



The WetSet

U.S. Masters Swimming in Western Washington
Volume 35, Issue 6

Pacific Northwest Association of Master Swimmers
November-December 2015

Leading Off – President’s Report	1
Editor’s Note	2
Dorothy Donnelly Award Recipient	2
5K and 10K Postal Swim	2
PNA Board Members	3
Club and Team Development Chair	4
2017 World Masters Championships	5
Sink or Swim – Greta Perales	6
Board Meeting Highlights	7
End the Week with a Bang	8
Mark Powell swam the Duwamish	9
SAM Swim to Florida	10
Bosphorus Crossing 2015	11
T-shirt Mania	11
Last Gasp of Summer Open Water Swim	14
Open Water High Point Awards	15
Welcome New Swimmers/Teams	16
Gordon Gray Passes	17
Masters Calendar	18
2015 PNA & NW Zones SCM Champs	19

membership, and we also had a successful transition of the Fat Salmon swim to its current organizers along with new – or at least newly recognized as USMS sanctioned – swims at Lake Padden for the [Ally Fell Memorial Open Water Invitational](#) and the [Swim Defiance](#) race at the Point Defiance park by Tacoma’s Commencement Bay.

With autumn arriving, it is time for many of us outdoor swimmers to head back to the pool and in less than three weeks we have the **PNA and NW Zone Short Course Masters Championships** at the King County Aquatic Center. The registration deadline is coming up fast on [November 15](#). It is a great opportunity to compete and have fun with races that will seem just a teeeny bit longer.

The PNA local Masters swimming committee met on October 24 and while we will soon publish the full meeting minutes to [swimpna.org](#), I do want to mention that we decided to form a subgroup that will study the feasibility of PNA hosting a *national championship meet* at the King County Aquatic Center. Many of the people in the subgroup already volunteer on the PNA board, but we also hope to include your perspective. If you would like to be part of this process, please email us through the links at [swimpna.org/w/PNA/contact/](#).

This meeting was also the annual meeting, and like any other PNA board meeting it is open to our members, though for the annual meeting we make a special outreach because the meeting includes a workshop segment where we sketch out initiatives for the coming year. Next year we may alter this format to make the meeting more accessible, aka convenient, for our members to attend and learn more about the organization and the volunteers we all depend on for our local swimming experiences.

Cheers and I hope you enjoy this edition of the *Wet Set!* – Mike Grimm



President’s Report–Leading Off

by Michael Grimm, PNA President

October 30, 2015 - Cheerio! September found me in England’s countryside walking along the River Thames near Windsor and Runnymede. This far west of London, the river was less than 100 yards wide and occupied by a few low and flat sightseeing boats and geese swimming from bank to bank seeking their next meal by the murky water. I didn’t have time to splash into a pool, lake, or river, on that trip which was at the end of the open water swimming season back home in the Pacific Northwest.

It was another successful year for open water swimming. We have over 400 open water swimmers race in PNA events, which is one-quarter of our

2015 USMS Dorothy Donnelly Service Award goes to



LINDA CHAPMAN of Lake Washington Masters

Swimmer gives back—and gets recognized!

Members of U.S. Masters Swimming don't just confine their participation to the pool. There are many volunteer opportunities for their talent, expertise, and generosity. USMS recognizes the commitment of those who give back with the *Dorothy Donnelly Service Award* in memory of one of USMS's outstanding volunteers. This award recognizes those whose contributions stand out in service to local, regional, and national programs. Up to 15 people are selected each year from nominations submitted by Local Masters Swimming Committees, clubs, and individuals.

Linda Chapman (www.usms.org/people/04F85) from the Lake Washington Masters, a workout group of the Puget Sound Masters club, is the Sanctions Chair for the Pacific Northwest LMSC (www.swimpna.org/w/PNA/). Chapman brings computer savvy to her role from her previous work as Top Ten Chair for the Mid-Atlantic LMSC. In the early 80s it was difficult to find affordable software to run a meet, so Linda wrote it herself for a Valley Forge Masters meet hosted at Swarthmore College.

Before returning to swimming, she began volunteering for the Pacific Northwest LSC (age group) in meet operations and also served as meet director. She returned to Masters in 2010 and within a short period she was again volunteering, this time for Masters, as meets chair which has meant more instances of working as meet director. USMS is honored to award Linda Chapman the *2015 Dorothy Donnelly Service Award* for her leadership and service.

Thank You Linda for ALL you do!

Editor's Note



Congratulations to ME! I am your new Madam Vice President! Yippee Skippee! You might be wondering who will take over as Editor....well, Kathy Morris of course! But what about the.

other Board vacancies?? See pages 3-4. We have FOUR open spots!! With a membership count over 1,500 bodies, it is astonishing we have openings at all. Come on – **step up and volunteer!** Not too hard, just 8 meetings/year: 4 conference calls and 4 face-to-face meetings (FYI - I listed the 2015 meetings on page 18 for your reference). If a boring engineer (me) can get involved and publish a feisty newsletter, then **you** can volunteer too!!!

YOU can Do IT!! SEE YOU THERE!!!

— Zena Courtney, editor

5K & 10K POSTAL SWIM RESULTS ARE IN

By Sally Dillon, Postal Swim Chair

Congratulations to swimmers in PNA who competed in the summer's National Championship ePostal swims – the 5K and 10K in a 50-meter pool. Most of the swims took place at Colman Pool in late August. Special thanks to Becca Watson (Lake WA Masters) for her help in reserving the pool and supervising the swims!

Puget Sound Masters was well represented with 6 swimmers entered in both the 5K and 10K events. PSM swimmers scored three individual and three relay first place finishes! The 4x5K Mixed 18+ relay set a new national record as well.

