



The WetSet

U.S. Masters Swimming in Western Washington
Volume 34, Issue 5

Pacific Northwest Association of Masters Swimmers
September-October 2014

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Greetings from your new editor!

I confess I am fairly new to swimming. I joined the Bainbridge Aquatic Masters almost two years ago, after competing in my first sprint triathlon. I had taken some swimming lessons to prepare for the race, and found out 1) how little I knew about swimming and 2) how much I loved swimming!

I'm still in the lane at the wall, and I confess that the second 5:00 a.m. practice in the week is frequently the one I don't quite make it to, but I love swimming and Masters workouts. I enjoy the open water swims in Puget Sound as well, and all of the new adventures and new people (and new gear!) that this sport has introduced me to. So I thought it would be fun to take on this newsletter and learn a little more about the world of Masters swimming.

So, whereas I may be a relative newbie in the Masters swimming world, I can tell you that I've been a graphic designer and layout artist for almost as long as your longest tenured Board member (I'll save you the math; it's been about 25 years). I've spearheaded (mastheaded?) a number of newsletters along the way, and look forward to creating an engaging, informative missive to support the PNA Masters Swimmers.

Thanks for reading,
Jessica Dubey
jessicadubey@mac.com

5K & 10K Postal National Championships

Swim time at Colman Pool SPACE IS STILL AVAILABLE

Pool time has been reserved at Colman Pool in West Seattle for any PNA swimmer who wants to compete in one of the two Postal events.

LOCATION: Colman Pool; 8603 Fauntleroy Way SW in Seattle

DATE: Saturday, September 6

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

RSVP: You must reserve YOUR space in this event – NO “day of” 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.

For further information check out the July edition of *The WetSet* or contact Sally via her email or phone: 425-961-0023.

SINK OR SWIM

What Not to Say to an IRONMAN Finisher

by Skagit Valley Masters Swim Club member Greta Perales

Rumor has it there is a new editor on board at *The Wetset*. I am debating whether to horrify her with slightly inappropriate blogs or try to be on my best behavior for a newsletter or two. On the slightly inappropriate side, I had a delightful story about James, from Skagit Valley Masters, that included his unsuccessful attempt to go to the *Journey* concert with his wife and her girlfriend; however, I have been asked by him to not make him the subject of my next or any blog despite the fact that it is an awesome story. Ok, it is a decent story that would have become awesome once I took a few liberties with the storyline.

So because of James I will stick to the more acceptable subject of emails and texts I received after IRONMAN Coeur D'Alene and my external and internal responses. One of my earliest responses was from a fellow cyclist, who wrote, "Wow, the second half of your bike split was so slow that I thought maybe you crashed." My return comment, "Nope, no crash, just aggressive head winds on the course. Thanks for checking in and worrying about me." Internal response, "Are you frickin' kidding me? The head winds were horrible, and I swear 90% of the course was up Satan's Mountain. Why yes, one gal (not me) even admitted to crying at one point. The bike ride sucked, but once again thank you for assuming only a crash could make me or anyone ride so slow."

Comment number two, "So apparently running is the weakest of the three disciplines for you." External response, "Why yes, it would definitely appear that way when one looks at my splits and race placement." Internal response, "Yeah well, my feet were frozen through the bike ride from the 55 degree water. That, combined with the ride up Satan's Mountain, took a little of the wind out of my sails. Probably another key factor were the blisters the size of quarters all over my feet." Blisters that made my husband seriously consider sleeping on the couch for a few nights. He was worried they would pop and he would get blister juice on him. I did not know that blister juice was a deal breaker.

And finally, my favorite was from a co-worker who upon seeing my finishers photo said, "I am so sorry Greta, maybe no one else will see it." My external response was, "Hell yeah, my photo rocks. Are you not noticing the leg muscle definition as I cross the finish line? Ignore the

look of sheer exhaustion, weirdly bunching tank that makes me look like a Norwegian farm girl from the 1800s, and the weird gooey stuff on my face (which I hope to God is sunscreen or GU) and check out that muscle." She was not impressed. My internal response was, "Christmas cards and framed 8x10s for all!"

In summary, of the four IRONMANs I have done, this one was the hardest. Satan's Mountain and the winds are on my s&*t list. However, if you ever want to be involved in a race with the ultimate in volunteers this is the race for you.

Back to James: depending on your pool/lake etiquette over the next few months, you may still end up in a blog. You may want to consider bribery in the future.

