56 # 1	2:29.80
200 M. I.M.		
RICK COLELLA	57 # 1	2:24.12W
SCOTT LAUTMAN	56 # 3	2:40.67
400 M. I.M.		
W.PENN	57 # 4	6:44.61P

MEN 60-64

100 M. FREE		
STEVEN PETERSON	62	1:13.16
50 M. BACK		
THOMAS WALKER	61 # 7	51.39
200 M. BACK		
THOMAS WALKER	61 # 10	4:01.21
50 M. BRST		
STEVEN PETERSON	62 # 4	37.75
100 M. BRST		
STEVEN PETERSON	62 # 5	1:26.04
200 M. BRST		
STEVEN PETERSON	62 # 4	3:06.67
200 M. I.M.		
STEVEN PETERSON	62 # 5	3:05.18
THOMAS WALKER	61 # 7	4:17.67
400 M. I.M.		
THOMAS WALKER	61 # 7	9:05.69

MEN 65-69

50 M. FREE		
ROBERT PILGER	65 # 6	29.48P
STEVEN HUBER	67	39.15
100 M. FREE		
ROBERT PILGER	65 # 6	1:09.98P
STEVEN HUBER	67	1:31.79
200 M. FREE		
ROBERT PILGER	65 # 6	2:44.71P



Suzanne Dills and Scott Lautman

STEVEN HUBER	67	3:43.92
400 M. FREE		
HERB COOK	66	7:27.74
800 M. FREE		
HERB COOK	66 # 8	15:45.20
50 M. BACK		
WALT REID	68 # 8	42.41
LEE CARLSON	68 # 10	48.41
100 M. BACK		
WALT REID	68 # 6	1:34.07
LEE CARLSON	68 # 7	1:42.58
200 M. BACK		
LEE CARLSON	68 # 7	3:45.05
50 M. BRST		
ROY DAVIS	66 # 6	40.85
WALT REID	68 # 9	41.79
100 M. BRST		
ROY DAVIS	66 # 4	1:31.69
WALT REID	68 # 8	1:39.04
200 M. BRST		
ROY DAVIS	66 # 3	3:18.00Z

MEN 80-84

50 M. BACK		
JERRY GALLAHER	80 # 6	1:06.14
50 M. BRST		
JERRY GALLAHER	80 # 4	57.40
100 M. BRST		
JERRY GALLAHER	80 # 3	2:20.83
200 M. BRST		
JERRY GALLAHER	80 # 2	5:34.76

RELAYS-WOMEN 200 M. FREE

200-239		
LISA DAHL	47 # 2	2:06.54
CAROLINE BROWN	51	
ZENA COURTNEY	49	
JO MOORE	53	
240-279		
SALLY DILLON	62 # 1	2:13.33W
SARAH WELCH	61	
SUZANNE DILLS	63	
DEBBIE GLASSMAN	55	

RELAYS-WOMEN 200 M. MED-LEY

200-239		
ZENA COURTNEY	49 # 2	2:18.19P
LISA DAHL	47	
JO MOORE	53	
DEBBIE GLASSMAN	55	
KATHRINE CASEY	60 # 8	2:47.40
JANET JOHNSON	54	
SARAH WELCH	61	
JESSIE HICKEL	50	

(Continued on page 7)



RELAYS-MEN 200 M.

