

In this issue...

- | | | | |
|---|--|----|---|
| 1 | 5K & 10K Postal Swims at Colman Pool | 8 | Fat Salmon and Orca Open Water swims info |
| 2 | Open Water Events for 2014 / OW High Point | 9 | Rules Corner – FINA v. USMS / Whidbey Adventure Swim |
| 3 | PNA Meets by the Numbers | 10 | Swim Defiance & AquaRun Open Water swim info |
| 4 | Host a Meet in 2015? | 11 | Last Gasp of Summer / Board Summary, April 5 |
| 5 | Sink or Swim: Boring Through Those Laps | 12 | Welcome New Swimmers |
| 6 | Masters Calendar | 13 | Membership Stats / List of Registered Workout Groups |
| 7 | Two Clinics Coming This Fall | 14 | USMS LMSC Program Development Seminar |
| | | 15 | PNA Directory |

5K & 10K Postal National Championships Swim Time at Colman Pool

Saturday, September 6

Pool time has been reserved at Colman Pool in West Seattle for any PNA swimmers who want to compete in the summer's National Postal Championship events. Becca Watson, coach of Lake Washington Masters, will be on hand to provide the required credentialed supervision that we must have to use the pool.

DETAILS:

Location: Colman Pool; 8603 Fauntleroy Way SW in Seattle

Time: 8 AM – 11:30 AM. **Cost:** \$15 per swimmer to defray pool rental costs, **payable to PNA.**

10K and 5K swimmers will start at the same time unless we need to run a second 5K heat, in which case the second heat will start when the first heat swimmers finish.

Swimmers will most likely need to share a lane. If participation is such that more than two swimmers need to share a lane, plans to avoid drafting will be made as drafting is not allowed.

All swimmers must provide someone to count and time their swim. Official split times per 100 meters must be recorded. An official entry form and split sheet will be distributed to those who sign up. The swimmer or person counting/timing should bring a clipboard, pen/pencil, and stopwatch.

RSVP – you must reserve YOUR space in this event – NO last minute drop-ins!

To reserve, send an email to:

Sally Dillon at salswmr@comcast.net **AND** Becca Watson at beccawatson@waveaquatics.org

Please indicate the distance you wish to swim and your expected time. You will receive a reply and confirmation of other details.

RELAYS – PSM and BWAQ will form relays after the swims are completed. The relay configurations will depend on the number and combination of swimmers who participate. Sally is the relay coordinator for PSM; Wendy Neely will coordinate relays for BWAQ.

For further information contact Sally via email or at 425-961-0023.

Open Water Events for 2014 -- Updated

By Jim Davidson, OW Coordinator

The Open Water Season is set for 2014. There are five events scheduled, running from mid-July to late September. Here are the events with a brief description for each. These events are also posted on the PNA website under *Events / Open Water and Postal* and updated as more information becomes available. So get out your wetsuits – or not – and make your plans for a great Open Water season!

Fat Salmon – July 19

Details and entry information on page 8

The Fat Salmon Open Water Swim is 3.2 miles along the Seattle shoreline of Lake Washington. The course runs south-to-north, generally between the I-90 and 520 floating bridges. The race starts at the Day Street Boat Ramp directly beneath I-90 at 8:15 a.m. and ends at Madison Park. Entry fee is now \$85 July 1-12 (unless sold out!). Info and registration at www.fatsalmonswim.com.

ORCA Open Water Swim – July 27

Details and entry information on page 8

The ORCA Open Water Swim is held in Lake Washington at Luther Burbank Park, Mercer Island. Race distances are 1 mile and 2 mile, conducted on a rectangular course running parallel to the shore south from the park. The 1 mile rectangular course will start and finish at the swim beach in Luther Burbank Park. Swimmers will do an in-water start with the 2-milers leaving at 9:00 am, 1-milers at 9:05 am. Entry fee is \$55 (\$65 after July 6). Info and entry at www.orcaswimteam.org/openwater/.

Whidbey Island Adventure Swim – July 27

Details and entry information on page 9

The swim is held along the shores of Langley Washington in the waters of Saratoga Passage in Puget Sound. Race distances are 1.2 and 2.4 miles. The course is a 1.2 mile rectangle beginning and ending at Seawall Park. 1.2-milers swim one lap and 2.4-milers swim two. Estimated water temperature will be 60 degrees or below – wet suits required. Info and entry at ow.swhidbey.org/whidbey-adventure-swim.

AquaRun/Swim Defiance Swim – September 14

Details and entry information on page 10

The Swim Defiance Swim is swum between the Vashon Island - Tahlequah Ferry beach and Owen Beach in Point Defiance Park. Race distances are 1.5 and 3 miles. 1.5 miles is from Vashon Island - Tahlequah ferry beach to Owen Beach in Point Defiance Park, and 3 miles is from Owen Beach to turn-around buoys at Vashon Island beach (west of Tahlequah ferry dock) and back. The AquaRun is a 3.1 mile run starting and finishing at Owen Beach. Athletes can enter a swim, the run, or both. Info and entry at www.aquarunforachild.org.

Last Gasp of Summer – September 20

Details and entry information on page 11

The Last Gasp of Summer event includes a 1 mile and 2 mile race on a rectangular course on Angle Lake in SeaTac, Washington. The 2 mile race will start at 10:00 am followed by the 1 mile race at 10:30 am. Info and entry at www.LastGaspofSummer.com.

PNA Open Water Series High Point Awards (2nd Annual)

The “high point” awards honor the top two male and female swimmers in each age group. To be eligible, each swimmer must swim at least two of the five PNA sanctioned events. The more events swum, the more points accumulated. Points will be awarded by place to the top 10 PNA registered finishers in each event swum. Wetsuit swimmers score points separately from those not wearing wetsuits. At the end of the season, points will be tallied and awards will be sent to the winners.

- 1. Fat Salmon**, at Madison Park in Lake Washington – July 19
- 2. ORCA swims**, at Luther Burbank Park in Lake Washington – July 27
- 3. Whidbey Adventure Swim** in Sarasota Passage (Langley) – August 2
- 4. Aqua Run/Swim Defiance** at Vashon Island – September 14
- 5. Last Gasp of Summer** at Angle Lake (Seatac) – September 20

Details for these PNA sanctioned events can be found in this issue and on the PNA website.

