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## President's Message

By Sally Dillon, PNA President

Congratulations to Blue Wave Aquatics for hosting another successful championship meet at the King County Aquatic Center April 14-15. By all accounts, the meet went very smoothly and there were fast times and many records set during the weekend.



The “first in many years” Annual Meeting and Social was held on Saturday evening during the meet weekend. Over 60 tickets were sold and a good time was had by all. The event also included the presentation of the annual PNA awards. Congratulations to Pete Colella, coach of the North End Otters workout group, who received the Coach of the Year Award and congratulations to Lisa Dahl, President of Puget Sound Masters, for receiving the Dawn Musselman Inspirational Swimmer Award.

Spring has finally arrived, so many PNA swimmers are “dreaming” about open water swimming adventures. The lakes will be warming up, and the Sound.....well, it may be a tad warmer by the time the first PNA-sanctioned open water event takes place on June 9! The Whidbey Island Adventure Swim (Langley) kicks off the season and the final sanctioned event is the Last Gasp of Summer (September 15 at Angle Lake). See more information in this newsletter about all five PNA-sanctioned open water swims taking place in our region. If you want to get a jumpstart on OW racing, the Northwest Zone Championship swim will take place on June 2 in Caldwell, ID. (Details on this event are elsewhere in this newsletter.)



PNA President Sally Dillon speaks at the April 14 Annual Meeting and membership social.

# PNA Champs 2018

The 2018 PNA SCY Champs meet was held April 14-15 at King County Aquatic Center in Federal Way.

**Lake Washington Masters, with 37 swimmers, sat alone in the “Large Team” division and led the overall meet scoring with 1204 points. Bainbridge Aquatic Masters won the “Medium Team” division with 867 points, followed by second-place Blue Wave Aquatics (738 points) and third-place Husky Masters (631). Team Walker International Masters took first place in the “Small Team” division with 482 points, edging out second-place North End Otters (406) and third-place Western Washington University (371).**

The event, hosted by Blue Wave Aquatics, featured 313 swimmers registered for 1264 individual events and combining for 98 relay teams.

Swimmers entering and winning six individual events for a perfect 54-point score included Andrea Hunt (BAM, 70-74); Zena Courtney (BWAQ, 55-59); Rick Colella (LWM, 65-69); Daniel Phillips (LWM, 55-59); and Mary Lippold (NEO, 60-64). Close behind with 52 points each were Jason Ridle (PMS, 40-44) and Rachel Martin (LWM, 25-29).

The two-day event included a Saturday evening “Social” where the annual PNA awards were presented.



*BWAQ women at PNA Champs*



*Tom Fritschen and Kim Boggs enjoying the Saturday evening PNA social get together.*



*Bob DeWard manned the refreshment station at the Saturday social event assisted by son & future PNA member Drew.*

# Coach of the Year Award

The 2018 PNA Coach of the Year award was presented to North End Otters coach Pete Colella at the April 14 annual membership meeting.

In the nomination submitted by the NEO Board, Colella was lauded for the impressive impact he has had on the team since September 2016. Under his management, the club has experienced growth, both in daily attendance and over-all club membership. Prior to his hiring, the team was languishing and he has clearly brought a breath of fresh air into the program. His passion for the sport and commitment to NEO swimmers is obvious.

**“Pete is a wonderful ambassador for Masters Swimming,” wrote his nominators. “His passion for the sport, his commitment to all of us on NEO and his relentless pursuit of training and technique ideas make him the ideal candidate for the PNA Coach of the Year.”**

NEO has also experienced increased attendance at local swim meets due to Colella’s encouragement and presence. Team morale is soaring, partly due to Colella’s infamous one-line zingers, but also for his care and concern for each swimmer, regardless of age or ability.

**“His emphasis on improving technique for each of us, both for injury prevention and speed, is so welcome,” declared team member Mary Lippold. “Through his never-ending research, he is always learning and sharing with us new training ideas, techniques, and drills.”**

In addition to the physical award, Colella will receive a \$750 scholarship to be used for expenses related to attending a Coaches conference.