Postal Swim – continued on page 6

PNA Board as of Oct 2015 (new members listed in red)

VOTING MEMBERS

President

Vice President

Immediate Past President

Secretary

Treasurer

At-Large Director

At-Large Director

Appointed Director

Appointed Director

Club Director

Club Director

Club/Team Development *Open*

Bylaws

Meets

Membership

Open Water Coordinator

NON-VOTING MEMBERS

Awards Chair

Coaches Chair

Fitness Chair

Historian Chair

Officials Chair

Postal Swim Chair

Records/Top Ten Chair

Safety Chair

The WetSet Editor

Webmaster

Michael Grimm

Zena Courtney

Lisa Dahl

Sally Dillon

Arni Litt

Kathy Casey

Jessie Hickel

Hugh Moore

Steve Peterson

Sarah Welch

Kim Boggs

Jane Moore

Linda Chapman

Stephanie Hiebert

Jim Davidson

Kerry Ness

Matthew Edde

Open

Open

Teri White

Sally Dillon

Doug Jelen

Open

Zena Courtney

Kathy Morris for 2016

Steve Peterson



****NOTE****
HIGHEST
PRIORITY
NEED!!!!

What is
this?
Read
page 4



Here's the plan folks. As the new Vice President...I will be asking YOU to help me fill ALL those PNA Board vacancies listed on page 3! Why me, you say? Why not, I reply. What do you want from your membership in the PNA? Do you want adult interaction? Something to sink your teeth into? Rub elbows with me?



Below is the highest need!



Someone who wants to get to know the other clubs and workout groups and likes to listen and share ideas. Someone who comes to meets (don't have to swim in them). Someone who likes to make others feel welcome. IF THIS IS YOU, then call Zena Courtney ASAP at 206-651-0823 (before I call you!). I have some great ideas to share! Thank you!

Club and Team Development Committee Chair

Estimated hours/days required per month	5 - 10 hours per month (subject to geographic/seasonal conditions)
Reports to	PNA Board
Direct Reports None	
Role overview and purpose, and how it relates to the organization's mission	
This position is charged with developing relationships with clubs and workout groups and offering the services of USMS and PNA to the clubs and workout groups. This person and committee members may visit workout groups and clubs to promote US Masters swimming. This person would be a listed contact for new groups.	
Key responsibilities:	
<ul style="list-style-type: none"> • Encourage the development of clubs and workout groups. Be present at meets and through visits to workout groups/clubs promoting US Masters Swimming. Bring input and information back to PNA board regarding what clubs/workout groups need from PNA or the National Office. Keep an open dialogue. Survey groups as needed throughout the year to keep communication open. • Be available on behalf of PNA to answer questions from workout groups and clubs. Name/number listed on website. Respond to inquiries. • Stay current and be knowledgeable about the programs and services available to local clubs and workout groups from the National Office (NO). Promote those services and programs locally. • Work with the Registrar to follow up on renewals for workout groups and clubs; promote the benefits and services of becoming a registered group among club/workout group contacts. Work with Registrar to update places to swim and local PNA contact information for clubs/workout groups. • Promote opportunities from the NO in PNA publications: announcements, <i>The WetSet</i>, etc. 'Push' highlights and updates to group contact persons through email. Link up NO resources with local workout groups and clubs as the National Office presents them or in the event a club/workout group asks for support and information. • Participate as a member of the Coaches Committee acting as communication liaison between the Coaches Committee and other PNA committee chairs as needed (such as OW and Fitness/Clinics). • Help build events that would enhance club and workout group participation. • Enhance and maintain local policies based on USMS policies related to workout groups and clubs, as needed. 	

BUDAPEST, HUNGARY, TO HOST WORLD MASTERS CHAMPS!

by Robert Pilger, YMCA of Pierce and Kitsap Counties Sea Dragons (YPKC)



Dagaly
Swim
Complex

One of Europe's most modern swimming complexes is being built on the banks of the Danube. It has a futuristic facade that resembles waves, and it will be the site for the 2017 World Aquatic and World Junior Championships. After Guadalajara, Mexico withdrew from hosting, Budapest took on the challenge. Efforts are at a near fever pitch to complete the new Dagaly Swimming Complex in time for FINA World Masters Championships in July 2017.

Aquatic sports have a long heritage in Hungary, as I have discovered in my two bicycle trips there over the past 10 years. There are over 400 thermal baths in the capital (Budapest) and even small towns throughout the country have public bathing facilities. Water polo is popular; they consistently rank as one of the best in the world.

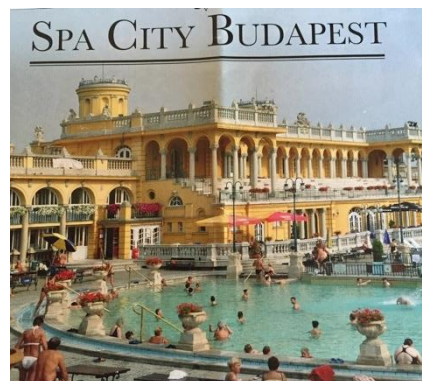
The first Hungarian gold medal in the modern Olympics was won by Alfred Hajos in the 100 and 1200 meter freestyles at the 1896 Athens Olympics. The venue was the sea, at a temperature of 13 degrees Celsius (55.4° Fahrenheit) that day.

Two weeks ago, while in Hungary on my latest bike trip, I did a little swim in the Danube. The river is somewhat polluted, and my recently acquired hearing aids were baptized in this river!



Swim in the Danube

While in Budapest, I also took a dip during a public swim at the Alfred Hajos National Swimming Stadium built in 1926!



But, as mentioned before, a new aquatics palace will be built on the site of the former Dagaly Baths on the Pest side of the river at the end of the Arpad Bridge.

The complex will include a ten lane 50 meter course competition pool, an eight lane 50 meter warm up pool, and a 25 x 21 diving pool plus multifunction hall. The 25,000 square meter building is scheduled to emphasize renewable energy sources: geothermal, solar, and energy generating pavement. In May, the foundation stone was laid to begin construction by Prime Minister Viktor Orban and Julio Maglione, President of FINA. Let's hope this facility can be completed on time and some of us PNA swimmers can attend the Masters world meet, as Budapest is one of the most beautiful and exciting cities in the world.



Budapest Parliament



SINK or SWIM

by Greta Perales,
Skagit Valley Masters Swim Club

About two weeks ago, I was approached by two budding triathletes asking if I would help them become more comfortable in the water. I agreed. Since cold weather is upon us, I indicated we would be hitting the indoor pool with a vengeance. One of their biggest concerns for indoor swimming is lane etiquette. I told them not to worry, I would show them the ins and outs of being a polite lane mate.

The desire to have some fun with the newbies, however, is flowing strongly through my veins, as I write this column. Would it be so bad to teach them to circle swim clockwise? Would it be morally wrong to tell them they must announce their intentions loudly before joining a lane or at the start of each set of a workout? Just think of the confusion I could generate, if I told them that there must be four to a lane before another lane can be utilized or that tipping the life guard is standard practice.