Sincerely,

Greta "No I did not crash. Apparently, I am just slow." Perales

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The Northwest's only small group,
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Open Water News

The 2014 Open Water season is in full swing. To date we have had three events. The fifteenth Fat Salmon sponsored by the Green lake Aqua Ducks was held July 19th and was, as always a great event. It is our largest event and, despite breezy and choppy conditions, we had 281 finishers for the 3.2 mile swim. Top finishers in the Non-Wet Suit Division were Steve Sholdra for the Men and Madeline Klobuchar for the women. In the Wet Suit Division, first place man was Zach Walters, and Christine Avelar finished first for the women.

On July 27th the ORCA Swim Team held the ORCA Open Water Swim at Luther Burbank Park on Mercer Island. The 61 swimmers were treated to sunny skies and calm waters. The event featured 1 mile and 2 mile swims with wet suit and non-wet suit divisions. Top finishers in each division were: **2 mile wet suit women** – Catlin Schwalbach, **2 mile wet suit men** – Eddie Switaj, **2 mile non-wet suit women** – Zena Courtney, **2 mile non-wet suit men** – Brock Jones, **1 mile wet suit women** – Kathlyn Smith, **1 mile wet suit men** – Chad Hagedorn, **1 mile non-wet suit women** – Sydney Anderson, and **1 mile non-wet suit men** - David Dahl.

The final event to date was the Whidbey Island Adventure Swim put on by the South Whidbey Island Masters (SWIM). The event was held at the Seawall Park in Langley on Whidbey Island on August 2nd. The swim was conducted in the Saratoga Passage. The event was nominally wet suit only (although a number of hardy souls were cleared by the race director and swam without a wet suit) and there was no non-wet suit division. Thirty-four swimmers were divided between 1.2 mile and 2.4 mile distances. Conditions at race start

were calm with light cloud cover and turned somewhat choppy during the race. Chad Hagedorn and Christina Garcia were top male and female finishers in the 1.2 mile event. Zena Courtney took first in the Women's 2.4 mile and Eric Dolven was first for the men.

PNA takes pride in sponsoring well organized, safe open water swims, and the three events held so far have certainly met those standards. Many thanks to the Race Directors, Liz Rosen for Fat Salmon, Meghan Meinerz for ORCA, and Emily Weinheimer for SWIM, and all of the volunteers that make these events successful. There are two more events this year. The AquaRun/Swim Defiance will be on September 14th, and the season will finish with the Last Gasp of Summer on September 20th. Detailed information on these events can be found in this issue of *The WetSet*.

Don't forget the Open Water Series High Point Awards. 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 division (age, sex, distance, wet suit/no wet suit) for each event swum. At the end of the season, points will be tallied and awards will be sent to the winners. A swimmer's points will be the total of all points accrued in all events. Points per place are allocated as follows: 1st-22, 2nd-18, 3rd-16, 4th-14, 5th-12, 6th-10, 7th-8, 8th-6, 9th-4, 10th-2. Note that One-Event Registration swimmers are not eligible, even if they pay the One-Event fee more than once. Current standings for the High Point Awards can be found on the PNA web site.

BAM at Fat Salmon



More fun photos on the Bainbridge Aquatic Masters Facebook page! (You can also find a video of the BAMmers taking the ALS "Swim Cap" Challenge! Better check it out to see if you got tagged next...) Or go to fatsalmon.smugmug.com/FatSalmon for a wide collection of photos from many different contributors.

PNA Swimmers Experience Variety in Montréal

By Steve Peterson

Ten PSM team mates journeyed to the 15th FINA World Masters Championships / 15^{ième} Championnat du Monde FINA des Maîtres in Montréal. Five Masters aquatic disciplines were represented: synchronized swimming and water polo (Jul 27 – Aug 2), swimming and diving (Aug 3 – 9), and open water (Aug 10). Number of days there, events and races entered and completed, and results varied across the board as you’d expect from a diverse set of competitors and sightseers. In deference to the patient Mrs. Peterson, who eschews long plane rides and long days at pools, I delayed my arrival until after celebrating our 40th wedding anniversary, then came home early to continue our deck rebuilding project (thus foregoing the opening ceremony, 100 Breast and open water swim).

Montréal hosted the 11th FINA World Championships in 2005 at the same world-class competition venue, the Parc Jean-Drapeau Aquatic Complex, “considered by many as the best water sports complex in Canada.” (The 1976 Olympics complex would have been spectacular, but perhaps lacks capacity and its renovations won’t be completed until December anyway.) In addition to the two 50m pools – an 8-lane for warm-up/warm-down and 10-lane for competition – a Myrtha pool was constructed, temporary but not adjacent, for added competition space, with men and women alternating between pools each day.