FREE

160-199			
KIRK NELSON	38 # 4	1:49.84	
ZAC MONTGOMERY	37		
STEPHEN FREEBORN	53		
STEVEN ROSARIA	34		

DOUG JELEN	35 # 7	1:56.69	
STEVEN PETERSON	62		
DAVID MARGRAVE	37		
JOHN WILLIAMS	40		

200-239			
RICK COLELLA	57 # 7	1:52.33	
ROBERT PILGER	65		
RICHARD SEIBERT	44		
SCOTT LAUTMAN	56		

RICK FERRERO	44 #10	1:57.71	
JEFFREY MORRISON	53		
JOHN MARK NUTTMAN	54		
DAN ROBINSON	51		

RELAYS-MEN 200 M. MED-LEY

120-159			
TOM SCHUTTE	39 # 1	1:59.65	
ZAC MONTGOMERY	37		
JOHN WILLIAMS	40		
BRIAN GOLDMAN	22		

200-239			
RICK PARNELL	50 # 8	2:22.14	
JOHN MARK NUTTMAN	54		
RICHARD SEIBERT	44		
ROBERT PILGER	65		

240-279			
LEE CARLSON	68 # 6	2:53.68	
JERRY GALLAHER	80		
STEVEN PETERSON	62		
JEFFREY MORRISON	53		

RELAYS-MIXED 200 M. FREE

120-159			
JOE DENTON	37 # 9	2:02.46	
EMILIE ELLIS	34		
MATTHEW LIND	44		
COLLEEN PHILIPPS	32		

160-199			
KIRK NELSON	38 # 2	1:51.63P	
JOHN WILLIAMS	40		
DEBBIE GLASSMAN	55		
LISA DAHL	47		

CAROLINE BROWN	51	2:11.98	
KATHRINE CASEY	60		
DOUG JELEN	35		
DAVID MARGRAVE	37		

RICK FERRERO	44	2:15.99	
STEVEN ROSARIA	34		
JANET JOHNSON	54		
ARNI LITT	62		

200-239			
STEPHEN FREEBORN	53	2:06.93	
ZENA COURTNEY	49		
SUZANNE DILLS	63		
HUGH MOORE	54		

240-279			
SCOTT LAUTMAN	56 # 6	2:10.87P	
STEVEN PETERSON	62		
SARAH WELCH	61		
SALLY DILLON	62		

RELAYS-MIXED 200 M. MED-LEY

160-199			
DOUG JELEN	35 # 8	2:13.21	
TRACEY SONDRGROTH	36		
KIRK NELSON	38		
DEBBIE GLASSMAN	55		

TOM SCHUTTE	39 # 9	2:14.03	
ZAC MONTGOMERY	37		
JO MOORE	53		
COLLEEN PHILIPPS	32		

200-239			
ZENA COURTNEY	49 # 3	2:13.70	
LISA DAHL	47		
STEPHEN FREEBORN	53		
JOHN MARK NUTTMAN	54		

240-279			
SUZANNE DILLS	63 # 3	2:26.43P	
STEVEN PETERSON	62		
SCOTT LAUTMAN	56		
SARAH WELCH	61		



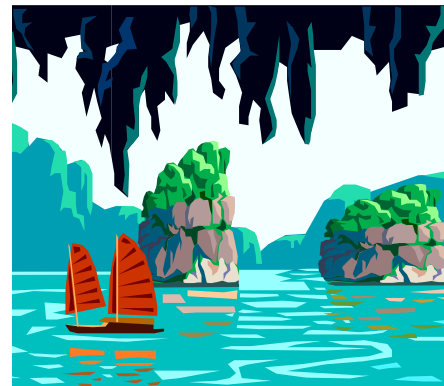
Lake Padden OW Swim: Chilly But Fun

For the second year in a row, despite it being the height of summer — August 2 — the morning was “dark and stormy” for the Lake Padden swim. A chilly 62 degrees in and out of the water. Overcast and windy, and a strong chop on the water.

Nevertheless, 66 hearty, enthusiastic and energetic souls splashed into Lake Padden after 9:00 a.m. to start the race.

Swimming in the Near Buff

As usual, there were a 2.5K and a 5K swim. Though wetsuits



were allowed, a few brave souls swam in the near buff.

Held in the swim area of Lake Padden, the event was low-key, with plenty of snacks, fun music and a host of friendly volunteers. That included volunteer kayakers and two people on paddleboards, who escorted swimmers and five lifeguards for two-and-a-half hours, until the last finisher completed the swim. These dedicated volunteers froze their buns off!

Maia Hakin Remembered

The event was held in memory of Maia Hakin, a long-time Bellingham Masters swimmer and race volunteer. Her art work was on the mugs handed out this year to swimmers and volunteers. Maia died late spring in a bicycle accident. Her enthusiasm, dedication and friendliness will be long remembered by those who knew her.

Congrats to Jof Abshire, Lisa Kaufman, Thomas Grandine and Alison Wohlust for being over-all winners.

Expect another Lake Padden open water swim in the summer of 2009!