PNA Meets: By the NUMBERS by Linda Chapman, PNA Meets Coordinator

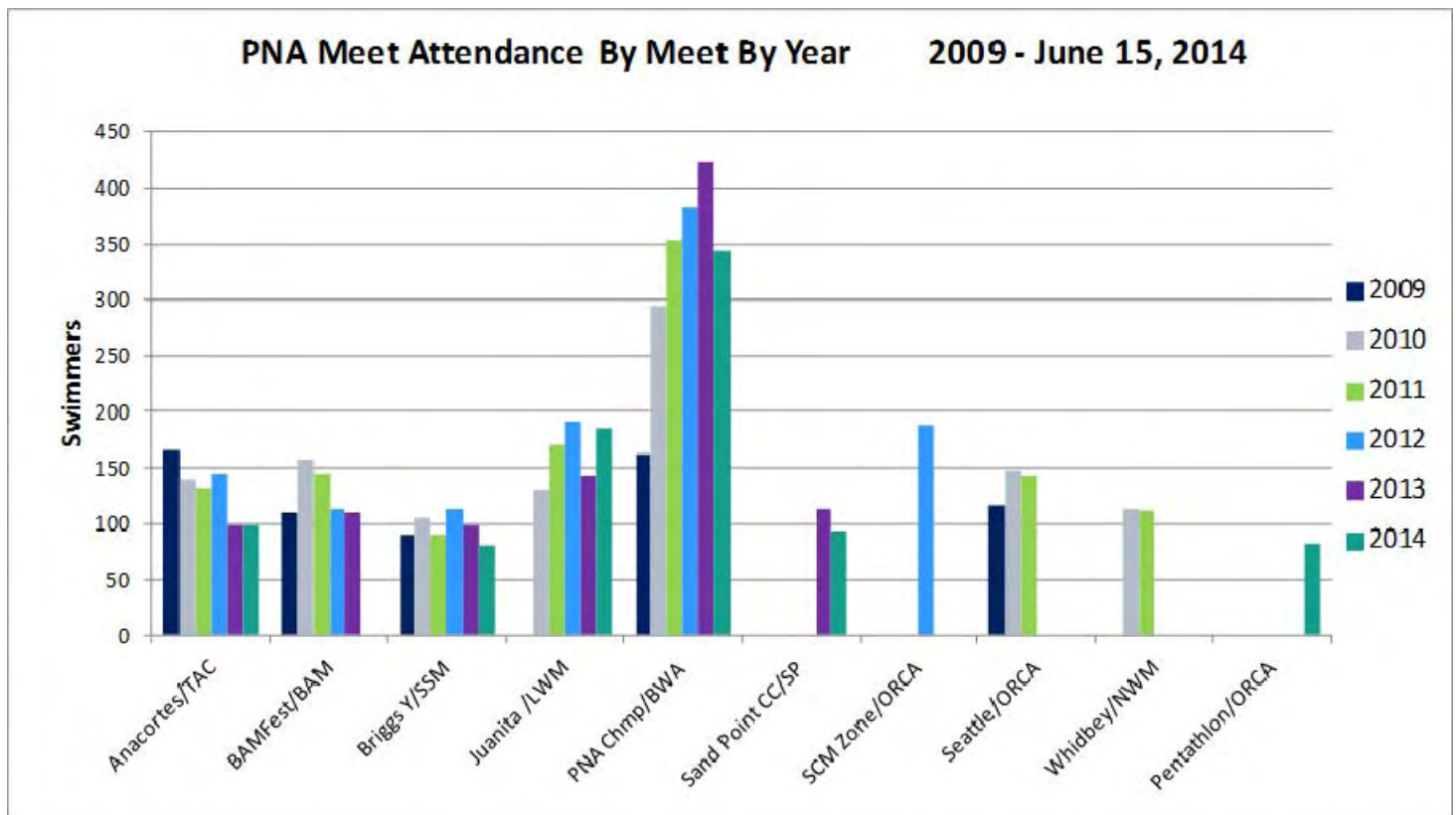
With one PNA meet left in 2014 (BAMFest in October) attendance at the six (6) PNA sanctioned meets is in line with 2013.

As shown in the table below, although attendance at PNA Champs was lower than the previous three years, attendance at the LWM meet was up and ORCA hosted a new meet at the end of March. Assuming BAMFest comes in at around 110 swimmers, total attendance at PNA meets should end up at just under 1000 people for 2014.

PNA MEET ATTENDANCE BY MEET BY YEAR

Sum of swimmers Meet	Year					
	2009	2010	2011	2012	2013	2014
Anacortes/TAC	165	139	132	145	98	99
BAMFest/BAM	110	157	144	113	110	
Briggs Y/SSM	91	105	91	113	98	80
Juanita /LWM		130	171	192	142	185
PNA Chmp/BWA	163	294	353	382	424	343
Sand Point CC/SP					113	94
SCM Zone/ORCA				188		
Seattle/ORCA	117	148	142			
Whidbey/NWM		114	111			
Pentathlon/ORCA						83
Grand Total	646	1087	1144	1133	985	884

Number of Meets	5	7	7	6	6	6
-----------------	---	---	---	---	---	---



How About Hosting a Meet in 2015? (by Linda Chapman, PNA Meets Coordinator)

This is the time of the year when the meet calendar for the coming year begins to take shape.

It would be wonderful to have additional PNA pool meets!

Meet Hosting Considerations:

- **When can my team host a meet?** Pretty much any date that doesn't conflict with an established meet. It is nice to have meets evenly spaced throughout the season, but it's not a requirement.
- **What are possible dates?** Listed here are the meet dates in 2014. Meet hosts tend to pick the same weekend year to year.
 - Jan 19 2014 Anacortes SCM
 - Feb 1 2014 Olympia SCY
 - Feb 23 2014 Kirkland SCY
 - Mar 15 2014 Seattle SCY (outdoors)
 - Mar 29 2014 Kirkland SCY (pentathlon)
 - Apr 12-13 2014 Federal Way (Champs)
 - Oct 4 2014 Bainbridge
- **How do I pick a date?**
 - Most of our pool meets are Sep – April. Summer brings Open Water (OW) events which divert attention from pool meets. It is difficult to find an opportunity to schedule a meet at WKCAC or Colman Pool in the summer.
 - From Sep to April, you'll want to avoid weekends with a lot of PNS meets or a single PNS meet at WKCAC. When there are many PNS meets or a big meet at WKCAC, it is hard to get sufficient officials for Masters meets. The PNS meet schedule is available at pns.org under the ['meets' link](#)
 - Make sure your Meet Referee signs off on the date you select.
 - Pick a date which works with your team members. Check the school district calendar dates for Winter and Spring breaks. Especially if you are going to use high school students to provide timing, check the school calendar. Meets at the beginning or end of Winter or Spring break can be difficult to staff with HS kids.
- **OK, I've picked a date, picked a Meet Ref and tentatively reserved the pool. Now what?**
 - Complete the [PNA Pool Meet Date Approval Form](#) and submit. The due date is Sep 15.
- **Assuming my date is accepted at the Oct PNA BOD meeting, what's next?**
 - The process is detailed on the PNA website (Events→Hosting an Event→Sanction a Pool Meet). All forms and info are available for download here.
 - Overall the steps are: confirm Meet Ref, decide Order of Events, budget, meet info, sign PNA Meet Agreement, complete USMS online Sanction Process, set up Club Assistant online entry, open meet for entries.
- **What's the deal with the Order of Events?**
 - Meet hosts are given flexibility to set the events for the type of meet they would like to host. Hosts can choose to follow the regular PNA Order of Events rotation (you'll be advised of the Order of Events to use) or they can come up with their own Order of Events offering events for exactly the type of meet that suits them. BAMFest follows a modified high school Order of Events while the ORCA Pentathlon offered a choice of short, medium or long (50s, 100s or 200s) pentathlon competitions.
 - A meet can offer all the events, or it could offer just the distance events – with swimmers providing their own timer and counter in order to ease the burden on the meet host. Be creative!
- **As Meet Host, are we protected from losing money on our meet?**
 - YES indeed! PNA guarantees a \$6 per swimmer profit for all PNA sanctioned meets. The budget process will help determine appropriate entry fees to clear the \$6/swimmer profit hurdle.
- **Where can I get answers to other meet hosting questions?**
 - Check the PNA website (Events→Hosting an Event) or contact [Linda Chapman](#).