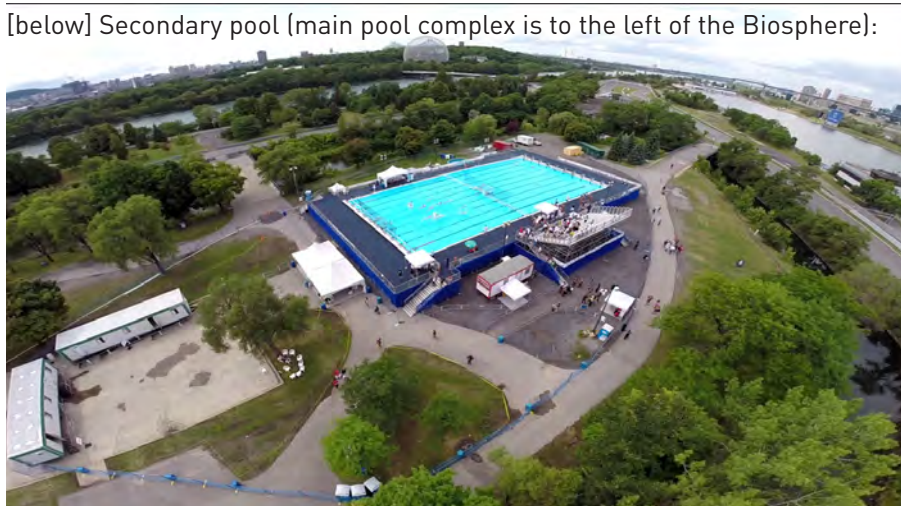
Montréal, eighth largest city in North America, is the second largest primarily French-speaking city in the world after Paris. (English subtitling isn’t always included.) It lies on the Île de Montréal at the confluence of the Saint Lawrence and Ottawa Rivers, while the aquatic complex is on peripheral Île Sainte-Hélène and the temporary pool and open water course are on Île Notre-Dame. The temporary pool wouldn’t have been that 12-minute walk away, turns out, if not for “Heavy Montréal” – but you could have seen *Metallica* live in concert that same week! Primary transportation via rubber-

tired subway is quick, easy and was free for athletes (including bus to and from the airport, of which I used half, arriving – finally – at 2 in the morning. Comments on aircraft maintenance, thunderstorms, and overnighting in O’Hare will be found in my Facebook posts...)

The week preceding the swimming, PNA President Lisa Dahl and the U.S. Masters “Fighting Flamingos” Water Polo team won gold 7-4 over the “Calgary Splash” in the 50+ division! Said Lisa: “[My] swimming went poorly but water polo went fantastic. Loved the trip to Montréal, hanging out with all my polo and swimming



(top) Main complex, for competition, warm-up, and diving (secondary pool is far to the left, out of view)



[below] Secondary pool (main pool complex is to the left of the Biosphere):

buddies.” Lisa and Sarah Welch brought 140 long-sleeve tech tees emblazoned with the meet logo and “Team USA” and sold every one to swimmers from many countries! (I traded mine for a Toronto Master Ducks tee – they’d created just enough for their attending members, so I counter my misgivings on the trade with glee at getting a limited-edition shirt from one of my favorite Canadian teams.)

Two of our contingent continue their recovery from shoulder surgery – Sarah (see her comments below) and Frank Warner. Frank dislocated his right shoulder during warm-up for *Beat The Clock* (Olympia, Feb 1), then two more times during workouts, weakened from previous rotator cuff repairs. He also had his pacemaker replaced because he was depleting its battery faster than the typical client. Not to be stymied by either, Frank swam the Y Masters Nationals in early April (one-armed!), went under the knife in late April, and recovered sufficiently to swim this meet and a few races at USMS Summer Nationals a week later!

Social interaction is as much a part of Masters as the competition, with potentially fascinating discoveries. In



The USMS coaching staff: Tim Waud, Andy Levasseur, Jen Crowther, and Dean Hawks.

between races, Lisa, Sarah and I were chatting on deck. Two Johns, nephew and uncle (in wheelchair), joined us. Uncle had driven from New York to watch his nephew from Ohio compete. Discussion soon came around to

Here’s a summary of how our PSM swimmers fared in Montréal (among 15 top ten finishes including Don Graham’s three golds, two of which are new FINA world records!):