Lake Padden Results Next Two Pages

Results:
Lake Padden Open Water Swim
Bellingham, Wash.
August 2, 2008
2.5K Event



Overall	Time Place	Name	M	F	AG
1	33:42	Abshire, Jof	1		40-44 1
2	37:43	Margrave, David	2		35-39 1
3	38:20	Kaufman, Lisa		1	35-39 1
4	38:24	Berner-Hayes, Peter	3		50-54 1
5	38:41	Ito, Shingo	4		25-29 1
6	38:52	Culverwell, Hilary		2	40-44 1
7	39:29	Galloway, Sheila		3	25-29 1
8	41:15	Halaska, Tiffany		4	30-34 1
9	41:29	Dalton, Tyler	5		50-54 2
10	43:03	Dillon, Sally		5	60-64 1
11	43:36	Payton, Erika		6	40-44 2
12	43:46	O'Halloran, Laurinda		7	35-39 2
13	45:10	Diddams, Margaret		8	45-49 1
14	45:12	Johnson, M. Leigh		9	55-59 1
15	45:39	Hansen, David	6		45-49 1
16	45:50	McKenzie, Ron	7		60-64 1
17	46:07	Korbmacher, Arnold	8		40-44 2
18	46:28	McCullough, Leslie		10	35-39 3
19	47:05	Smith, Elizabeth		11	55-59 2
20	47:08	Scott, Bryon	9		45-49 2
21	47:12	Malcoe, Lorraine		12	45-49 2
22	48:33	Bass, Tyler	10		18-24 1
23	49:58	Smith, Kathy		13	45-49 3
24	50:32	Faulds, Leonore		14	30-34 2
25	50:38	Hale, Scott	11		50-54 3
26	51:14	Fanning, Mark	12		18-24 2
27	52:13	Hammer, Heidi		15	35-39 4
28	52:19	Stephens, Lesley		16	35-39 5
29	52:36	Marquez, Mica		17	25-29 2
30	52:54	Melseth, Ashley		18	18-24 1
31	53:02	Lucente, Leandro	13		45-49 3
32	53:05	Olmstead, Paul	14		65-69 1
33	53:13	Quam, Jr., John	15		65-69 2
34	54:08	Walker, Pinky		19	65-69 1
35	56:38	Gallegos-White, Jessica		20	35-39 6
36	56:56	Mariz, Linda		21	55-59 3
37	1:01:23	Ensign, Jeanne		22	60-64 2
38	1:05:04	Christensen, Wanda		23	50-54 1
39	1:07:01	Morris, Kathy		24	50-54 2
40	1:08:34	Edwards, Laura		25	40-44 3
41	NS	Buktenica, Julie			
42	NS	Lee, Erin			
43	NS	Litt, Arni			
44	NS	Mar, Emiko			
45	NS	Verner, Paul			
46	NS	Wade, Karly			

Board Meeting Summary:
April to July

April 2008

- ◆ PNA is looking for a meets chair to replace Lee Carlson.
- ◆ The board approved Steve Peterson's being an observer for the June 7 and July 27 Senior Games meets.
- ◆ PNA now has 1,211 members. Four percent of members signed up online.
- ◆ Jane Moore recommended replacing the constitution with revised bylaws that will combine the constitution and bylaws. This recommendation will be implemented at subsequent board meetings.

May 2008

- ◆ Michael McColly and Kathy Cooley became the new meets chairs. They will have one board vote for this position.
- ◆ Reimbursement policy for national coaches, including assistant coaches, was approved.
- ◆ Fat Salmon and Lake Padden swims on track.
- ◆ Orcas Island open water swim coordinators planning a swim this year. They must fill out the paperwork.
- ◆ The board approved reimbursing \$510 to Orca (\$310 for Meet Manager and an extra \$200) and waiving the \$1.75 swimmer fee.

(Continued on page 9)

Results:
Lake Padden Open Water Swim
Bellingham, Wash.
August 2, 2008
5K Event

Distance: 5k					
Overall	Time	Name	M	F	AG
	Place				
1	1:07:12	Grandine, Thomas	1		45-49 1
2	1:12:14	VanAchte, Markus	2		45-49 2
3	1:12:48	Craig, Rod	3		45-49 3
4	1:13:49	McCleery, James T	4		60-64 1
5	1:13:57	Wohlust, Alison		1	35-39 1
6	1:16:08	Harmer, Annelle		2	35-39 2
7	1:16:36	deWit, John	5		55-59 1
8	1:18:39	Vander Haegen, Geraldine		3	40-44 1
9	1:18:55	Kinsella, Maggie		4	50-54 1
10	1:19:18	Schulz, Thomas	6		35-39 1
11	1:19:29	Jones, Michael	7		45-49 4
12	1:21:58	Berry, John A.	8		40-44 1
13	1:23:36	Jensen, Kelly M.		5	18-24 1
14	1:23:44	Ness, Julie		6	35-39 3
15	1:25:44	Moorman, Vicki		7	25-29 1
16	1:26:38	Rathkamp, Mark	9		50-54 1
17	1:28:22	Kuan, James	10		30-34 1
18	1:30:09	Grimm, Michael	11		35-39 2
19	1:37:50	Gregory, Dan	12		55-59 2
20	1:42:52	Munn, Larry	13		50-54 2

(Continued from page 8)

Board summary

June 2008

- ◆ The board approved the stipend and expense sections of the Nationals Coaches Reimbursement Policy.
- ◆ The board approved having the PNA officers and immediate past president determine suitability of inclusion of individual items in the newsletter and on the Web site that need to be addressed between board meetings.
- ◆ The board approved sending to Convention as delegates Walt Reid, Lisa Dahl and Jan Kavadas. Delegates going to Convention who serve on National committees are Sally

Dillon, Jeanne Ensign, Hugh Moore, Arni Litt, Steve Peterson, Kelly Crandall, Walt Reed, Kathy Casey, Sara Welch and Jane Moore.