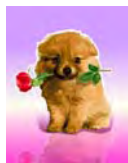
SINK OR SWIM: Boring Through Those Laps
by Skagit Valley Masters Swim Club member
Greta Perales

I learned a very important life lesson this morning while swimming at the Y – I am boring. I always thought that while not extremely exciting, I was at least mildly interesting; however, I was wrong.

How and why did I come to this conclusion? Well, it all happened when I decided to swim two and a half miles in the pool. Looking back, why the Hell anyone would do this is beyond me, especially at 5:30 in the morning, but I had my reasons. First, I am not the fastest swimmer and needed to get it done before work, and two, it is too dang cold at Lake Padden for such a long jaunt. Why 2.5 miles? Again I made the mistake of choosing Coeur D’Alene as my IRONMAN this year and the darn race is at the end of June. Too early for warm, balmy swims in mid-July or relaxed floating in August.

Back to being boring ... as I entered my lane, I was determined; I had plans. I would at the very least discover some life-changing invention that would pay the bills while I traveled the world. Lap 2, nothing. Lap 3, nothing. Is that a Band-Aid at the bottom of the pool? I am not wearing a Band-Aid. Whose Band-Aid is it? Yikes. Ok, back to world domination. No ideas, but I decided with my 20th Anniversary fast approaching I could begin composing a poem for my husband.

“Dearest Carlos, Our love is like a ...” Crap... no, wait, our love is not like crap, but what lap am I on? Am I on lap 7? Did I just finish 7? If I say the next one is 8, I might be cheating. If I say I am on 6, I might be swimming an extra lap. Did you know that there are 90 laps in 2.5 miles; I do not want to swim 91 laps. Double crap, now what am I on? Apparently Carlos will not be getting a sonnet this year and will have to settle for a bag of beef jerky from Costco and a card with puppies in love. Sorry honey.



Ok, new plan. I will simply swim and embrace the harmony between myself and the water. I am at one with the water and the Band-Aid, which is now floating slowly up and towards me. Note to self: do not flail wildly at a Band-Aid mid-lap or the lifeguard will lunge towards his rescue float. Thanks for the concern Kurt, but it was just a wayward Band-Aid.

Say Yes!™
TO LIFE SWIMS



Open Water Swim Adventures

Train for your triathlon or just swim for joy

The Northwest's only small group,
non-competitive Swim Excursion business

Eleven great Excursions in 2014—fully insured

**REGISTER FOR 4
GET THE 5th FREE**

www.say-yes-to-life-swims.com

Probably Kerry's Band-Aid, who is in the lane next to me and likes to remind me how slow I am as he sprints by. He actually stands at the end of the lane at times yelling "Go faster, go faster!" He is a lifeguard at the Y and likes to keep himself entertained when he is on deck. Luckily no one can see my tears as he mocks me or the devious wringing of my hands as I plot my vengeance. No Kurt, not drowning, just wringing my hands.

Ok, two and a half miles is done and so is my blog.

Sincerely,
Greta "1111, 2222, 3333, 4444" Perales



Ed. Note 1: Two and a half miles is $2.5 \times 1760 = 4400$ yards. Or 88 laps in a 25-yard pool. Just sayin'...

Ed. Note 2: IRONMAN Coeur D’Alene’s swim is 2.4 miles.

Ed. Note 3: Greta (bib #973) finished her IRONMAN Coeur D’Alene in 15 hours 33 minutes 21 seconds, #86 of 139 in Women 40-44. Congratulations, Greta!

MASTERS CALENDAR

(Hardcopy readers: use links at www.SwimPNA.org under the *Events* dropdown)

LOCAL/REGIONAL POOL EVENTS

Non PNA Meet:

Aug 22-24, 2014

MEET:

[Oregon & Zone Champs](#)

LCM Meet

Gresham, Oregon

[More info: Dennis Baker](#)

October 4, 2014

MEET:

[BAM Fest 13](#)

Bainbridge Island, WA

[More info: Andrea Shupe](#)

November 29, 2014

MEET:

[Ottermania Long Course Meet](#)

Watermania Aquatic Center,

Richmond, BC Canada

[More info:](#)

Ottermaniawatermania@gmail.com

USMS Calendar of Events

Pool, OW, Postal:

[Basic Search](#)

[Advanced Search](#)

POSTAL EVENTS

May 15 - Sep 15, 2014

[2014 5K & 10K Postal](#)

[National Championships](#)

COACHING CLINIC

October 18, 2014

[Level 1 & 2 Certification Clinic
for Coaches](#)

Tukwila, WA

[More info: Sarah Welch](#)

LOCAL/REGIONAL OPEN WATER

July 19, 2014

OPEN WATER:

[15th Fat Salmon Open Water Swim](#)

Lake Washington, Seattle

Registration opened May 1

July 27, 2014

OPEN WATER:

[ORCA OW Swims](#)

Lake Washington, Mercer Island

Aug 1 - 3, 2014

OPEN WATER:

[Cascade Lakes Swim Series](#)

Elk Lake, OR

3 Swims in 3 days

August 2, 2014

OPEN WATER:

[Whidbey Is. Adventure Swims](#)

Saratoga Passage (salt water)

August 16, 2014

OPEN WATER:

[Emerald City Open Water Swim](#)

Lake Washington, Seattle

September 14, 2014

OPEN WATER:

[Aqua Run for a Child #5](#)

Dalco Passage, Tacoma (salt water)

September 20, 2014

OPEN WATER:

[Last Gasp of Summer IV](#)

Angle Lake Park

SeaTac

INTERNATIONAL EVENTS

August 3 - 9, 2014

MEET:

[FINA World Masters Swimming
Championships](#)

Montreal, Canada

NATIONAL EVENTS

Aug 14-17, 2014

MEET:

[USMS LCM Nat'l Champs](#)

Univ of MD, College Park, MD

April 23-26, 2015

MEET:

[USMS SCY Nat'l Champs](#)

San Antonio, TX

PNA BOARD MEETINGS

July 8, 2014

PNA Board Meeting

6:45pm

[Hugh & Jane Moore's, Tacoma](#)

August 26, 2014

PNA Board Meeting

6:45pm

[Steve Peterson's, Poulsbo](#)

October 25, 2014

PNA Board Meeting/Retreat

9 am - 4 pm

[Sally Dillon's, Issaquah](#)

SWIMMERS' CLINIC

October 19, 2014

[USMS Stroke Development and
Improvement Clinic for Swimmers](#)

Tukwila, WA

[More info: Sarah Welch](#)

Two Clinics Coming This Fall!