Event	Kathy Casey	Lisa Dahl	Don Graham	John Huckabee	Lyle Nalli	Steve Peterson	Dan Phillips	Walt Reid	Frank Warner	Sarah Welch
AG:	65-69	50-54	60-64	55-59	55-59	65-69	50-54	70-74	65-69	65-69
50 Fr		30.01 8 th		NT* 120 th					35.71 44 th	39.98 19 th
100 Fr									1:17.77 30 th	1:29.87 19 th
200 Fr									2:56.76 25 th	
400 Fr	7:07.86 18 th				4:48.84 12 th		4:45.12 11 th			
800 Fr	14:48.51 23 rd				10:10.17 14 th		9:51.07 9 th		DNS	
50 Bk	47.99 15 th	DNS	31.96 NWR!					44.58 11 th		
100 Bk	1:43.69 15 th		1:11.02 NWR!					1:45.62 15 th		
200 Bk	3:50.10 19 th		2:42.20 2 nd		2:39.88 11 th				DNS	
50 Br		DNS		NT 74 th		39.45 13 th		49.43 22 nd		DNS
100 Br				1:43.45 75 th		DNS		1:47.81 15 th		
200 Br				NT 46 th	2:35.36 9 th	3:15.88 5 th	2:43.13 2 nd			
50 Fl		32.45 7 th	28.90 2 nd							44.26 7 th
100 Fl			1:06.91 1 st							
200 IM						3:10.42 11 th	2:26.29 4 th			
400 IM					5:35.36 9 th		5:23.51 4 th			
3K OW						DNS				

*Finish time determines placement. Per FINA rule, however, it’s listed as NT (no time) if it exceeds the qualifying time.



mobility (or lack of) in Montréal; the ADA provisions obviously didn't apply here and much progress is needed. The Metro, for example, is quick and easy – if you're good at stair-climbing! Then nephew John noted that his uncle was “the MLK of the disabled” – a Marine 2nd LT wounded by a sniper in Viet Nam in 1968 (while I was serving in relative safety in upcountry Thailand), he channeled his frustrations through Sen. Harkin (D-IA) to get the *Americans with Disabilities Act of 1990* passed! John A. Lancaster, former director of the President's Committee on Employment of People with Disabilities (1995-2000), recently retired as executive director of the National Council on Independent Living, the oldest disability grassroots organization run by and for people with disabilities. See more at www.usip.org/experts/john-lancaster.

FINA used Splash software to run the meet, so I installed the *SplashMe* app (\$2.99), comparable to *MeetMobile* (free!), to get the latest meet info on my smartphone. Several problems, however: WiFi was sketchy, meet results were slow in coming (slow servers, language, and verification were culprits, I'd heard) and inexplicably this meet disappeared from the app after the final day!

Special thanks should be noted for our USMS on-deck coaches, led by Oregon's Tim Waud. Tim worked tirelessly to keep everyone informed, texting which heats were up next to overcome communication shortcomings. He even picked up and mailed medals to those of us who left before final results were available.

Sarah Welch: “For me, Montréal was about the experience, the city, the great transit system and the thousands of international competitors, not about the swim competition. I'm in ‘recovery’ from major shoulder/bicep tendon surgery and not even slated to swim until December. So, I spent my first of two weeks in Montréal

watching our Fighting Flamingos water polo team take gold in the 50+ age group and walking throughout city neighborhoods. We clocked between 5 and 8.2 miles a day visiting farmers markets, old town centers, historic churches and buildings and seeing sights all over. The Montréal Metro system rocks! It makes the large city as close as the nearest stop. We traipsed through Old Montréal, Mount Royal neighborhood, Little Italy, the port, Jean-Talon Market, the Village, downtown, the Theatre district and much, much more.

“Then came the swim competition. This trip was my proof that after major shoulder surgery I can still swim and compete. I entered the meet with no expectations. Prior to the meet I was handling 1500 meter workouts and only once completed a long course meters 50 fly at Colman Pool. I had practiced no starts prior to race day, taking 6 off the sprint lane blocks prior to my first race. The shoulder held up great. And, I swam a very good 100 free and OK 50 fly and freestyle. I even medaled in the 50 fly, taking 7th place. A real bonus.

“I'm just thrilled to be back and to have had the time in Montréal with many new friends made along the way.”

Lyle Nalli: “It's not all swimming to be at the championships. We took an overnighter to Quebec City. The view's awesome; poutine (gravy over fries) you have to try as it's a local thing, and soak up the rest of the ambience.”

Donald Graham: “I have to say I loved swimming at the Montréal World Championships! The plethora of foreigners gives an international flavor that I found wonderful. I had one of my best meals in years at a Montréal restaurant, I had one memorable night that began after midnight with two of my best friends in swimming and I went home with 3 gold and two silver medals, my first World Championship wins ever. That makes it my best week this year!” Don also notes: “Here's what three Lake Washington, one US and one Lisa/Sarah US shirt were worth in shirts from 3 continents:”

Dan Phillips: “I would do it again. Italy [Riccione, 2012] set my expectations pretty low. In some ways Montréal matched those expectations. It was too crowded, the



communication was nonexistent, they ran out of toilet paper early every day and we walked far too much. The separation between pools was just the beginning of walking. Going anywhere via Metro meant quite a bit more walking. For a regular vacation that would have been fine but for recovery after racing it was not helpful.