Having these thoughts is also bringing back memories of my own initial swims at the Y. I remember fondly my first attempt at lap swimming. I had just finished my three private lessons at a local health club, and I was ready to step up my game and try lap swimming. The first time, I could barely get down the lane and back. I remember several times grabbing the lane line for a breather, a beer, and a small snack. I also remember the lifeguard rushing to the side of the pool to grab his life preserver. After numerous sprints to and from the rescue gear, he began to carry the preserver with him at all times.

Another time, my right arm decided it must stick straight up for several seconds prior to re-entering the water. Once I got my arm calmed down (duct tape is a wonderful thing), I met my best friend: the pull buoy. I remember the sheer joy of realizing that instead of kicking and going absolutely no where, I could grab Mr. Buoy

and swim with sheer abandon. It wasn't until two weeks later that my coach laughingly told me I had it upside down. My relationship with the pull buoy is still going strong ten years later. Titanic's famous couple, Jack and Rose, have nothing on me and my pull buoy.

Yes, I have made some progress over the years – growing from a shy wall flower to helping others become comfortable in the water. However, as I continue my quest to master the butterfly, the clueless, spastic-arm, pull-buoy-obsessed swimmer is still lingering just below the surface (much like Jack's frozen body).

Sincerely,
Greta “I still enjoy the Titanic movie” Perales



Postal Swim – continued from page 2

5K MEN

Matt Dixon (52)	4 th – 1:07:20.98
Dan Phillips (51)	5 th – 1:07:48.35
William Bascus (36)	2 nd – 1:27:00.99
Men's 3x5K relay (Bascus, Dixon, Phillips)	2 nd – 3:42:10.32

5K WOMEN

Sydney Anderson (23)	1 st – 1:08:42.23
Shannon McIntyre (51)	2 nd – 1:10:40.83
MarySue Balazic (47)	14 th – 1:56:08.08
Women's 3x5K relay (Balazic, Anderson, McIntyre)	2 nd – 4:15:31.24

New 3x5K Mixed Relay National Record!

<u>MIXED</u> 3x5K relay	1 st - 4:34:32.49
(Dixon, Phillips, Anderson, McIntyre)	

10K MEN

Dan Phillips (51)	2 nd – 2:18:37.85
David Dahl (29)	1 st – 2:31:09.99
Johnny van Velthuyzen (35)	2 nd – 2:34:20.36
Brock Jones (33)	3 rd – 2:43:28.52
Men's 3x10K relay (van Velthuyzen, Phillips, Dahl)	1 st – 7:24:08.60

Postal Swim – continued on page 7

10K WOMEN

Michelle McRae (39) 1st – 2:32:12.34

Kate Ciurej (29) 2nd – 3:14:27.10

MIXED 4x10K relay 1st – 10:36:27.36

(Phillips, Dahl, McRae, Ciurej)

The next postal swim opportunity is underway

The 3K & 6K National Championships

These events can be swum in a 25-yard OR 25-meter pool. The conversion is done when you enter the event, which means those of us going 25 meters will swim FARTHER but get credit for just 3000 yards. That's a slight disadvantage (fewer turns), depending on your point of view! For more information please review the event information at:

https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=6620

PNA Board Meeting Highlights

by Sally Dillon, PNA Secretary

July 14, 2015, Board Meeting

Past PNA president Lisa Dahl conducted the meeting, which was held at her home in Seattle. Treasurer Arni Litt reported that net income to date is \$11,124.20. Membership chair Stephanie Hiebert reported that there are 1591 registered swimmers in PNA. Matt Edde was appointed as the new PNA Coaches Chair. The Vice President position continues to be unfilled. A meet fee schedule was proposed by PSM and approved for the SCM meet being held in November.

Bylaws Chair Jane Moore submitted amendments to the Membership and Newsletter policies; they were discussed and approved. Also discussed were amendments to the Convention Policies and two changes were approved. The board agreed to use SurveyMonkey as a means for selecting this year's PNA delegates to convention. Open

Water Chair Jim Davidson provided information regarding the sanctioning of open water swims over the summer. A new event hosted by the Bellingham Swim Club will be held at Lake Padden August 15.

September 15, 2015, Board Meeting

PNA president Michael Grimm conducted the meeting, which was held via teleconference. An abbreviated agenda was followed. A proposal to contribute to the campaign of a Kirkland park district was discussed. The special district would provide for a community center and swimming pool complex. It was agreed that a new aquatic facility in Kirkland would benefit Masters Swimming in the Pacific Northwest. The board voted to support the campaign financially with a \$5,000 donation. The board also voted to recommend the use of HyTek meet software for all of our pool meets. By doing so, a sizeable discount will be offered to any meet host purchasing the software in the future. The board discussed a number of the proposals that were expected to be controversial at the USMS convention that would be taking place September 30 – October 3. The proposals included setting sanction fees on the national level for local pool and open water events.

Complete minutes for Board meetings at
www.swimpna.org/w/PNA/more/?artid=3471



Want to end the week with a bang? Try this!

by Bob Moore, Sand Point Masters



At Sand Point Masters, we have anywhere from 4 to 16 swimmers every morning at 6, depending on who's travelling, who's got kids in the morning, who's on vacation, who's sick, and who's just too tired to make it that day. Thirteen years ago, it was just me and one other guy. Then we got another guy. Then a couple of gals. Today, we range from former NCAA Div I champions, to NCAA Div II swimmers (me), to triathletes and first-timers. We adjust send-offs per lane, but we all try to end up at about the same place. A few years ago, we started a tradition we called "Potpourri Friday," where each swimmer comes up with a set, 300-400 yards, that we all

must do. Fridays used to be pretty easy and low-key. ...But not any more!

We now call it "One-Up Fridays," where the Butterfliers challenge the group with a fly set, say 12 x 25 fly on :40, and the Breaststrokers will counter ruthlessly with a set of their own, then kickers versus pullers, etc. You get the idea. It's turned out to be one of our more challenging days of the week, and many of the ideas that are spawned out of "One-Up Fridays" have become full-

End the Week – continued on page 9

STRONGER SWIMMERS ARE CREATED IN THE LAB.

SwimLabs is Now Open!

SwimLabs is a unique, innovative high-tech learning facility dedicated to improving swimming technique and therefore improving times, competitiveness, confidence and love of the sport. Utilizing the same training technology Olympic swimmers depend on, our highly-trained instructors help swimmers shave seconds off of times while creating a solid foundation of excellent technique for each swimmer to build upon.