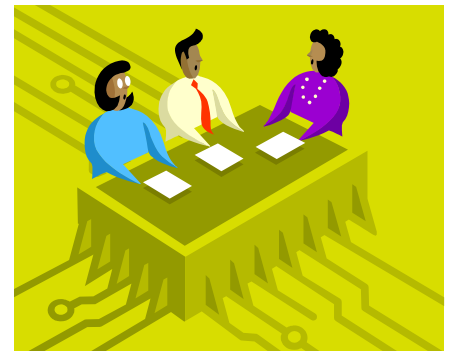
- ◆ The board approved having PNA Champs at the Federal Way pool April 10 to 11, 2009.
- ◆ The board approved renting the South Kitsap Pool for four hours in August for the 5K and 10 K postal swim. The Colman Pool will also be available on Saturdays.

July 2008.

- ◆ The board approved the treasurer's report.
- ◆ PNA now has 1,319 members.
- ◆ Fat Salmon had 333 entries and was a success.
- ◆ Frank Comeford, who will coach LC Nationals, attended the meeting.

Welcome New PNA Swimmers

- Karen L Aliabadi
- Robert Black
- Lynne M Cadigan
- Peter Collins
- John Di Croce
- Lisa P Gerardi
- David A Hansen
- Matthew Henn
- Luis E Hernandez
- Hanna L Johansson
- Kristina K Liggett
- Rusty L Martin
- Jim M Miles
- Theresa M Miller
- Mary E Prendergast
- Liana Robertshaw
- Nick Rohrbach
- Morgan Rohrbach
- David Rojas
- Katherine J Russell
- Laura A Russell
- Ryan M Tennant
- Danielle Torre
- Win Van Pelt
- Allen Vieira
- Scott Warner
- Wendy K Wigney
- Sharon Wright
- Brett A Yount
- Maureen T Zalewski



- ◆ The board approved reducing to one the number of times a meet entry form should run in the newsletter.



Lessons for Masters Swimmers from the Olympics

By Paul Ikeda, Lead Coach
Orca Swim Team

What can we as Masters swimmers learn from the Olympics? It's not how fast you can swim, and it's not just about doing a great kick off the wall like Phelps.

Below are three lessons from the Olympics you can apply to swimming and to other aspects of your life.

Lesson #1; When the odds are slim, your will, determination and attitude can make the difference.

Miraculous Finish

One of the most dramatic races happened in the 4x100 Free relay. Phelps took the lead at the end of the first 100, but the U.S. team wasn't as deep with talent as the French team. The pre-race analysis was that the United States would have to be in the lead at the end of the third 100 for the United States to win gold.

Anchoring the U.S. team was Jason Lezak. (Jason anchored the 200 Free relay in Australia where the United States won silver. Four years later, in Athens, he again anchored the team, and the United States took a bronze.)

At the beginning of the last 100 meters, Jason started behind French swimmer Alain Bernard. At



the final turn Jason was still a half body length behind Bernard. At that point Rowdy Gaines, the NBC announcer and former gold medal swimmer, was talking as if the United States would take silver or maybe even be challenged and drop to bronze.

But look what happened! In a post-swim interview, Jason said that at the wall he thought there was no way he could catch Bernard. After all, Bernard was the record holder and favored to win the 100 Free that would be swum later. But then Jason thought to himself, "Hey, this is the Olympics." He decided to go all out for it, and then swam an amazing 50 meters to beat Bernard. If Jason hadn't made this decision to accomplish what otherwise seemed impossible, Phelps would not have captured his eight gold medals. (Several days later, Bernard captured gold and Jason bronze in the 100 Free.)

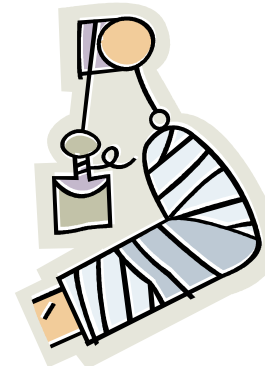
From Serious Injury to Olympic Competitor

Another swimmer who illustrates what you can achieve when you really want to: Ben Wildman-Tobriner from Stanford. In 2007 Ben unexpectedly won the world title in the 50 meter Free, and became a possible gold medal contender for this year's Olympics. In December 2007, he was bench pressing and heard a ripping sound, like the sound of cloth tearing. His left pectoral muscle was torn completely off his bone. That injury would have ended most swimmers' career.

But Ben decided that he would make the Olympics by working as hard as possible. A few days after the accident, he had surgery — just seven months to Olympic trials, eight months to the Olympics.

Ben couldn't get back in the pool right away. But he kept his anaerobic system in prime condition by running sprints by the side of the pool while breathing through

a partially blocked snorkel. A few weeks later, he was back in the pool with a special wetsuit top that tucked inside the wetsuit the



arm that was in a sling. For a month, he swam with one arm. Once he was able to use the other arm, he started

swimming with both arms slowly.