By Sarah Welch

PNA is pleased to host a **Coach Certification Clinic** and an **All Stroke Swim Clinic** in the Seattle area on Saturday, October 18, for Coaches and on Sunday, October 19, for swimmers. These events are offered at the *Tukwila Pool and Recreation Center* (4414 South 144th, Tukwila WA 98168).

The Level 1 and Level 2 Coach Certification clinic is taught in one full day. The following day, coaches will help coach an All Stroke clinic offered to PNA swimmers. The cost for the Coach Certification is \$180 (discounted to \$160 for those registered with USMS for the new [Coach Registration](#) that is offered for an additional \$30 per year). The three-hour All Stroke Clinic is \$40. Signups are available on the USMS website through the link listed below in this article. PNA is also offering scholarships for PNA coaches in the amount of \$125.

Level 1 and 2 Certification Clinic for Coaches

What is USMS Coach Certification? The course, developed by Masters coaches, educates coaches working with adult fitness and competitive swimmers. Whether you are new to coaching or are an experienced coach seeking professional development, the education program will help you make the most of the Masters Swimming experience.

Prerequisites: You must be a current USMS Member to participate in the course and receive USMS certification.

Certification Process: Upon successful completion of the classroom coursework, including all required applications and successfully completed tests, you will be awarded USMS Level 1 or 2 Certified Masters Coach certification.

Who should attend?

- Current full-time, part-time or volunteer coaches.
- Anyone interested in supporting their existing team and coach.
- Anyone interested in starting a Masters Program.

More information and registration for this clinic can be found here: [Masters Coach Certification Level 1 and 2](http://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=60614)
(www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=60614)

Scholarships: PNA will offer scholarships in the amount of \$125 for PNA coaches provided they follow the instructions below:

- If you are interested in a Scholarship DO NOT REGISTER ON-LINE. You must register through the Pacific Northwest LMSC. Refunds (in the event you are not able to attend) will not be issued by USMS if you register on-line.
- Information and the Scholarship Application form are available through the www.SwimPNA.org Events / Clinics tab (www.swimpna.org/w/PNA/more/?artid=5376).
- Scholarship applications MUST be submitted no later than September 18, 2014.
- If you are not a PNA member, please contact your local LMSC for Scholarship availability.

Please email [Sarah Welch](mailto:Sarah.Welch@swimpna.org) or call 206-279-3145 for more information or about scholarship availability.

Masters All Stroke Clinic for Swimmers:

Following the Coach Certification Clinic, and in order to provide mentoring and practice for PNA coaches completing the certification course, PNA is offering an **All Stroke Clinic** on Sunday, October 19, at the *Tukwila Pool and Recreation Center*.

This stroke development and improvement clinic is for swimmers of all abilities. All four strokes will be evaluated and corrected with the use of drills and coach instruction. Several of the top coaches in Seattle will be on hand, along with USMS mentor coaches **Mel Goldstein**, **Bill Brenner** and **Wendy Neely**, to help you improve your technique and teach you drills that will enable you to continue to refine your stroke. Swimmers are not required to swim all strokes and may work on only those strokes they choose.

To sign up for this clinic, use this link: [Masters Stroke Clinic for Swimmers](http://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=60616)
(www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=60616)

Fat Salmon Open Water Swim
3.2 miles
Saturday, July 19, 2014
Sanctioned by PNA for USMS Inc. #364-W001
Hosted by: Green Lake AquaDucks

LOCATION: Lake Washington, Seattle, WA. Check-in and finish are at [Madison Park](#).

COURSE: This is a point-to-point (one way) swim. See [website](#) for [map](#) and details. Water temp ranges between 60 & 70 degrees. Portable toilets at starting line; showers and toilets at the Madison Park Bathhouse check-in and finish location.

TIME: Check In at 6:15 AM; Mandatory Competitor Meeting at 7:20 AM; 3.2-mile event starts at 8:15 AM.

RACE DIRECTOR: Liz Rosen
racedirector@fatsalmonswim.com or call 206-973-9075 between 5-8 PM, PDT, please.

ELIGIBILITY: Open to all 2014 registered USMS or MSC swimmers 18 and above as of 7/19/14. Swimmers not registered may sign up online for a \$20 One-Event USMS registration. Non-PNA swimmers must provide a copy of their Masters membership card at check-in.

RULES: Current USMS rules will govern this event. Neoprene wetsuits are allowed. 2-hour time limit.

SAFETY: Lifeguards and safety boats will monitor the entire course. Body marking required on both hands. Competitors must wear color-coded race caps to distinguish groups (provided).

AWARDS: T-shirts and caps to all competitors; special awards in each division; ribbons available for top 3 in each age group. See website and registration for more information.

ENTRY FEES: May: \$65 (sells out!), June: \$75, July: \$85. **Online entries only! No race day OR paper entries accepted.** No refunds will be given for any reason.

ENTRY DEADLINE: Online registration opens May 1st and closes July 12th at 11:59 pm, however the race may fill up ahead of close date.

ONLINE ENTRY: Click the "Register" link on our website: www.fatsalmonswim.com

RESULTS: Preliminary results available on race day and final results posted on website ASAP after the event.

DIRECTIONS: See www.fatsalmonswim.com

LODGING: Dozens of options downtown Seattle, within 3 miles of Madison Park, which is on a direct bus line from downtown Seattle.

ADDITIONAL INFORMATION: See www.fatsalmonswim.com or jump straight to the www.fatsalmonswim.com/faq.htm.



2014 Orca Open Water Swim
To benefit Seattle Area Support Groups
1-mile and 2-mile distances
Sunday, July 27, 2014
Sanctioned by PNA for USMS Inc. #364-W003
Hosted by: ORCA SWIM TEAM

LOCATION: Luther Burbank Park Swim Area, 2040 84th Ave. SE, Mercer Island, WA 98040

COURSE: 1-mile rectangular course, twice around for 2-mile competitors. Water temperature expected to be around 70 deg F. Wetsuits permitted.

TIME: Check-in begins at 7:30 AM and, should spaces remain, race-day registration closes at 8:00 AM. Competitors who wish to change divisions must do so by 8:00 AM. Mandatory competitor meeting at 8:30 AM; 2-mile race starts at 9:00 AM, 1-mile at 9:05 AM.

RACE DIRECTOR: Meghan Meinerz, 919-672-8542, megmeinerz@gmail.com

ELIGIBILITY: Open to all 2014 USMS or foreign registered swimmers 18 years of age and above as of July 27th 2014. Non-members may pay a \$20 one-event USMS registration and all non-PNA members must provide a current copy of their Masters registration.

RULES: Current USMS rules will govern this event. Neoprene wetsuits are allowed. Time limit: swimmers more than 250 yards from the finish at 11:00 AM will be picked up and returned to shore.

SAFETY: Lifeguards on paddleboards and volunteers in kayaks will monitor the course perimeter with the assistance of a motorboat for the purposes of evacuating swimmers who are unable to finish or who are experiencing a medical emergency.

AWARDS: Participation awards to all entrants. Special awards presented to the overall winners in each of the 1-mile and 2-mile events (wetsuit and non-wetsuit divisions). Ribbons presented to the top 3 finishers in 5-year age groups in all four events.