Visit SwimLabs Issaquah
1555 NW Mall St.
Issaquah, WA 98027
425.654.0910
swimlabsnw.com



SwimLabs
Swim School KIDS | COMPETITIVE | TRIATHLETE



End the Week -continued from page 8

blown 2000-2500 yards sets. This morning was one of them. Afterward, in the men's locker room, we all agreed there was no freaking way we could have done this set if we didn't have each other to push through it. This is the greatest part of being part of a Masters team. You end up doing stuff together you would never do individually.

Here's the set:
(repeat four times)

200 on 2:40

150 FASTER on 2:10

100 HARD on 1:40

50 ALL OUT on 1:10

If you'd like to One-Up this set, we are all ears!



Mark Powell swam the Duwamish

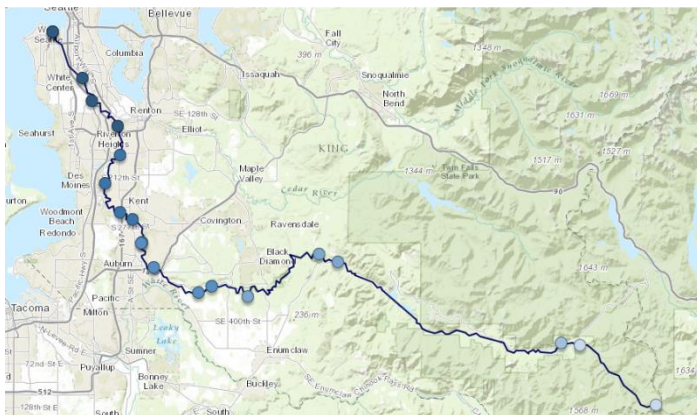
Seattle's only river and home to an ongoing Superfund cleanup, finishing up a 55-mile adventure.



From Elliott Bay, where the fresh and saltwater imperceptibly mix, Mark Powell walked ashore Wednesday, ending a journey of discovery swimming the Duwamish River, from the mountains to the sea.

Along the way he swam through schools of pink salmon. Saw a bobcat, three mink, three otters and an eagle. A shopping cart, a desk, a soccer ball, a bicycle, a washing machine and lots and lots of soda and beer cans. Yet, Powell said, dripping in his wet suit and just out of the water, "A lot of people think the Duwamish River is just a sacrifice zone. But the river is still alive."

Powell, director of Puget Sound programs for the Washington Environmental Council, a nonprofit environmental group, said he got the idea to swim the river in part because he didn't know that much about it, even where the river begins. He decided to swim it top to bottom, "to find the river's heart." In the end Powell, 57, swam 55 miles of the river's length in a series of 18 swims. He skipped the river's whitewater stretches and where it is off-limits to protect the city of Tacoma's water supply...



Courtesy of Lynda V. Mapes. See link for full article:

www.seattletimes.com/seattle-news/man-swims-55-miles-of-duwamish-river-finds-its-still-alive/



High Five at Finish!

Snohomish Aquatic Masters swim to Florida



by Mary Armstrong, Snohomish Aquatic Masters

On January 1, 2015, about 40 members and friends of the Snohomish Aquatic Masters Swim Team started their virtual 3,900 mile swim to the International Swimming Hall of Fame in Ft. Lauderdale, FL. Each month we collected our yardage and converted it into miles to see how far we progressed. We made stops along the way to places like Browning, MT, Williston, ND, Duluth, MN, St. Ignace, MI, Waynesfield, OH, Athens, GA, and Daytona, FL. We finally arrived in sunny Ft. Lauderdale at the end of August. We celebrated with a fun workout and relays that involved large floating turtles and oranges. No rest for our team, we are continuing to collect yardage each month to see if we can make it back to Seattle in time for Christmas. Next year we are off to Rio to catch the Summer Olympics.



L to R - Front row: Jenny Klovdahl, Janet Schneider, Samantha Brown, Stephen Brown
Middle row: Ron Belleza, Kris Stolmeier, Emily Davis, Diane Brown, Pam Williamson, Lisa Newland
Back row: Mary Armstrong, Kathleen Walsh, Kristen Wickizer, Lisa Worthington, Lars Durban, Kathy McDaniel, Tammi Snook, Renee Quistorf, Dave Brock, Kevin Weed



Bosphorus Swim 2015

by Dan Smith, BWAQ



Where in the world is the Bosphorus? Ask Eric Durban. He swam from Europe to Asia on Sunday, July 25, in this 27th annual event. It is set in a stunning location in Istanbul, Turkey, surrounded by water, which is the narrow strait of the Bosphorus and the serene sea of Marmara separating Europe from Asia.

Eric finished 25th out of 1988 entrants and took **1st place in the 60-69 age group**. He was the first American swimmer to finish the 6.5k race in a time of 1:10:54. In addition, Eric was the only swimmer from the USA to win his age group. Eric has earned the title of “Intercontinental Swimmer.” Way to go Eric!

This is not an easy race to get into. Only 900 foreign swimmers are allowed each year, and there is a 250 swimmer limit from each country. For more information and photos, check out the race website: [2015 Samsung Bosphorus Cross-Continental Swimming Race](#)



T-Shirt Mania

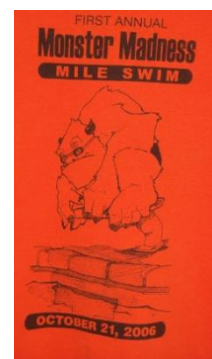
by Kathy Morris, South Sound Masters Swimming

The first one is white; at the top, in earth-toned images, it shows the evolution from amoebic fish to Fat Salmon. On race day, the winning female “Fat Salmon” was as usual Haleigh Werner.

Another is bright red with a logo showing a woman gliding across Lake Washington on a lake as calm as on my first crossing in 2009. That time, I was supported by Coach Mel Smith’s friend Bobbie. It also shows Mt. Rainier and a sailboat. Without that guiding sail on my second swim in 2011 I would probably still be looking for O.O. Denny Park, and Coach Mel and teammate Brad Carlson would probably be still looking for me!