Ben worked hard enough to qualify at the Olympics trials, beating some other terrific swimmers. At the Olympics he took fifth in the 50 meter Free. That wasn't a medal performance, but in my opinion Ben managed something even more amazing. And it happened because he had the will and the drive to make it happen. His comeback was inspiring.

Lesson #2: Take care of yourself as the years pass.

Who can forget Dara Torres? At 41, she was the oldest U.S. swimmer. Indeed, old



enough to be covered by the Age Discrimination in Employment Act. Yet she swims faster than when she was younger.

Everyone used to think swimmers peaked in their teens. No one believed a 30-year-old could be competitive, let alone someone in their 40s. Yes, over time our bodies will decline, but that decline can happen much later than most people realize.

(Continued on page 11)



(Continued from page 10)

Olympic lessons

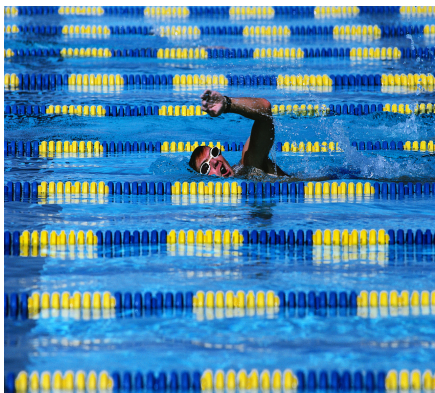
Dara didn't improve her performance by lying around. She ate right, trained rigorously, stretched, in short, everything possible to take great care of herself. Masters swimming is a great tool for delaying that inevitable decline.

Lesson #3: Improvement takes time, work and change.

Everyone marvels that Phelps won eight gold medals. But this achievement was the product of a tremendous amount of time, work and change. This was Phelps' third Olympics. Becoming the swimmer that he has become took time. Plus, lots of work; during his warm-up, Phelps swims as much yardage as some Masters swimmers swim during an entire hour practice.

Something else: Phelps changed his stroke and kept improving it. To reach *your* potential, put in the time, do the work and make the changes needed to continue improving.

Will any of these lessons turn you into an Olympic swimmer? No. But they probably will help you become a better, happier person both in and out of the pool.



**Wanted
Your Story/Story Idea
Contact Editor**

A Reminder from Registrar Arni Litt: Time to Renew Your Registration

Yes, it's that time of year again; time to renew your USMS membership for 2009.

As always, your 2008 membership is valid through December 31 of this year, but it is always good to renew early.

The 2009 membership fee will remain at \$40; the USMS portion is \$25 and the PNA uses \$15.

Two Ways to Renew

You now have *two* choices for renewing your membership. You can either fill in the paper form and mail it with a check to the PNA P.O. Box or register on line with a credit card.

For those of you with current email addresses, in mid-November you'll receive a link directly to your membership information. Once the link is opened, please check all the data carefully and fix any typos and errors. Do not worry if you don't remember your number. After you renew your membership, you can print your card on line and/or choose to have one sent by mail.

If you don't want to wait or don't receive the link, you can go to <https://www.clubassistant.com/club/USMS.cfm?l=36> or through the link for online registration at www.swimpna.org and follow the instructions.

Please note that only swimmers registering at the \$40 level can use the online form. Seniors and need-based swimmers have to use the paper form. You can also make your donation to the USMS Endowment Fund and to the Swim-

mers Hall of Fame on line.

For those of you without a current email address or that registered at a reduced level, I will be mailing your customized membership forms as soon as possible. If you do not get them by mid-November, please go ahead and use a blank paper form. Be sure that it is a 2009 form.

Coaches and swimmers, we cannot accept another year's form; they will be returned. It gets expensive for me to send them, and for the swimmer to mail me the correct 2009 form.

What a deal!

Coaches, friends of prospective members and prospective members! Remember that first timers, registering November 1st or after will become active members for the rest of 2008 and all of 2009.

That is up to two months free!

(Continued from page 2)

Swim Buddies

newcomer setting a personal best in the 500 free at 8:20.53. Incredible!

But what I also saw, among the 92 participants on deck that day, was a bunch of "pool buddies." People who care about each other, who know about and are involved in each other's personal lives and who would probably dive into a sludge-filled pool if they thought their "buddy" needed help.

So, whether it's on deck at a meet, on the grass at an open water swim or during a blurry-eyed sunrise at your local pool, please remember to be grateful for your swim buddies. Medals and records are great, but, if you ask me, our buddies are the best rewards of this swimming life.

As of this writing, there are only 337 days until the National Senior Games in San Francisco. I can hardly wait to see what wonderful swim-buddy benefits this year will bring!