ENTRY FEES: \$55 by July 5th. Registration will increase to \$65 on July 6th and through race day. Only 300 entries will be accepted.

ENTRY DEADLINE: Online registration closes at 11:59 PM PDT on 7/23. The availability of race-day entries will be posted at <http://www.orcaswimteam.org/openwater/>

ONLINE ENTRY: Link to registration: https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=5734

PAPER ENTRIES: Accepted through 7/13 at the following address:

Orca Swim Team
1122 Pike St #869
Seattle, Wa 98122

RESULTS: Results will be posted at the finish line as they are available and on the Orca website, see link above.

DIRECTIONS: From I-90, take Island Crest Way exit. Parking is limited so plan to carpool or take advantage of public transit.

ADDITIONAL INFORMATION: 50% of the net proceeds from this event will benefit Seattle Area Support Groups. Please visit their website at www.sasgcc.org for more info about the programs and events they provide for the community.

Rules Corner for Swimmers and Coaches Attending 15th FINA World Championships – Goin’ to Montreal, y’all!

by Kathy Casey, USMS Rules Chair June 30, 2014

The Coach Asks: What are the differences between USMS rules and FINA rules that our swimmers¹ might face at the 15th FINA World Masters Championships in Montreal (August 3 – 9)?

Answer: The 15th FINA Championships is a FINA meet, not a USMS meet. Some of the rules differences are:

1. FINA officials count laps for swimmers in the 800 individual freestyle and show the remaining number of lengths to be completed (descending order rather than ascending order). Officials only count from the *turn end* of the pool, not from the side of the pool (FINA rule SW 2.6.3), and they do not put the numbers in the water when touchpads are in place at the turn end of the pool.
2. Swimmers could be required to swim two-to-a-lane in freestyle events 400 meters and longer (FINA rule MSW 3.7).
3. FINA requires notification of disqualifications via posted code in the meet results (FINA rule MSW 3.10).
4. Filing a protest costs money (100 Swiss francs or its equivalent [~\$113US], which is refunded if the protest is upheld; FINA rule GR 9.2.2[d]).
5. For backstroke starts, when the “FINA high walls” are in place with touchpads extending 0.3 meter above the water surface, the toes can be placed above the surface of the water because there are no gutters on which the toes can be placed (FINA rules FR 2.4.3 and SW 6.1).

For a more complete list of FINA rules differences, see pages 154 – 156 in Appendix B of the *2014 USMS Rule Book*, which can be viewed or downloaded at usms.org.

FINA rules and regulations can be viewed at fina.org.

For any questions about rules contact Kathy Casey, USMS Rules Chair, rules@usms.org.

¹ Nine PSM swimmers have entered the 15th FINA World Masters Championships: **Kathy Casey** (66), **Lisa Dahl** (53), **Don Graham** (60), **John Huckabee** (56), **Lyle Nalli** (54), **Steve Peterson** (68), **Dan Phillips** (51), **Frank Warner** (65), and **Sarah Welch** (67).

South Whidbey Island Masters Whidbey Adventure Swim 1.2 & 2.4-mile open water swims Saturday, August 2, 2014

Sanctioned by PNA for USMS Inc. #364-W004

LOCATION: Seawall Park– along the shore of the Saratoga Passage in Langley, WA on Whidbey Island.

COURSE: The course is an elongated rectangle parallel to shore, which will be swum in a clockwise direction; 1.2 milers swim 1 lap, 2.4 milers swim 2 laps. Outdoor showers and changing tents will be provided. Public showers are available nearby at Phil Simon Park next to Langley Marina at the foot of Wharf Street.

TIME: Check In at 8:15 - 8:45; Mandatory Safety Meeting for all competitors at 8:45 AM; both events start at 9 AM.

RACE DIRECTOR: Emily Weinheimer at info@swhidbey.org or 425-293-9475. Visit ow.swhidbey.org/whidbey-adventure-swim for details.

ELIGIBILITY: Open to all 2014 registered USMS or MSC swimmers 18 and above as of 08/02/14. Swimmers not registered may sign up online for a \$20 One-Event USMS registration. Non-PNA swimmers must provide a copy of their Masters membership card.

RULES: Current USMS rules will govern this event. Wetsuits are required. Note: there is a strictly enforced time limit of 30-minutes for 1.2 milers to finish one lap and 50-minutes time limit for 2.4 milers to finish two laps.

SAFETY: Lifeguards and safety boats will monitor the entire course. Body marking is required on both hands. The official cap provided by the race host must be worn during the swim.

AWARDS: No participation awards. Caps to all registered competitors. Tee shirts optional for preregistration only. A participation raffle will take place during post-race festivities. Unique cap colors for the two different events.

ENTRY FEES and DEADLINE: \$45 (US or Canadian) before 7/31, \$55 for late or race-day entries. Paper entries will be accepted on race day only.

ONLINE ENTRY: Registration closes on 8/1/14 at 11:59 pm PDT.
https://www.clubassistant.com/club/form/register_now.cfm?c=1729&smid=4875

RESULTS: Preliminary results will be posted 15 minutes after the finish of the last swimmer and will be posted on the Whidbey Adventure Swim website.

DIRECTIONS: From the Clinton Ferry, travel northbound on SR 525. Turn north onto Langley Rd and travel to town. Location is Seawall Park at 1st Street and Anthes.

LODGING: Information on nearby lodging can be found at: www.visitlangley.com/lodging

ADDITIONAL INFORMATION: Public parking is available at the corner of 3rd St. and Anthes, across from the Langley United Methodist Church.





Swim Defiance and AquaRun For A Child

1.5-mile & 3-mile open water swims
Sunday, September 14, 2014

Sanctioned by PNA for USMS Inc. # 364-W006

Hosted by: Blue Wave Aquatic Club

LOCATION: Owen Beach, Point Defiance Park, Commencement Bay, Tacoma, WA

EVENTS: 3-mi swim or 1.5-mile swim or 1.5-mile swim on AquaRun Relay (other leg will do a 5K/3.1-mile run)

COURSE: Re-enacts the 1926 Dalco Passage crossing. Both ways 3-mi triangular course swim and one-way 1.5-mi linear course. Water temp is est. at 56-60 °F. Water jugs provided for rinsing at finish. Metro Parks restrooms at start/finish area.

TIME: Check-in at 8:00 AM; **Mandatory Competitor Safety Meeting at 9:15 AM**; 3-mile swim starts at 9:45AM. 1.5-mile swim starts at 10:30AM after ferry ride to Vashon Island.

RACE DIRECTOR: Zena Courtney, 253-927-3695, cell 253-730-9827, zenacourtney@hotmail.com

ELIGIBILITY: Open to all 2014 registered Masters swimmers (USMS or MSC) 18 and older as of Sept 14, 2014. Competitors not registered may sign up for a \$20 One-Event USMS registration. Non-PNA USMS registered swimmers **must** submit a copy of their 2014 registration card to the race registrar.