Two favorites are from non-PNA events. Just a “fun” little meet at the Briggs Y, requiring a swim of 66 lengths, 33 laps, or 1650 yards in under an hour. On my first attempt, it took 32 minutes. Twelve months later, I swam it in 29 – ticking one goal off the checklist. The shirt for the first ever “Monster Mile” is bright orange with a hulking monster bearing a strange resemblance to Coach Mel lumbering onto the blocks. Two swims later, the shirt is purple with fluorescent green printing. With five shirts from this event still in my collection, it’s definitely one of my favorites.

T-shirt Mania – continued on page 12



Especially since the last two have this wimpy snake design dictated by powers higher than my coach. (Is that possible?!)

Then there's the kelly green "69th Annual Roy Webster Columbia River Cross-Channel Swim." It's similar to the red Park-to-Park shirt, except for it's green and the woman is swimming in a river channel. Memories of two fairly different swims surface: the first with swim buddies Mica Marquez and Diana McCandless; the second with loyal swim friend Clydia Cuykendall.

I had to buy two shirts from the National Senior Games in summer 2009 because it was such a special event. One is white with an Olympic-looking design on the front and a list of all swimmers on the reverse. Some of the more important names are: Peg Cloutier, Rick Colella, Jack and Jill Fritz, Julie Guthrie, Evelyn Hoffman, Elizabeth Kassen, Steve Peterson, Marilyn Sisco, Charlotte Snow, Cindy Farr Sulenes, Gloria Tolaro, Teresa Walker, and Barb Young.

The grey shirt with a crimson, white, and blue design that my mother bought at an off-site store, I'm pretty sure cost at least fifty percent more than had they been selling it at the venue. But its design of Coit and Hoover Towers, the Golden Gate and the Transamerica Pyramid, I just had to have! Not to mention the tiny logos for all the sports bannered at the bottom giving it a sort-of "Japanesey" look. Had to have!

Finally, there's a somewhat faded grey shirt showing orcas frolicking in a purple and blue sea that says, "United States Masters Swimming, 2007, Short Course Nationals, Weyerhaeuser King County Aquatic Center, Federal Way, Washington." Unfortunately, "Short Course Nationals" is printed in lime green, which makes it somewhat difficult to see amongst all the fuchsia, purple, blue, black, and grey of the overall design. Funny thing is, when I was



swimming this event with my then new "swim buddy" Betsey Kassen, I barely knew I was at a "Short Course Nationals" meet, let alone what it meant!

T-shirts, t-shirts, t-shirts. We swimmers must have a thing for t-shirts! But, if you're like me, you have more than you know what to do with! As of my most recent counting, I have at least thirty swim competition (as opposed to swim volunteering) t-shirts waiting to be sorted through for a fifth or sixth time before deciding which ones will go into the "clothing for the homeless" contribution box in the office at Gloria Dei Lutheran church.

Once, I gave some of my "extra" shirts to a gardener friend who was always looking for "good deals," and who went through t-shirts faster than Wile E. Coyote goes through dynamite! But when I saw her wearing my shirt one morning, I vowed to refrain from giving any more of **my** shirts to non-swimming friends. I was the one who swam the event! I was the one who earned the shirt!

Funny, the notion of donating these shirts to swimming friends or the homeless doesn't bother me in the least (no direct comparison intended!). First of all, with a swimming friend, she can at least pretend to have participated in that event. Secondly, I'm not likely to see a homeless person wearing **my** shirt in the locker room, and, thirdly, I like to believe that these shirts, signifying minor to major accomplishments, might give some poor unfortunate a sliver of the pride I find when wearing my "medals of honor."

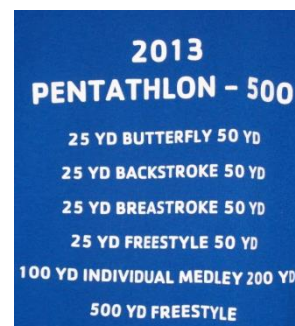
T-shirt Mania – continued on page 13

I once had a friend who was going to make pillows out of her boyfriend’s favorite running shirts. It didn’t take her too long to decide that was not such a good idea based on the quantity of shirts and the dorky way they looked with the sleeves and everything stuffed with whatever it is they put inside of pillows. And Coach Mel likes to tell the story of how his wife once told him, “For every sports competition related shirt you bring into this house, you must get rid of one.” Not sure how that’s working in their downsized Olympia home.

In the corner of my apartment, stuffed into a large bag labeled “Kathy’s t-shirts for her quilt” is a magazine ad. It shows thirty college-themed t-shirts sewn neatly together: five across and six down. I saw something similar in a Kirkland swim shop several years ago. It wasn’t as large as the one in the magazine, but it was very attractive.

After nine years of competitive swimming, I now have enough shirts for the magazine quilt. Problem is, if I package up all 30 and ship them off to CampusQuilt.com, I will have no swim competition shirts left to wear. No more “Emerald City Swim”(s) and no more Prairie Shark Two Mile(s) (a postal facilitated by Coach Mel). Gone will be the singular ones from 2011’s Short Course Zones, 2010’s “Happy Hour” postal, and one of my absolute favorites, white with electric blue lettering, the “Centralia Indoor Save Our Pool” shirt. Gone will be the many others not itemized herein.

So, it seems the moral is: if you are an athlete, you should probably think about what you’re going to do with the t-shirts you accumulate over your competitive career. Thankfully, what has finally occurred to me is that it’s not the t-shirts that need to be saved, but the memories of friends, locales, and achievements. For as long as we have our cherished memories, what more do we need? (And who’s to say that once you have enough shirts for one quilt you can’t begin collecting for a second?!)



Last Gasp of Summer Open Water Swim

by Jim Davidson, Open Water Coordinator



The 2015 PNA Open Water season came to a close with the *Last Gasp of Summer* on September 19 at Angle Lake in SeaTac. Blue Wave Aquatics hosted the event which was co-sanctioned by USMS and USA Swimming. Races included 2 mile and 1 mile with wet suit and non-wet suit divisions and a 500 yard swim for young USA swimmers. The 2 mile and 1 mile swims covered a 1 mile rectangular course with 2 milers doing two laps.

In all, 105 swimmers took part: 83 Masters swimmers and 22 USA age groupers. Swimming conditions were very good. The weather was high overcast, air temperature was 61° at the start of the race and water temperature was 67°. Winds were very light and the water was smooth. Masters division winners are listed below.