(Continued from page 4)

LC Nationals

Championships meet. I'm hoping that BD and Bake and OMS are encouraged to soon host another Championships so all can experience another fine event at this venue.



Project Seattle Pools Update

For the past year, Project Seattle Pools, a city-wide, grassroots organization, has been reaching out to Seattle Parks Department Staff, the Mayor's office, City Council and pool users from all over the city to craft a Comprehensive Aquatics Plan (CAP). If funded in the city's 2008 budget, the CAP will answer fundamental questions such as: Which current facilities need renovation and how much will those renovations cost? What should new facilities look like, and where should they be located? What programs are required to meet the needs of Seattle's citizens?

The cost of the study is an estimated \$225,000, and Councilmember Tom Rasmussen is working to include this request in the 2008 budget. These are tough economic times, but this request is small considering the size of the entire budget. And the study is needed if pools are to be addressed in any future capital funding opportunity for Parks.

Visit www.seattlepools.org for information about the study, the organization or to find out how you can get involved.

Find Out Which PNA Swimmers Set All those Records at LC Nationals

Editor's Note: This article was written by Sarah Welch, a member of the Women's 200 Free relay (240-279) that set a new world record.

PNA swimmers made an extraordinary splash at Long Course Nationals.

The 80 PNA swimmers attending turned in some amazing performances — including three world records.

Olympian Rick Colella set world marks in the 200 IM (2:24.12) and 200 Breast (2:38.66), as well as setting a national record in the 100 Breast. Four PNA women (Sally Dillon, Suzanne Dills, Debbie Glassman and Sarah Welch) combined to smash the world record for the Women's 200 Free relay (240-279) by nearly four seconds with a time of 2:13.33.

PNA's 60-64 age group women had an outstanding meet. Of 17 possible PNA Long Course records, swimmers Sally Dillon (4), Suzanne Dills (5), Kathy Casey (3) and Sarah Welch (4) combined to break 16 PNA records at Mt. Hood. WOW – what a performance!

In the men's 65-69 age group, Robert Pilger turned in PNA record performances in the 50, 100 and 200 Free races while Roy Davis broke the Zone record in the 200 Breast. Bill Penn snagged a PNA record and fourth place in his 400 IM for the men 55-59.

Danielle Trevino, age 21, set PNA records in the 100 fly and the 200 and 400 IM races, winning the 400 IM at the meet. Colleen Philipps, age 32, won the 200



Free, setting a PNA record. Brian Goldman, age 22, took a Zone record for his 24.71-seconds performance in the 50 Free.

Fifty-six-year-old Scott Lautman didn't let anyone by him in the fly races, winning all three distances and setting Zone records for the 50 and 100. Jason Goltz, age 30, did nearly as well, settling for silver in the 100 fly and setting PNA records in the three fly distances and the 400 IM.

David Kays set a PNA record in the 1500 Free for 40-44 year olds. And he had to swim his race after 10:30 pm! Kirk Nelson knocked off four PNA records for the 35-39 age group's 400 and 1500 Free races as well as the 200 and 400 IMs. Chaya Amiad set the PNA record in her 200 Fly for the 75-79 age group.

PNA records were also set by swimmers Lisa Dahl (40-44, 50 Fly and 200-239 Women's Medley and 160-199 Mixed Free relays), by Buster Yonych (55-59, 50 Back), by Zena Courtney and Jo Moore (200-239 Women's Medley relay), by John Williams (160-199 Mixed Free Relay), and by Steve Peterson (240-279 Mixed Free and Mixed Medley relays).

No. of Swimmers setting records	Record type	Number of records set
6	Zone	9
1	National	1
5	World	3

Megan Jendrick BREASTSTROKE Clinic for Masters

Registration Form

November 9, 2008

9:30 a.m. - 11:30 a.m.

City of Tukwila Pool

4414 S 144th St - Tukwila, WA 98168

2008

Megan Jendrick Swim Clinic
2000 Sydney Olympics double-Gold Medalist
2008 Beijing Olympics Silver Medalist



General Information

Eligibility: All registered PNA Masters Swimmers welcome! (If you are not a registered USMS swimmer, you may sign up at the clinic for a \$10 day-of-event registration for insurance purposes.)

Registration: limited and accepted in the order received. Payment must accompany each registration form and be received by **November 4, 2008**. All clinics and camps held in the past have sold out, so please *register early!*

Bring: Towel, suit, cap, goggles and water bottle.

Cost: \$70 Includes the main clinic covering breaststroke by double-Olympic Gold and Olympic silver medalist Megan Jendrick. Clinic includes presentation, question and answer sessions and autograph signing along with in-depth stroke technique work. Each swimmer will receive an autographed photo of Megan, her book, "Get Wet, Get Fit", and a SPEEDO/PowerBar goodie bag. Each clinic also includes a free raffle where registrants will have a chance to win other merchandise!