RULES: Current USMS rules will govern this event. Neoprene wetsuits and race-provided caps are required, unless swimmer has pre-approval from by safety/race directors. Time limits are enforced as follows: 1.5-mile – 2 hour limit, 3-mile – 2:45 limit.

SAFETY: Lifeguards and safety boats will monitor the entire course. Body marking required on hands. Competitors must wear the color-coded race caps and race chip provided by the host. \$20 charge for chips that are lost.

AWARDS: T-shirts in male/female styling and caps to all competitors. A random drawing of special awards for participants and volunteers will be held while waiting for the last person to finish. Custom framed limited-issue prints for male and female in each event. 1st-3rd place vintage awards will be presented to men and women in age groups 18-24, 25-29 . . . 80+. Post race refreshments will be available.

ENTRY FEES: \$55, AquaRun Relay \$65, Run event only \$45. \$15 more on race day. 9.5% sales tax on all entry fees.

ONLINE ENTRIES ONLY: At

https://www.clubassistant.com/club/meet_information.cfm?c=1755&smid=5812, Online registration opens on 6-15-14 and closes at 11:59 pm PDT on 9-12-14

RESULTS: Preliminary results available on race day and final results posted at www.aquarunforachild.org the next day.

DIRECTIONS: FROM SEATTLE: Take I-5 SOUTH to Tacoma. Take exit 132B for WA-16 west toward Bremerton. Stay on WA-16 for approximately 3 miles to Exit 3 for 6th Ave toward WA-163 N/Ruston. Continue with **red text** following:

FROM OLYMPIA: Take I-5 NORTH to Tacoma (about 26 miles). Take exit 132 for S 38th St. Keep left at the fork, follow signs for Washington 16W (WA-16)/Gig Harbor/Bremerton for 1.0 mi. Keep left to continue on WA-16 west for about 3.0 mi to Exit 3 for 6th Ave toward WA-163 N/Ruston. Continue with **red text** following:

Turn left onto 6th Ave. Take the first right onto N Pearl St. Go 3.2 miles on N Pearl Street to stop sign at Pt. Defiance Park entrance. Continue straight through intersection onto N Waterfront Dr. As it curves past Pagoda, stay in right lane and follow directions to the Zoo. Pass the Zoo turn off and the road becomes Five Mile Rd. Continue straight past Rhododendron Gardens. Turn right onto Owen Beach Rd. and follow down winding hill. Destination is at bottom. Park in the lot.

LODGING: Silver Cloud Inn, Tacoma Waterfront, 2317 Ruston Way, Tacoma, WA; (253) 272-1300; www.silvercloud.com, 5mi Hotel Murano, 1320 Broadway, Tacoma, WA; (253) 238-8000; www.hotelmurano.com, 7mi; Best Western Plus, Tacoma Dome Hotel, 2611 East E Street, Tacoma, WA; (800)780-7234; www.book.bestwestern.com; 8-mile

ADDITIONAL INFORMATION: The 3-mi electronic chipped swim is on a triangular course that starts in the water at Owen Beach between two orange triangular buoys. Proceed north toward Vashon Island to make two right hand turns around the outside of two tall yellow cylindrical buoys at 1.5-miles and then head south back to Owen Beach. 1.5-mi swimmers will take a bus from the finish area to the Tahlequah state ferry 10:05 AM departure. Walk on and enjoy the 15-minute ride to Vashon Island. Once arrived, walk to the beach just west of the ferry terminal and swim out to the two tall yellow cylindrical buoys for the start at approximate 10:30 AM. Swimmers will finish with a run up the beach across a timing mat.

AquaRun and Open Water Swim, Tacoma, WA / September 14, 2014

09:45AM Start Time/Owens Beach

SWIM: 3.0 mi (both ways)

10:05AM (walk-on) ferry leaves (15 min crossing)

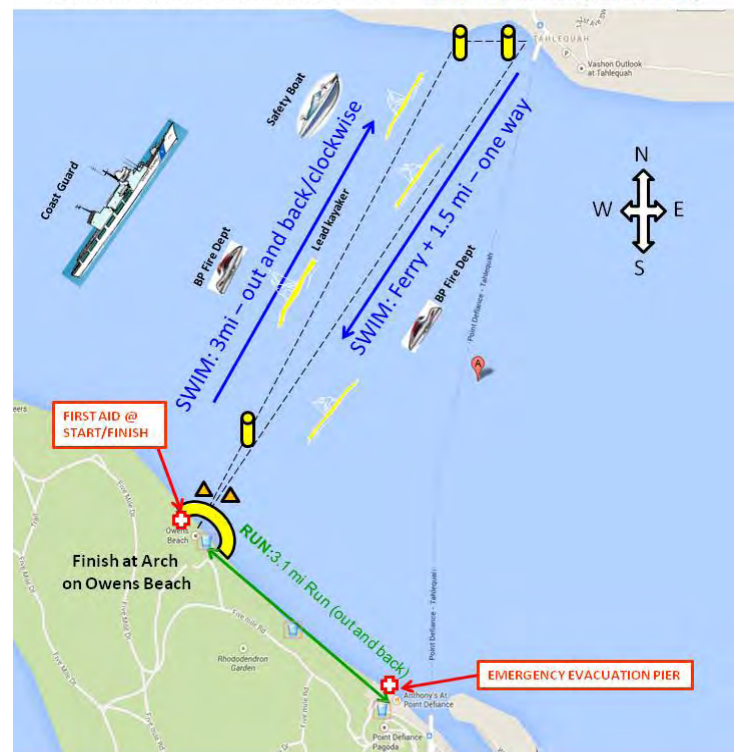
10:30AM Start Time/Vashon Island

AQUARUN: 1.2mi Swim/
3.1 mi Run (out and back)

SWIM: 1.2mi (one way)

11:00AM Run Start Time/Owens Beach

RUN: 3.1 mi Run (out and back)





**2014 Last Gasp of Summer Open Water Swim
One and Two Mile Events
Saturday September 20, 2014
Sanctioned by PNA for USMS Inc. # TBD
Hosted by: Blue Wave Aquatics**

LOCATION: Angle Lake in Seatac, Wa. Check-in is at Angle Lake Park, 19408 International Blvd, Seatac, WA 98148

COURSE: The course is rectangular. One-mile swimmers swim one lap; two-mile swimmers swim two laps. The lake temperature averages in the high 60's in mid-September.

TIME:

8:30 – 9:30 am	Pre-Race Check-in for <i>both</i> races
9:30 am	Mandatory Meeting for ALL swimmers
10:00 am	Start of 2-Mile Race
10:15 am	Start of 1-Mile Race

RACE DIRECTOR: Mike Murphy

MeetDirector@BlueWave-Aquatics.com or call 205-316-0234

ELIGIBILITY: Open to all 2014 registered Masters swimmers (USMS or MSC) 18 and older as of Sept 20, 2014. Competitors not registered may sign up for a \$20 One-Event USMS registration. Non-PNA USMS registered swimmers **must** submit a copy of their 2014 registration card to the race registrar.