“The positives were that the pools were good, the heats ran on time and the competitors were from all over the world. I don’t know many other ways to compete against swimmers from places like Germany, the Ukraine and Peru. One of the US swimmers was counting how many



Parc Jean-Drapeau’s resident groundhog loves tourists

different nationalities of people she had talked to and by Friday was up to 42. [Swimmers represented 93 countries. – Steve.] When the communication worked and winners actually knew when to show up for their medal ceremony, they nearly all wore their official country shirts or sweats. I showed up for one in the

Puget Sound green shirt and was surprised at how much more formal the other guys were dressed. They took it very seriously, so the next time I wore a US shirt.

“People had fantastic attitudes, both visitors and hosts alike. That went a long way toward overcoming the logistical drawbacks. (Did I mention no Wi-Fi was one of those? Or sharing the park with not just one, but two different metal festivals? Maybe I am spoiled by US meets.) [Lacking an international plan, airplane mode and Wi-Fi were essential to avoid 89 cents/minute talk and \$2/ megabyte data charges on my smartphone – Steve.]

“The effort and expense of Worlds is always going to hold some people back. For people who love competing I think they have to do at least one. After all the logistical complications are said and done, those swimmers who go will find themselves on the blocks amid 9 other people who really want to be The World Champion, and the positive tension and shared experience of that can’t be duplicated.”

Going forward, FINA has elected to shift its Masters competitions to the same year as its age-group Championships. Hence, the 16th FINA World Masters Championships will be held next year, August 5-16, in Kazan, Russia! Renew your passport and let’s go!

Welcome, New Swimmers!

(Registered as of 8/3/2014)

Blue Wave Aquatic Masters

Lisa Buzas
Tuathal Le
Mark Manoso
Dawn McArthur
Kanaan Morgado
Kerri O’Farrell
Jessica Secrist

Bainbridge Aquatic Masters

Shayla Archer
Kathryn DiMaggio
Cynthia Howard-Gibbon

Green Lake Aqua Ducks

Anna Greenwood

Husky Masters

Jane Waggoner

Mercer Island Country Club

Laurel Baker

Mercer Island Redwoods

Lysa Catlin

Monroe YMCA Masters

Tracy Beavers

North End Otters

Barbara Gomez

Northwest Aquatic Center

Zachary Poehlman

North Whidbey Masters

William Hawkins
Gary Vines

ORCA Swim Team

Khai Dang
Brandon Ibarra
Alastair Murray
Jennifer Paul
Gina Tran

Phinney Ridge Swim club

Scott Wakefield

Snohomish Aquatic Masters

Joshua Warren

Skagit Valley Masters Swimming

Donna Cafasso

South Aquatic Swimmers

Gena Hernandez

Unattached to a Workout Group - UNAT

Kathryn Anderson
Darcie Booth
Dave Davison
Mark Henderson
Kristen Moss
Shannon Scott
Andrew Toler
Kevin Weed

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

Swimming the English Channel

by Dan Robinson

July 20, Sunday morning, as my wife and kids were figuring out where to go sightseeing, I got a message to call Mike Oram, my pilot. I called Mike. He advised me that I should go Sunday afternoon instead of Monday morning, because the weather looked better from 4 pm to 4 am than after 4 am Monday. When he asked if I wanted to go in the afternoon, I said yes and suddenly two and half years of preparations came down to 5 hours to go.



Swimming at night.

We were at the dock at 3 pm and at 4 pm, I jumped into the water and swam out to Shakespeare Beach. I began my swim which had actually started 40 years earlier as a teenage dream that I could swim the

English Channel, and was further encouraged by a conversation with Scott Lautman 11 years ago that I was not too old to make the swim.

The swim started, there wasn't a lot of chop, but enough that it made breathing difficult and my low left arm recovery was hitting the water. At 2 hours into the swim, my throat ached, my back was aching and my left shoulder was hurting. At that point, I wondered if I could keep going for another 10-12 hours. I never mentioned this to my crew, wife and kids or Mike. I decided it would be too embarrassing to stop after 2 or 3 hours. I decided to just swim from feeding to feeding and hope it gets better. Mike was correct about the weather and the water calmed down. After 3 or 4 hours, I was able to swim my normal stroke and get into a rhythm.