Camp Extras: Professional personalized autographed photos can also be purchased with Megan and her Olympic Medals (8x10, \$20 each).

Registration form for Megan Jendrick Breaststroke Swim Clinic – November 9, 2008

Swimmer Name _____ Age _____

Address _____

City _____ Zip _____ Phone _____

Swim Club _____ E-mail _____

Register for camp as follows:

- \$70 Megan Jendrick Breaststroke Swim Clinic
- \$20 Autographed color photo with Megan and Olympic Medals
- \$10 Autographed Action photo

\$ _____ **Total enclosed (Payment is final; refunds not available)**

Please send registration and payment (checks or money orders **made payable to "Acqua"**) to:

Megan Jendrick, Post Office Box 8844, Tacoma, WA 98419

For more information, or for questions please email acquaswim@gmail.com

Places to Swim in the Pacific Northwest

ANACORTES:

Fidalgo Pool and Fitness Ctr 1603 22nd St (360) 293-0673

AUBURN:

Auburn Pool 516 4th Ave NE (252) 939-8825

BAINBRIDGE ISLAND:

Ray Williamson Pool/
Bainbridge Island Aquatic Ctr HS Rd & Madison Ave (206) 842-2302

BELLEVUE:

Bellevue Aquatic Center 601 143rd Ave NE (425) 452-4444
Bellevue Club 11200 SE 6th St (425) 688-31237
Bellevue Family YMCA 14230 Bel-Red Rd (425) 746-9900
Newport Hills Swim & Tennis 5474 119th Ave SE (425) 746-9510
Pro Club 4455 148th Ave NE (425) 885-5566
Samena Club Pool 15231 Lake Hills Blvd (425) 746-1160

BELLINGHAM:

Bellingham Aquatic Center 1114 Potter St (360) 647-7665
Bellingham YMCA 1256 N State St (360) 733-8630
Wade King Recreation Ctr Western Wa U (360) 618-1899

BOTHELL:

Northshore Pool 9815 NE 188th St (206) 296-4333
Northshore YMCA 11811 NE 195th (425) 788-6035

BREMERTON:

Olympic Swim Center 7070 Stampede Blvd (360) 662-2888
Swimming Jarstad Aquatic ctr 50 Magnuson Way (360) 473-5376
South Kitsap Comm. Pool 425 Mitchell Ave Port Orchard 874-5741

BURIEN:

Arbor Heights 31st Ave SW (206) 244-6557
Highline Fitness & Swim Cl 626 SW 154th (206) 433-10036
Normandy Park Swim Club 17655 12th Ave SW (206) 244-0700

CENTRALIA:

City Swimming Pool 573-682-5063
Fife Swim Center 5410 20th St E (253) 922-7665

COTTAGE LAKE:

Cottage Lake Pool 18831 NE Woodinville-Duvall Rd(206) 296-2999

DES MOINES:

King Swim 2400 S 240th St (206) 878-1634
Mount Rainier Pool 22722 19th Ave S (206) 824-4722

EDMONDS:

Yost Pool (summer only) 9535 Bowdoin Way (425) 771-0229

ENUMCLAW:

Enumclaw Aquatic Center 420 Semanski St S (360) 825-1188

EVERETT:

Everett Family YMCA 2720 Rockefeller Ave 425-258-9211
Forest Park Swim Center 802 E Mukilteo Blvd (708) 488-0664
McColum Park Pool 600 128th St SE (425) 337-4408

FEDERAL WAY:

Kenneth Jones Swim Pool 30421 16th Ave S (253) 839-1000
King County Aquatic Center 650 SW Campus Dr (253) 296-4444

FIFE:

Fife Community Pool 5411 23rd St E (253) 922-7665

FRIDAY HARBOR:

San Juan Fitness Center 435 Argyle Rd (360) 378-4449

ISSAQUAH:

Klahanie Lakeside Pool 4210 244th Pl SE (425) 391-8503
Julius Boehm Pool 50 SE Clark St (425) 837-3350

KENMORE:

St Edward State park Pool 14445 Juanita Dr NE (206) 296-2970

KENT:

Kent Meridian Pool 25316 101st Ave SE (253) 854-9287
Tahoma Pool 18230 SE 240th St (425) 413-7665

KIRKLAND:

Juanita High School (evenings) 10601 NE 132nd St (425) 823-7627
Peter Kirk Pool (Jun-Sep) 340 Kirkland Ave (425) 828-1235

LACEY:

North Thurston High School 600 Sleater Kinney Rd NE (360) 491-0857

LYNNWOOD:

Lynnwood Pool 18900 44th Ave W (425) 744-6440

MERCER ISLAND:

Mary Wayte Pool 8815 SE 40th St (206) 296-4370

MILL CREEK:

West Coast Family Aquatic Ctr 15622 Country Club Dr (425) 745-3474

MOUNT VERNON:

Skagit Valley YMCA 215 E. Fulton St (360) 336-9622

NORTH BEND:

Si View Community Ct Pool 400 SE Orchard Dr (425) 888-1447

OLYMPIA:

Briggs Community YMCA 1530 Yelm Highway SE (360) 753-6576
Discover Aquatics 110 Delphi Rd (360) 866-3684
Evergreen State College Campus Rec Center (360) 867-6536
YMCA 510 Franklin StSE (360) 357-6609

PORT ANGELES-PORT TOWNSEND SEQUIM:

Shore Memorial Pool 225 E 5th St-Pt Angeles (360) 417-4595
Mountain View Pool 1919 Blaine St-Pt Townsend (360) 385-7665
Sequim Aquatic Rec Center 610 N 5th St (360) 683-3344

POULSBO:

North Kitsap Community Pool 1881 NE Hostmark St. (360) 598-1070

REDMOND:

NWT Center Redmond Pool 17535 NE 104th St. (206) 296-2961

RENTON:

Hazen Pool 101 Hoquiam Ave NE (425) 204-4230
Henry Moses Aquatic Ctr 1719 Maple Valley Hwy (425) 430-6780
Lindberg Pool 16740 128th Ave SE (206) 296-4335

SEATTLE:

All Star Fitness 700 5th Ave, 14th Flr (206) 343-4692
Ballard Pool 1471 NW 67th St (206) 684-4094
Colman Pool (summer only) 8603 Fauntleroy Wy SW(206) 684-7494
Evans Pool 7201 E Green Lk Dr N (206) 684-4961
Evergreen Pool 606 SW 116th St (206) 296-4410
Gregory Seahurst 700 19th Ave Southwest, 206-244-3640
Helene Madison Pool 13401 Meridian Ave N (206) 684-4979
Meadowbrook Pool 10515 35th Ave NE (206) 684-4989
Medgar Evers Pool 500 23rd Ave (206) 684-4766
Mounger (summer only) 2535 32nd Ave W (206) 684-4708
Queen Anne Pool 1920 1st Ave W (206) 386-4282
Rainier Beach Pool 8825 Rainier Ave S (206) 386-1944
Seattle Athletic Club 333 NE 97th St (206) 522-9400
Seattle University (Connolly) 14th & Cherry (206) 296-6441
Shoreline Pool 19030 1st Ave NE (206) 362-1307
Southwest Pool 2801 SW Thistle St (206) 684-7440
UW Pavillion Pool Hec Ed Pavillion Pool (206) 543-9880
West Seattle YMCA 4515 36th Ave SW (206) 935-6000
YMCA 909 4th (206) 382-5010

SILVERDALE:

Bangor Subase Pool Bldg 2700 (360) 692-1040

SNOHOMISH:

Hal Moe Pool 405 3rd St (360) 563-7330

SUMNER:

Sumner HS Pool 1707 Main St (253) 891-5550

TACOMA:

Centre at Norpoint Pool 4818 Nassau Ave NE (253) 591-5504
Clover Park High School 11023 Gravelly Lk Dr SW (253) 583-5540
Eastside Community Pool 3524 E 'L' St (253) 591-2042
Foss High School 2112 S. Tyler St (253) 752-4511
Lakes High School 10320 Far West Dr SW (253) 583-5550
Morgan Family YMCA 1102 S Pearl St (253) 564-9622
People's Pool 1602 MLK Jr Way (253) 591-5323
Stewart Heights Pool 402 E 56th St (253) 573-2532

TUKWILA:

City of Tukwila Pool 4414 S 144th St (206) 267-2350

VASHON ISLAND:

Vashon Pool (seasonal) 9600 SW 204th St (206) 463-3787

WHIDBEY ISLAND :

Island Athletic Club 5522 S. Freeland Ave Freeland (360) 331-2582
John Vanderzicht Pool 85 SE Jerome St, Oak Harbor (360) 675-7665

WOODINVILLE:

Cottage Lake Pool 18831 NE Woodinville-Duvall Rd(206) 296-2999
9/2008

United States Masters Swimming, Inc

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: _____
Address: _____ Age: _____ Male Female (circle one)
E-Mail: _____

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

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- ◆ *Articles, pictures and results for LC Nationals and Lake Padden OW.*
- ◆ *Importance of “Swim Buddies” by Kathy Morris. See page 2.*
- ◆ *Lessons from the Olympics for Masters swimmers by Paul Ikeda. See page 10.*
- ◆ *Important note from PNA Registrar about 2009 registration. See page 11.*
- ◆ *Olympian Megan Jendrick’s Breaststroke Swim Clinic on November 9. See page 13.*



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