2 Mile

Non Wet Suit			Wet Suit		
	Winner	Time		Winner	Time
Women	Michelle Mcrae	50:14.3	Women	Cyndi Standaert	49:51.6
Men	Dan Smith	48:09.7	Men	Bob Schlemmer	42:59.2

1 Mile

Non Wet Suit			Wet Suit		
	Winner	Time		Winner	Time
Women	Pamela Kalas	23:09.2	Women	Zena Courtney	24:17.0
Men	Chris Bolla	24:00.1	Men	Chad Hagedorn	22:27.6

Meet Director Mike Murphy, Safety Director Scott Lautman, and all of the Blue Wave volunteers did a great job in putting on this event. Many thanks!

Blue seventy graciously donated one of their *Reaction* wetsuits to be raffled off at the *Last Gasp of Summer* to culminate the PNA Open Water Series. Any swimmer who registered for any of the five PNA races was eligible. The winner was **Teresa Forsyth**, a member of South Whidbey Island Masters (SWIM) from Langley, WA. Congratulations, Teresa! We expect you to log lots of miles in that wetsuit.



June 21



Aly Fell Memorial
July 18



August 15



Whidbey Adventure
August 22

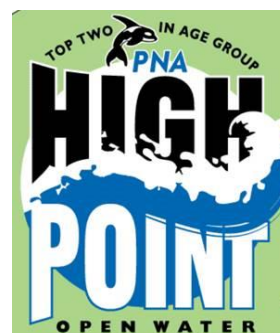


September 19

Open Water High Point Awards

by Jim Davidson, Open Water Coordinator

Each year swimmers in the PNA Open Water Series compete for High Point awards. These go to swimmers who have compiled the most points over the course of the season. They must be USMS members and compete in more than one event. Prizes are specially marked swim caps recognizing the award. The High Point winners for this year are listed in the following table.



Women		Men	
Age Group	Last Name First	Age Group	Last Name First
F25-29	Putnam, Elizabeth	M18-24	Sholdra, Steve
	Ciurej, Katherine	M25-29	Kotynia, Jakub
F30-34	Smith, Katy	M30-34	Jones, Brock
F35-39	Kalas, Pamela		Thomas, Isaac
		Krughoff, Laura	M40-44
F40-44	Jajewski, Suzy	M45-49	Dolven, Eric
	Smith, Jennifer		Iyall, Andy
F45-49	Van De Sompele, Wendy	M50-54	Matthews, Scott
	Outerson, Jenell		Smith, Daniel
F50-54	Standaert, Cyndi	M55-59	Littlefield, James
	Zimmerman, Marni		Durban, Lars
F55-59	Hickel, Jessie	M60-64	Freeborn, Stephen
	Dean, Hope		De Wit, John
	Courtney, Zena	M65-69	Bell, Alan
F60-64	Duggan, Pat		Peterson, Steve

Age groups not listed ended up having no USMS members that swam more than one of the qualifying events. Complete results for all of the races this year along with the rules for competition can be found on the [PNA Website](#): Click on **Events** and then select **Open Water and Postal**. Results are posted after the calendar of events.

This year we sanctioned five Open Water races (logos and dates are shown on previous page). 415 swimmers participated in 499 total swims. To those of you who swam with us, thanks for making our series a success. Those of you who did not, come join us next year!

Welcome, New Swimmers!

(Registered as of 10/30/2015)

Bellingham Athletic Club Swimming

BACS – CLUB

Hannah Womer

Blue Wave Aquatic Masters

BWAQ - CLUB

Kent Gavin

Lynell Mooney

Puget Sound Masters

PSM - CLUB

Bainbridge Aquatic Masters (BAM)

Anne Ackenhusen

Erin Cyger

Anne N Seeley

Central Area Aquatics Team (CAAT)

Molly Larson

Emily Levin

Mathieu Signoretty

Greenlake Aquaducks (GLAD)

Julie McCleery

Husky Masters (HMST)

Clifford Cooley

Elena Jaffer

Leah Ogier

North End Otters (NEO)

Mitchell Grafstein

North Kitsap Masters (NKM)

Shane Shisler

ORCA Swim Team (ORCA)

Blaine Ford

Christian Morales

Carly Pearson

Samena Masters (SAM)

Ksenia McCrosson

Washington Athletic Club (WAC)

Megan Pfaff

PSM Unattached

Sheila Andrews

Jose Guzman Jimenez

Unmesh Wankhede

UC36

Carolyn Eldon

Ruben Guerrero

Luke Lucas

Jeevan P Philip

Carol Rava

Amanda C Rubeor

Samuel A Welch

Lenny Zilz

University Place Aquatics

(UPAC) - CLUB

Molly Loftus

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



June 22, 1945–
September 9, 2015 (70)

PNA Member Gordon Gray Passes

Gordon R. Gray, of Kenmore, died of bicycle accident injuries on September 9, 2015. He was born in Seattle, son of the late Robert and Lois (Meacham) Gray. Gordon married Jeane Chao in June 1995. After many years at NUWC Keyport he transferred to the FDA in Bothell, retiring in 2001.

Focusing his life on fitness, Gordon was a PNA and local triathlon club member who loved competition. He was actively training to compete in his age group at the elite 2015 International Triathlon Union World Triathlon Grand Final in Chicago on September 19th when tragedy struck.

Richard Batley from Lynwood writes: “I met Gordon through the PNA many years ago. About 10 years ago, I headed for a meet at the Navy base in Kitsap but went to the wrong base. So I arrived too late for my heat in the 500 meter race, the one I had trained for the hardest. Gordon, my competition, went to the meet director and arranged to skip his heat to race with me in the next heat, giving me someone to race. So off we went, just the two of us, and it was a very close race. I was always grateful for his intervention on my behalf. My condolences to his wife. He died doing what he loved, which few of us get to do.”

PNA Board member Steve Peterson is indebted to his friend Gordon: “He introduced me to my first Masters meet at North Kitsap some 30 years ago! He also talked me into triathlons, but I won’t ever excel at them like he did. Gordon wrote software (preceding Meet Manager) that we used to help run many meets from the mid 80s into the 2000s, including twelve years at North Kitsap, several meets at Bangor Sub Base including Champs one year, and SCM meets at Puget Sound Naval Shipyard. Gordon delighted at developing algorithms to analyze and present data! Many of you will recall his articles in *The WetSet* that listed our improvement rankings within respective age groups, based on doing at least five meets each year. He would collect, input, and crunch results from hundreds of swimmers to generate those tables. These even took into account your age within your bracket – to the month of your birth date – to rank each of us and how we’d improved (or not) for that season. I truly miss him!”