RULES: Current USMS rules will govern this event. The use of neoprene wet suits or other nonporous attire is allowed. No additional devices to help speed, pace, buoyancy, or endurance are allowed (such as webbed gloves, fins, snorkels, etc.).

SAFETY: The course will be marked with large buoys. Fire Dept. power boat, kayaks and lifeguards will be located along the course. Swimmers must wear the swim caps furnished at check-in. A mandatory safety meeting will be held before the event start. More at:

<http://www.LastGaspofSummer.com/safety.aspx>

AWARDS: Participation award to all entrants. The top male and female finisher in each age group in each event (1-mile no wetsuit, 1-mile wetsuit, 2-mile no wetsuit and 2-mile wetsuit) will receive a special award.

ENTRY FEES:

\$55 + tax – Early entry before Sept 1
 \$65 + tax – Sept 1 thru Sept 18
 \$80 – Sept 20 (Day of Race)
 \$20 – One-Event USMS registration (see eligibility)

LONG SLEEVE PERFORMANCE SHIRT **included** in entry fee!

Registrar: Judy Williams 206.242.7802
Registrar@BlueWave-Aquatics.com

Online open water registrations are non-refundable and non-transferable.

ENTRY DEADLINE: Online registration opened on June 1 and closes at 11:59 pm PDT on **Sept 18**, 2014 or SOONER if race has sold out. Maximum 300 swimmers.

ONLINE ENTRY: To register online go to https://www.ClubAssistant.com/club/meet_information.cfm?c=1449&smid=5735

RESULTS: Results will be available on race day and distributed electronically following the event.

DIRECTIONS: From I-5: Take the South 188th St exit (#152); drive west 1 mile; turn left onto International Blvd (aka Pacific Highway South); drive south 0.5 miles; turn left on South 195th St into the park. Plenty of free parking is available.

ADDITIONAL INFORMATION: Angle Lake is an L-shaped community lake in the heart of Seatac, about 1 mile south of SeaTac Airport. The park has a large beach and picnic area. Restrooms and changing areas are available. Picnic lunch will be free to all swimmers after the race. Family members and friends are welcome, donations accepted.

LINKS: More information available at www.LastGaspofSummer.com

**PNA Board Meeting Summary
April 5, 2014**

PNA met for its Annual Board meeting at Timber Ridge at Talus in Issaquah. Treasurer Jeanne Ensign reported that the LMSC has \$43,929 in the bank and no outstanding debts. Registrar Arni Litt reported that the LMSC has 1423 members, just 200 members shy of the final total for 2013.

Linda Chapman reported that the ORCA Pentathlon was well attended with 83 swimmers participating at Juanita Pool in March. Rick Colella, age 62, set a national record in the 200-yard freestyle at the meet. The Board approved a fifth open water event for the summer schedule. The AquaRun will take place on September 14 at Vashon Island this year with 1.5-mile and 3-mile events offered. A Certification Clinic for USMS Coaches Levels 1 & 2 will take place on October 18/19 in Tukwila. Representatives Bill Brenner and Mel Goldstein from the USMS National Office are expected to run the clinic.

Once again PNA Governance was a big focus for the meeting. Explanatory information and ballots were distributed on April 1 and a flurry of votes had already been received. For the proposals to pass, the Bylaws require a 30% favorable vote from the membership, so those who haven't voted will be sent reminders. The majority of the members received the information via email with the voting to be done via Survey Monkey. The board extended the deadline to cast votes to May 13.

PNA is entitled to send four delegates to the USMS Convention being held in Jacksonville, FL September 17-21. Those interested in representing PNA were required to submit an application by May 18. A committee was formed to consider an expansion of the awards that are given locally to volunteers. A committee was also formed to explore opportunities on social media that would spread the word about PNA.

WELCOME, NEW SWIMMERS!

(Registered as of 6/27/2014)

Blue Wave Aquatic Masters

Donna Anderson
Nicole Cockle
Krishelle Currier
Michael Dysart
Carl Eshelman
Anne Hartwig
Caroline Kimani
Megan Matthew
Salome Mohammed
Madhuvanesh Parthasarathy
Laura Ryan
Michael Sessions
Iris Sevilla
Dawn Tecklenburg
Joyce Yoo

Bainbridge Aquatic Masters

Deborah Fuller
Darren Gray
Lauren Little

Bellevue Club

Frank Anderson

Husky Masters

Erica Mohler
Marie Wilson

Mercer Island Redwoods

Brian Hildebrandt

Ohana Swim Team

Mason Hill

Orca Swim Club

Cyril Delgado
Richard Fuller
Robert Nielsen
Vincent Paiz
Lynn Tran

Samena Masters

Steven Saunders

South Sound Masters Swimmers

Nicole Sullivan

Skagit Valley Masters Swimming

Jacob Hensrude

Swim 4 Tri

Brendan Murphy

Vashon Rockfish

Nicholas Wiesnet

Not part of a Club – UC36

Natalie Burns
Debbie Whitt
Charles Whitt

Unattached to a Workout Group

- UNAT

Hunter Cosgrove
Tania Ferguson
Nicholas Hallak
Teresa Hambelton
Annie Kean
Scott Kinghorn
Cathleen Knutson
Steven Shaughnessy

NOTE: Please email error corrections (and names of unattached swimmers who want to change their affiliation to a specific workout group) to pnaregistrar@usms.org

PNA and USMS membership:

Use this link to register online: www.usms.org/reg/register.php?LMSCID=36

Use this link to print a form to mail in: www.clubassistant.com/c/D63FBF8/file/registration/Regform.pdf

PNA Coach Awarded *Kerry O'Brien Coaching Award* – in 2008!

A long oversight has been corrected with the addition of **Cynthia Krass'** name to the PNA website's *Awards and Recognition* page (www.swimpna.org/w/PNA/more/?artid=3434). Cynthia, at that time coach of Columbia Athletic Club Masters in Sammamish, was nominated by her team and acknowledged at the USAS Convention in 2008, the inaugural year for this award. (Marilyn Grindrod, then coaching the Olympic Aquatic Club Masters in Bremerton, was our other PNA honoree.)

The USMS Coaches Committee created this award to recognize registered coaches who are building our membership in communities throughout our country. Originally named the *Grass Roots Coaching Award*, it was renamed to honor Coach Kerry O'Brien of Walnut Creek Masters, who embodies the passion, dedication, and heart that these coaches bring to the pool deck. Our apologies to Cynthia for not posting her name a bit sooner!

Membership Statistics At-a-Glance

Pacific Northwest 2014

- 1,577 Members Registered
 - 801 Men
 - 776 Women
 - 0 today
 - 41 this month

Pacific Northwest 2013

- 1,634 Members Registered
 - 823 Men
 - 811 Women
 - 2 today
 - 30 this month

Pacific Northwest Clubs

- 3 registered clubs for 2014
 - 3 registered clubs for 2013
- 85 self-identified coaches for 2014
 - 86 self-identified coaches for 2013

National 2014

- 56,067 Members Registered
 - 30,141 Men
 - 25,926 Women
 - 29 today
 - 2,521 this month

National 2013

- 59,066 Members Registered
 - 31,669 Men
 - 27,397 Women
 - 55 today
 - 2,334 this month

National Clubs

- 944 registered clubs for 2014
 - 843 registered clubs for 2013
- 2,900 self-identified coaches for 2014
 - 2,483 self-identified coaches for 2013

The 34 workout groups in the Pacific Northwest LMSC (PNA) currently *registered with USMS*:
(Blue Wave Aquatics and Vashon Rockfish are registered Clubs not having separate workout groups.)