About the middle of the channel we ran into some jellyfish and I was stung a couple of times. The stings actually distracted me from my other aches and pains and were not a problem. Sunset came and the sun dropped below the clouds and was a red ball to the north. At this point my body was in autopilot and I kept swimming to the next feeding. When it got dark, Mike turned a spot light on me and at first it was irritating and blinding. After a while it became my friend and the light became my connection to the boat. In the night, we saw the lights of three French cities, ferry boats and cruise ships. The city lights gave me the feeling that I could finish the swim. Soon we were moving away from the city light as the tide



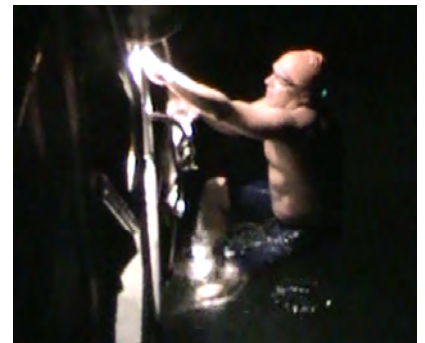
pushed me to the west. At that point, I decided to swim till dawn and I hoped I'd be done by then.

Around 2:30 to 3 am, Mike made a course correction and I knew we were close to the finish. 1 mile out, Mike told me it was a mile away and I was relieved. But it was the longest

mile. I must have taken an hour to swim the last mile. When the boat stopped 100 yards in front of the beach, I veered to my left and soon I was swimming away from the beach. Mike swung the boat into my path to get my attention. He explained, I was swimming away from the beach and there was 150 yards left to swim. I was to follow the boat till it stopped 100 yards away from the beach and then follow a spot light to the beach. It was an hour and half before dawn and very dark. This time I followed the boat and the light to the beach, finishing my Channel swim.

At 56 years old, Scott was right—I wasn't too old. Completing the Marathon swimming Triple Crown was a byproduct of my preparation for my English Channel swim. The MIMS and Catalina swims taught me how to train for a long swim and they gave me the confidence to swim the Channel. Scott Lautman mentored me the whole time. His friendship, guidance, long Saturday pool swims in the winter, our 3-day La Jolla Cove training weekend in April and the many Puget Sound swims in June and July prepared me for this swim. Scott's mentoring and my wife Kathy's support made all of these swims possible.

At the finish!



Ed. note: Read more about Dan's achievement [here](#).

Bainbridge Aquatic Masters BAMFest

Saturday, October 4, 2014

Warm-up: 9:00 AM Meet starts at 10:00 AM

Sanctioned by PNA for USMS Inc. # 0364-5007

LOCATION: Bainbridge Island Aquatic Center, 8521 Madison Ave, Bainbridge Island WA 98110

FACILITY: 25yd pool, 6 lanes, separate warm-up area. Temp 82°F Hot tub, sauna, and steam room will be available during the meet for competitors only. Electronic timing will be used.

MEET DIRECTOR: Jill Beermann (206-418-9041) and Andrea Wilson (206-799-1918), email: BAMFest2014@gmail.com.

MEET REFEREE: Teri White, teriwhite53@gmail.com, 253-370-8261.

CONCESSIONS: Free, donations accepted

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2014 USMS or foreign registered swimmers 18 and above as of 10/04/2014. Age groups based on the swimmer's age as of 10/04/2014.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Monday, September 29, 2014 or online by 11:59 PM (Pacific) Wednesday, October 1, 2014. NO individual race day entries accepted.

SEEDING: All events slow to fast, age group and sexes mixed. Pre-seeding except for 500 Free.

CHECK-IN: positive check-in required for the 500 Free by the conclusion of event #6. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays require two men and two women. Mark your relay entry card carefully to ensure correct intent and results.

AWARDS: Available for purchase at meet.

ENTRY FEES: \$16 (US or Canadian; includes LMSC and timing surcharges) PLUS \$1 per individual event (optional for seniors and needs-based swimmers). Entry fees include WA State sales tax. No charge for relays.

ONLINE ENTRIES: Enter online at: https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=5551

PAPER ENTRIES: Use the PNA Generic Entry Form available on the PNA Website or in the WetSet. Make checks payable to **BAM** and mail to: **BAM, PO Box 10934, Bainbridge Island, WA 98110.**

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

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

LODGING:

- **Eagle Harbor Inn**, 291 Madison Ave. S., Bainbridge Island, (206) 842-1446 (www.theeagleharborinn.com)
- **Best Western Inn Plus**, 350 NE High School Road, Bainbridge Island, (206) 855-9666
- **Island Country Inn**, 920 Hildebrand Lane, Bainbridge Island, (206) 842-6861
- **Suquamish Clearwater Casino Resort**, 15347 Suquamish Way, NE, Suquamish, (866) 609-8700

ORDER OF EVENTS

Modified "High School" Format

1/2	Womens/Mens	9	100 Free
	200 Medley Relay	10	500 Free
3	200 Free	11	100 IM
4	50 Back	12/13	Womens/Mens
5	200 IM		200 Free Relay
6	50 Free	14	100 Back
	-- 15 min break --	15	50 Fly
7	100 Fly	16	100 Breast
8	50 Breast	17	200 Mxd Fantasy Rly



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.