Gordon earned four Top Ten USMS swims from 1985 in the 40-44 age group. These were in Short Course Meters 400 Free and 50, 100 and 200 Back (see www.usms.org/comp/tt/toptenind.php?SwimmerID=02KGC for the details.)

Here’s a link to his obituary: www.washelli.com/memorials/memorials.php/dID/287967/n/Gordon-Gray

The PNA extends our sincere condolences to Gordon’s family and has made a donation to the WSU Foundation / Mathematics Development Fund in memory of this loyal Cougar and amazing athlete.

~~~~~GG~~~~~

### **Hot Off the Presses: From USMS National Convention**

2017 Spring (SCY) and Summer (LCM) Nationals locations and highlights:

2017 Spring Nationals April 27-30 @ Riverside Aquatic Center, CA. Very fast, newish facility. Competition pool is all deep, 65m, bulkheads into two courses. Downtown is nine blocks from pool. Blocked hotel rooms are available now.

2017 Summer Nationals: Aug 3-6 @ Univ of Minnesota in Minneapolis. 8-lane competition pool, 6 lane 25yd WU/WD pool. Minneapolis has METRO light rail system connecting airport to downtown to pool (2 blocks away). Discounted 5-day METRO pass will be available. Car rental likely not required for most entrants.





# PNA MASTERS CALENDAR

|             |
|-------------|
| LOCAL       |
| POOL EVENTS |

**November 21-22, 2015**  
[PNA & NW Zone SCM Champs](#)  
 Federal Way, WA

**January 24, 2016**  
 Thunderbird Masters Met  
 Anacortes, WA

**February 21, 2016**  
[LWM Invitational](#)  
 Kirkland, WA

**March 6, 2016**  
[SARC Old School](#)  
 Port Angeles, WA

**March 12, 2016**  
[SSMS Beat the Clock Meet](#)  
 Olympia, WA

**April 9-10, 2016**  
[PNA Champs \(BWAQ host\)](#)  
 Federal Way, WA

**Nov 19-20, 2016**  
[SCM Meet \(PSM host\)](#)  
 Federal Way, WA

|               |
|---------------|
| POSTAL EVENTS |
|---------------|

[3K & 6K National Championships](#)

*Entry Deadline 15 Nov 2015*

|                     |
|---------------------|
| USMS FITNESS EVENTS |
|---------------------|

**All Year**  
[USMS Go the Distance](#)



[USMS Check-Off Challenge](#)



|                         |
|-------------------------|
| USMS Calendar of Events |
|-------------------------|

**Pool, OW, Postal:**  
[Basic Search](#)  
[Advanced Search](#)

|                                      |
|--------------------------------------|
| <b>PNA SANCTIONED<br/>OPEN WATER</b> |
|--------------------------------------|

|                                                     |
|-----------------------------------------------------|
| <b>LOCAL<br/>NON-PNA SANCTIONED<br/>OPEN WATER*</b> |
|-----------------------------------------------------|

\*PNA has not sanctioned or recognized these events

|                      |
|----------------------|
| INTERNATIONAL EVENTS |
|----------------------|

|                        |
|------------------------|
| NATIONAL CHAMPIONSHIPS |
|------------------------|

**April 28 - May 1, 2016**  
[USMS SCY Nat'l Champs](#)  
 Greensboro, NC

**August 17 - 21, 2016**  
[USMS LCM Nat'l Champs](#)  
 Mt Hood CC, Gresham, OR

|                    |
|--------------------|
| PNA BOARD MEETINGS |
|--------------------|

**January 20, 2015**  
 PNA Board Meeting  
*Via conference Call*  
 6:45 pm - 9:00 pm

**February 24, 2015**  
 PNA Board Meeting  
*Via conference Call*  
 6:45 pm - 9:00 pm

**Sat, March 21, 2015**  
 PNA Board Meeting  
 Sally Dillon, Issaquah  
 9:00 am - 12:00 pm

**May 19, 2015**  
 PNA Board Meeting  
*Via conference Call*  
 6:45 pm - 9:00 pm

**July 14, 2015**  
 PNA Board Meeting

Lisa Dahl's, Shoreline  
 6:45 pm - 9:00 pm  
**September 15, 2015**  
 PNA Board Meeting  
*Via conference Call*  
 6:45 pm - 9:00 pm

**Sat, Oct 24, 2015**  
 PNA Board Meeting/Retreat  
 Sally Dillon, Issaquah  
 9:00 am - 4:00 pm

**December 8, 2015**  
 PNA Board Meeting/Potluck  
[Arni Litt's, Seattle](#)



**2015 PNA & NW Zones SCM Championship Meet**  
**Saturday November 21<sup>st</sup> and Sunday November 22<sup>nd</sup>, 2015**  
**Hosted by Puget Sound Masters**  
**Sanctioned by PNA for USMS Inc. #365-S008**

**LOCATION:** Weyerhaeuser King County Aquatic Center, 650 SW Campus Drive, Federal Way, WA 98023 206-296-4444

**FACILITY:** 50-meter championship pool set up as two 25m courses, each with 9-ft wide lanes and a water depth range of 9'-10.5' Continuous warm-up available in 7-lane, 25-yd dive tank. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

**TIMES:** Saturday, Nov 21: Warm-up 9:00-9:50am, meet starts 10 am  
 Sunday, Nov 22: Warm-up 9:00-9:50am, meet starts 10 am

**MEET DIRECTOR:** Lisa Dahl, [ldahl@usms.org](mailto:ldahl@usms.org) 206-337-2204

**CONCESSIONS:** Vendor contracted with KCAC, available in lobby.

**RULES:** Current USMS rules will govern the meet. Strictly forbidden:  
 Using hand paddles, fins or kick boards in warm-up areas; Diving in warm-up areas unless in designated sprint lanes.

**ELIGIBILITY:** Open to all 2015 USMS or foreign registered swimmers 18 and above as of 11/22/2015. Age groups based on the swimmer's age as of 12/31/2015. 18-24, 25-29... and up in 5-yr increments

**ENTRIES:** Swimmers may enter up to 6 individual events, 5 individual events/day max. Entries must be **received** by Sunday Nov 15, 2015 11:59 PM (Pacific Time).

**NO ENTRIES ACCEPTED AFTER SUNDAY NOV 15<sup>TH</sup>, 2015 11:59 PM (PACIFIC TIME)**

**SEEDING:** Two courses will be used for the 800 Free, 400 Free, 1500 Free. A single course will be used for all other events. All events slow to fast. Pre-seeding except for asterisked events, below.

**CHECK-IN:** Saturday: 800 Free – 9:30am; 400 IM – 10am; Sunday: 400 Free – 9:30am, 1500 Free – end of Event #39. Swimmers missing the check-in deadline will be scratched from the event.

**RELAYS:** Age groups: 72- 99, 100-119, 120-159, 160-199, 200-239, 240-279, ... (40-year increments as high as necessary). The aggregate age of the four relay team members determines the relay age group. Mixed relays require two men and two women. Relay entries due as follows:

- #11-#14: by the end of event #4,
- #21-#23: by the end of event #12,
- #33-#37: by the end of event #26,
- #44-#46: by the end of event #35

**AWARDS:** Ribbons for individual places 1 – 6. Medals may be purchased at meet. Plaques will be awarded for PNA team awards.

**SCORING:** Scoring will be 9-7-6-5-4-3-2-1 for Individual Events and 18-14-12-10-8-6-4-2 for Relay Events

**ORDER OF EVENTS:**

| Saturday, November 21                               |                        | Sunday, November 22 |                        |