WOG Abbr	Workout Group Name	Club	Year	WOG Contact City, State
AQUA	Aquatic Fanatics	PSM	2014	Poulsbo, WA
BAM	Bainbridge Aquatic Masters	PSM	2014	Bainbridge Island, WA
BC	Bellevue Club	PSM	2014	Bellevue, WA
CAAT	Central Area Aquatics Team	PSM	2014	Seattle, WA
CAC	Columbia Athletic Clubs	PSM	2014	Sammamish, WA
DBST	Downtown/Bellevue Swim Team	PSM	2014	Redmond, WA
GLAD	Greenlake Aquaducks	PSM	2014	Seattle, WA
HMST	Husky Masters	PSM	2014	Seattle, WA
LWM	Lake Washington Masters	PSM	2014	Everett, WA
LOGS	Logger Masters	PSM	2014	Seattle, WA
MIR	Mercer Island Redwoods	PSM	2014	Issaquah, WA
MAMS	Middle Aged Marlin Swimmers	PSM	2014	Lake Stevens, WA
MYM	Monroe YMCA Masters	PSM	2014	Monroe, WA
MUKY	Mukilteo YMCA	PSM	2014	Everett, WA
NEO	North End Otters	PSM	2014	Seattle, WA
NKM	North Kitsap Masters	PSM	2014	Poulsbo, WA
NWM	North Whidbey Masters	PSM	2014	Oak Harbor, WA
OST	Ohana Swim Team	PSM	2014	Tacoma, WA
ORCA	Orca Swim Club	PSM	2014	Seattle, WA
PTMS	Port Townsend Master Swimmers	PSM	2014	Port Townsend, WA
PRO	Pro Sports Club	PSM	2014	Bellevue, WA
QASC	Queen Anne Swim Club	PSM	2014	Seattle, WA
SPCC	Sand Point Country Club	PSM	2014	Seattle, WA
SARC	Sequim Aquatic Recreation Center	PSM	2014	Sequim, WA
SVMS	Skagit Valley Masters Swimming	PSM	2014	Sedro Woolley, WA
SAM	Snohomish Aquatic Masters	PSM	2014	Snohomish, WA
SSMS	South Sound Masters Swimmers	PSM	2014	Centralia, WA
SWIM	South Whidbey Island Masters	PSM	2014	Langley, WA
TACM	Thunderbird Aquatic Masters	PSM	2014	Burlington, WA
UNA	Unattached to a Team	PSM	2014	Seattle, WA
WAC	Washington Athletic Club	PSM	2014	Seattle, WA
WEST	West Coast Aquatics Masters	PSM	2014	Mill Creek, WA
WWUS	Western Washington University Masters Swimming	PSM	2014	Bellingham, WA
YPKC	YMCAPKC Sound Aquatic Swimmers	PSM	2014	Tacoma, WA



**U.S. MASTERS
SWIMMING**

USMS LMSC Program Developer Seminar

Northwest Zone is hosting a
Program Development Seminar
at the

Gil Young Memorial Swim Meet
Friday, August 22, 2014

Mt. Hood Community College
26000 SE Stark
Gresham, Oregon

Friday, August 22, 2014

Check-In: 9:30-10:00 am

Seminar: 10am to 2pm

Program Developer Mission:

To enhance the USMS membership experience for athletes and coaches by increasing and improving access to aquatic facilities.

Who should attend? LMSC leadership interested in exploring the opportunity to identify, educate and support volunteers within the LMSC to become a program developer. Club leadership interested in improving or maintaining a positive relationship with their aquatic facility and swimming community.

Position Description:

The USMS/LMSC program developer is a volunteer position providing email, telephone and on-site support to new and existing clubs within the LMSC. The program developer will work closely with USMS Club and Coach Services in a joint effort to promote stability, growth and retention of clubs within the LMSC.

Workshop Description:

In-depth explanation of the program development seminar currently being taught by USMS Club and Coach Services. The objective of the program development seminar is to educate volunteers how to effectively communicate with aquatic and facility professionals the benefits of USMS programming at new or existing aquatic facilities.

*This is a free seminar and it is limited to the first 30 registrants.
All seminar materials will be provided on the day of the seminar.*

Registration and information contact:

Tim Waud twaud@aol.com

Voting Board Members

President
[Lisa Dahl](#)

Vice President
[Michael Grimm](#)

Secretary
[Sally Dillon](#)

Treasurer pro tem
[Jeanne Ensign](#)
206.948.1354

Immediate Past President
Steve Peterson
360.692.1669
speterson@bandwagon.net

At-Large Director
[Kathy Casey](#)
253.588.4879

At-Large Director
[Guila Muir](#)

Bylaws
[Jane Moore](#)

Meets
[Linda Chapman](#)

Membership Registrar
Arni Litt
206.849.1387
PO Box 12172
Seattle WA 98102-0172
pnaregistrar@usms.org

Open Water Coordinator
[Jim Davidson](#)

Appointed Director - open to a "robust volunteer"!

Appointed Director - open to a "robust volunteer"!

Club Representative - appointment pending

Club Representative - appointment pending

Club and Team Development - open!

PNA's Coordinators/Standing Committees:

Awards
[Kerry Ness](#)

Coaches
[Shannon Singer](#)

Fitness
[Sarah Welch](#)

Historian
open!

The WetSet Editor
Steve Peterson pro tem
New Editor needed!

Officiating
[Kathy Casey](#)
Jan Kavadas
425.775.5814

Postal Swim Updates
[Sally Dillon](#)


Records/Top Ten
[Doug Jelen](#)

Safety
open!

Webmaster
Steve Peterson
360.692.1669
webmaster@swimpna.org

Database Support
[Jon Walker](#)

New
Governance
Structure!



Pacific Northwest Association of Masters Swimmers
PO Box 12172
Seattle, WA 98102-0172

CHANGE SERVICE REQUESTED

Non-Profit Org. US Postage Paid Seattle, WA Permit No. 2334

Attention swimmers receiving a printed copy of *The WetSet*:

Like every other organization, the PNA is trying to cut expenses. We have been mailing over 300 paper copies of this newsletter, yet fewer than 30 of you have no email address. We would encourage you to try the online version or print your own copy (in which case you'll see the photographs in full color!).

You will continue to receive the paper version of *The WetSet* if:

1. You have no email service.
2. Your email bounced and USMS removed this address from their system.
3. You specifically requested a hard copy when you renewed for 2014.

Note: If you do get a paper version and your mailing address changes, it is important that you send the Registrar a corrected US Postal address. Your LMSC pays for every paper issue of the newsletter that cannot be delivered!

You can stop the paper issue by emailing pnaregistrar@usms.org and opting out of printed delivery.