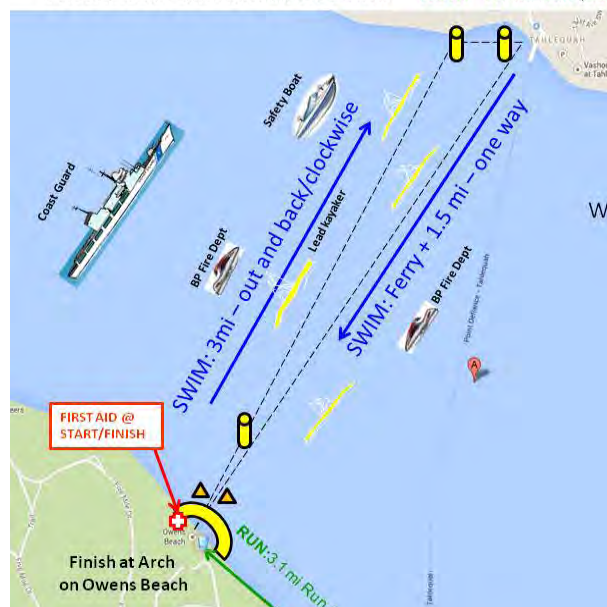
LODGING: Silver Cloud Inn, Tacoma Waterfront, 2317 Ruston Way, Tacoma, WA; (253) 272-1300; www.silvercloud.com, 5mi Hotel Murano, 1320 Broadway, Tacoma, WA; (253) 238-8000; www.hotelmuranotacoma.com, 7mi; Best Western Plus, Tacoma Dome Hotel, 2611 East E Street, Tacoma, WA; (800)780-7234; www.book.bestwestern.com;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

09:45AM Start Time/Owens Beach **SWIM:** 3.0 mi (both way)
10:05AM (walk-on) ferry leaves (15 min crossing)
10:30AM Start Time/Vashon Island **AQUARUN:** 1.2mi Swim
3.1 mi Run (out)
SWIM: 1.2mi (one way)
RUN: 3.1 mi Run (out)

11:00AM Run Start Time/Owens Beach





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

Changes in EOY Membership Fees

Beginning Sept 1, new prospective members have two registration options available online:

- 1) An end-of-year 2014 membership, which is discounted from the full-year 2014 price. It expires on December 31, 2014; or
- 2) A “year-plus” membership, which is a 2014 membership PLUS a prepaid 2015 membership (available only online). The way this works is that the member makes his LMSC and club selection and receives his 2014 card immediately. Then, in November, the member will be asked to confirm his LMSC and club choice for 2015. When he does that he will be issued his 2015 membership card, which will expire on December 31, 2015.

Note that the “year-plus” membership includes an additional \$10 discount off the USMS portion of the 2014 membership fee.

OPTION 1, 4-MONTH END-OF-YEAR 2014

MEMBERSHIP example:

2014 USMS fee: \$25.00

2014 PNA-LMSC fee: \$5.00

Total: \$28.00

OPTION 2, YEAR-PLUS (2014+2015) MEMBERSHIP

example:

2014 USMS fee: \$15.00

2014 PNA-LMSC fee: \$5.00

2015 USMS fee: \$37.00

2015 PNA-LMSC fee: \$13.00

Total: \$70.00

PNA and USMS membership:

[CLICK HERE](#) to register online.

[CLICK HERE](#) to print a form to mail in.

Important Changes to USMS Waiver

- 1) There has been a change to the USMS Participant waiver and release that each of you signs when the swimmer registers each year and whenever you participate in a USMS sanctioned event. The waiver is a full page long now. We know that you are probably not going to read it when you are in a hurry to register or enter an event, so we have included it in this issue of *The WetSet* on page 13 and it will be online at www.swimpna.org/ “location” and on the USMS website at www.usms.org/admin/lmschb/waiver.docx

Please read it so that you can sign it whenever necessary. It will not be changed without notification.

There are requirements on the use of the release in forms and applications. These can be found at <http://www.usms.org/admin/lmschb/content/gto#ow> and select Requirements for US Masters Swimming Liability Release.

In summary they are:

- Use the exact language and format of the USMS Liability Release.

- Separate the release from the other parts of the membership registration or event entry form (i.e., on a full page).

- Make the print large enough – 10 point size or larger.

- Save the signed Liability Release so it can be retrieved.

On-Line Event Forms must include the waiver and there are instructions for that, too.

- 2) New 30-Day Trial and Guest Membership Application www.usms.org/admin/lmschb/content/tryout

When a new swimmer wants to try out Masters’ swimming before registering, the swimmer signs a 30-day waiver form. A swimmer may only use the 30-day trial one time. The new form makes this clear. Also, 30-day trials now give the swimmer the same secondary personal accident coverage as a fully registered swimmer for the 30 days.