|-----------------------------------------------------|------------------------|---------------------|------------------------|
| 50m, 100m and 200m events: order is Women, then Men |                        |                     |                        |
| Warm Up 9am                                         | Meet Start 10am        | Warm Up 9am         | Meet Start 10am        |
| 1                                                   | 800 Free - Mixed *     | 24                  | 400 Free - Mixed *     |
| 2                                                   | 400 IM -Mixed *        | 25/26               | 200 IM - W/M           |
| 3/4                                                 | 50 Breast - W/M        | 27/28               | 100 Back - W/M         |
| 5/6                                                 | 100 Fly - W/M          | 29/30               | 50 Free - W/M          |
| 7/8                                                 | 200 Free - W/M         | 31/32               | 200 Breast - W/M       |
| 9/10                                                | 100 IM - W/M           |                     | <b>Break 5 minutes</b> |
|                                                     | <b>Break 5 minutes</b> | 33/34               | W/M 200 Medley Relay   |
| 11/12                                               | W/M 200 Free Relay     | 35                  | Mixed 400 Free Relay   |
| 13                                                  | Mixed 800 Free Relay   | 36/37               | W/M 800 Free Relay     |
| 14                                                  | Mixed 400 Medley       | 38/39               | 50 Back - W/M          |
| 15/16                                               | 100 Breast - W/M       | 40/41               | 200 Fly - W/M          |
| 17/18                                               | 200 Back - W/M         | 42/43               | 100 Free - W/M         |
| 19/20                                               | 50 Fly - W/M           |                     | <b>Break 5 minutes</b> |
|                                                     | <b>Break 5 minutes</b> | 44/45               | W/M 400 Free Relay     |
| 21/22                                               | W/M 400 Medley Relay   | 46                  | Mixed 200 Medley       |
| 23                                                  | Mixed 200 Free Relay   | 47                  | 1500 free - Mixed *    |

\* Positive Check-In Required

**ENTRY FEES:** \$35.00 (US or Canadian) includes LMSC surcharges. **PLUS** \$3 per individual event (optional for seniors and needs-based swimmers). No charge for relays. Fees include WA state sales tax.



**ONLINE ENTRIES:** Enter online at:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1534&mid=6393](https://www.clubassistant.com/club/meet_information.cfm?c=1534&mid=6393)

**DIRECTIONS:** From North or South Bound I-5 take exit 142 B. Proceed west on South 348th St for 2 miles. South 348th changes to SW Campus Dr. at 1st Ave. The pool is on the right.

**PAPER ENTRIES:** Complete this form, and waiver on following page for a paper entry.

NAME: \_\_\_\_\_ M F AGE: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 PHONE \_\_\_\_\_ Email \_\_\_\_\_  
 BIRTHDATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ USMS #: \_\_\_\_\_ - \_\_\_\_\_

**Include a copy of your USMS Registration if not a PNA member**

|                                             |                                          |
|---------------------------------------------|------------------------------------------|
| <b>LMSC:</b> (PNA, Oregon, Inland NW, etc.) | <b>PNA Club:</b> (UC36, BWAQ, PSM, ROCK) |
| <b>PSM Team:</b>                            |                                          |

**ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS**

| Event # | Event Name | Entry Time |
|---------|------------|------------|
|         |            |            |
|         |            |            |
|         |            |            |
|         |            |            |
|         |            |            |
|         |            |            |
|         |            |            |

**ENTRY FEE: Fees include WA State Sales Tax**

|                                             |                |                                                                                                                                    |
|---------------------------------------------|----------------|------------------------------------------------------------------------------------------------------------------------------------|
| <b>SURCHARGE</b>                            | <b>\$35.00</b> |                                                                                                                                    |
| <b>INDIVIDUAL EVENTS</b>                    | +              | <b>\$3 Per Event.</b> No charge for relays. No charge for seniors (65+) or need-basis                                              |
| <b>LONG SLEEVED TECH @S25 UNISEX SIZING</b> | +              | X-SM SM Med Lg XL XXL                                                                                                              |
| <b>TOTAL</b>                                | \$             | Make checks payable to <b>PSM</b> . Mail to:<br>PSM, c/o Lisa Dahl<br>4742 42 <sup>nd</sup> Avenue S. W. #151<br>Seattle WA, 98116 |

**Questions?** Email Lisa Dahl at [ldahl@usms.org](mailto:ldahl@usms.org) or sarahwelch@comcast.net

**Paper entries** must be **received** by Saturday, Nov 14<sup>th</sup>, 2015. Online entries are due by 11:59pm (PST) Sunday Nov 15<sup>th</sup>, 2015. All swimmers must have a valid 2015 USMS (or foreign) registration prior to meet entry or submit an application accompanying this entry.

**NO ENTRIES ACCEPTED AFTER SUNDAY NOV 15<sup>TH</sup>, 2015 11:59 PM (PACIFIC TIME)**

|                                                        |             |
|--------------------------------------------------------|-------------|
| <b>Signature</b>                                       | <b>Date</b> |
| _____                                                  | _____       |
| <input type="checkbox"/> This is my first Masters meet |             |

**If using paper entry form, you must complete, sign and mail the USMS Waiver on the following page.**