- 3) Until recently, foreign swimmers could swim in USMS workouts under their foreign membership. Now, foreign swimmers, swimming more than 30 days, must register as USMS swimmers. If the swimmer does not intend to swim for more than 30 days, the swimmer signs the 30-day trial.



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Revised 07/01/2014

MASTERS CALENDAR

LOCAL/REGIONAL POOL EVENTS

October 4, 2014

MEET:

[BAMFest](#)

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](#)

Sep 6, 2014

[5K & 10K Swim Opportunity](#)

[Colman Pool, West Seattle](#)

[More Info: Sally Dillon](#)

LOCAL/REGIONAL OPEN WATER

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

COACHING CLINIC

October 18, 2014

[Level 1 & 2 Certification Clinic](#)

[for Coaches](#)

Tukwila, WA

[More Info: Sarah Welch](#)

NATIONAL EVENTS

April 23-26, 2015

MEET:

[USMS SCY Nat'l Champs](#)

San Antonio, TX

PNA BOARD MEETINGS

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](#)

2015 Pool Meet Date Reservations Underway

Potential 2015 meet and clinic hosts can reserve their date by submitting the [PNA Date Approval form](#) by **September 15**.

See the [Jul/August 2014 WetSet](#) for additional info on hosting a meet.

The [Events > Hosting an Event](#) section of the PNA website has complete info on sanctioning your event after your date is approved.

PNA Board Meeting Highlights

May 20, 2014

The PNA Board met at Jan Kavadas' home in Edmonds. Treasurer Jeanne Ensign reported that the LMSC has no liabilities and a total equity of \$45,472. Registrar Arni Litt reported that PNA has 1516 members (771 men and 745 women).

The search continues for a PNA Treasurer as the recent replacement, Mike Lund, has resigned. Jeanne Ensign was reinstated to the position and will continue until a new replacement can be found. The search for someone to take on the position continues.

The results of the vote on Bylaws changes were announced: 417 "yes" votes and 6 "no" votes were received. The new PNA Board structure took effect at the May meeting. Nine positions automatically continued onto the new board:

President	Lisa Dahl
Vice President	Mike Grimm
Secretary	Sally Dillon
Treasurer	Jeanne Ensign
Past President	Steve Peterson
Meets Coordinator	Linda Chapman
Membership Coordinator	Arni Litt
Bylaws Coordinator	Jane Moore
Open Water Coordinator	Jim Davidson

Kathy Casey and Guila Muir were elected to serve the remaining term as At-Large Directors. Five other positions will be filled: 2 board-appointed Directors (so-called "robust volunteers"), 2 Directors representing all clubs (one each to be selected at this time by BWAQ and PSM boards), and a Chair of Club and Team Development (currently open). It is expected that the board-appointed and club directors will be approved at the July meeting.

PNA is seeking an editor for *The WetSet* due to the resignation of former editor, Chericka Ashmann. Steve Peterson offered to pick up the slack until a replacement can be found.* The board is considering the future of the bi-monthly newsletter but is committed to publishing it at least through the current year.

The complete meeting minutes can be found on the PNA website [HERE](#).

**Ed. Note: Editor found!*

Voting Board Members (updated 26 August)

President Lisa Dahl	Bylaws Jane Moore	Club Representative Sarah Welch
Vice President Michael Grimm	Meets Linda Chapman	Club Representative Kim Boggs
Secretary Sally Dillon	Membership Registrar Arni Litt 206.849.1387 PO Box 12172 Seattle WA 98102-0172 pnaregistrar@usms.org	Club and Team Development open!
Treasurer pro tem Jeanne Ensign	Open Water Coordinator Jim Davidson	
Immediate Past President Steve Peterson	Appointed Director Hugh Moore	
At-Large Director Kathy Casey	Appointed Director Jan Kavadas	
At-Large Director Guila Muir		

PNA's Coordinators/ Standing Committees:

Awards Kerry Ness	Postal Swim Updates Sally Dillon
Coaches Shannon Singer	Records/ Top Ten Doug Jelen
Fitness Sarah Welch	Safety open!
Historian open!	Webmaster Steve Peterson 360.692.1669 webmaster@swimpna.org
The WetSet Editor Jessica Dubey	Database Support Jon Walker
Officiating Kathy Casey Jan Kavadas	

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

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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 appear to lack Internet access by not indicating an email address. We encourage you to try the online version or download and print your own copy (in which case you'll see the photos and graphics in full color!).

This is your last paper copy of *The WetSet*. 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. Paper copies of *The WetSet* will only be mailed to people with no email or by personal request to the PNA Registrar. They will be printed only as needed and mailed first class mail.

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.