*The North End Otters celebrate Pete Colella’s Coach Of The Year Award.*



*NEO Coach Pete Colella accepts the Coach of the Year Award from PNA President Sally Dillon.*





# Dawn Musselman Award

PNA is proud to recognize Lisa Dahl as its Dawn Musselman Inspirational Swimmer for 2018.

**“Lisa’s long time and consistent contribution to PNA swimmers makes her a perfect candidate for the award,”** reported nominators Carl Haynie, Sarah Welch, Doug Jelen, Dan Phillips, Paul Ikeda, and April Cheadle.

Since her return to swimming with Masters in 2003, Dahl has consistently worked to promote this lifelong sport, inspiring local swimmers to keep swimming, take on new challenges, join a team, and compete. She has helped organize relays at many meets, including National and World Championships.

Dahl joined the PNA Board of Directors in 2007, spearheading change and initiatives for the organization and its local swimmers. She has **served in many positions with PNA, including Coach’s Chair, Club Development Coordinator, Vice President, and President.** Among other accomplishments during her tenure as President, Dahl helped develop **policies to provide financial support for coaches at Nationals and inspired new competitors through her “New Swimmer Goodie Bag” initiative.**

**“You’ll see her at nearly all swim meets greeting swimmers and welcoming them to their first competition,”** noted her nominators. **“For the past eight years, Lisa has been on deck connecting with these swimmers and making them feel welcome and included.”**

As the current president of Puget Sound Masters, Dahl has energized a team that frequently wins Nationals and does well in World Masters competition.

**“Partnering with Lisa in the process of creating the PSM regional team that competes at Nationals has been exciting and inspiring!”** wrote Cheadle. **“With Lisa’s guidance and drive, team PSM has developed an identity, a culture of participation and fast swimming and inclusion, and an opportunity for coaches like myself to further our professional development in the sport of swimming.”**



*Lisa Dahl accepts the Dawn Musselman Inspirational Swimmer Award from Steve Peterson*



*PNA has presented the Inspirational Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman. As a long-time PNA member, she was a skilled competitor (still holding records in the 70-74 age group) and always encouraged others to do their best. In her early days she was an Olympics hopeful and in her last days she continued to inspire her teammates until cancer took its toll.*

*Musselman was featured in [this Sports Illustrated article](#) in May of 1978.*

*More information on Dawn and previous award winners can be found on [SwimPNA.org](http://SwimPNA.org) under Awards and Recognition (under About PNA).*

## PA Masters Meet

The 2018 Port Angeles Masters Meet was held March 11 at William Shore Pool in Port Angeles. Ten clubs were represented by 68 swimmers registered for 226 individual events and 27 relay teams.

Bainbridge Aquatic Masters scored 1060 points to win the team competition, narrowly edging out Western Washington University (1038 points) and Peninsula Masters (984).

Competitors winning all five of their individual events included Kristine Cox (BAM, 35-39) swimming the 50 back, 50 and 100 breast, and 100 and 200 IM; and Thomas Stevens (TACM, 55-59) swimming the 50 free, 50 breast, 50 fly, and 100 and 200 IM. Swimmers entering and winning four individual events included Rod Stevens, Mark Benishek, and Ann Marie Borys (BAM); Ryan Robertson (ORCA); Katherine Beirne and Jason Ridle (PMS); Sandi York (TACM); and first-timer David Scott (YPKC).

Richard Mayfield (PMS, 80-84) was the meet's oldest participant, competing in the 50 and 100 back, 50 breast, and 50 free.

## Lake Stevens Pentathlon

The inaugural Lake Stevens Pentathlon was held March 18 at Lake Stevens High School. The meet included 58 swimmers registered for a total of 277 entries and featured two "pentathlons": Short (entering the 50yd distance in all strokes plus the 100yd IM); and Long (100yd distance in all strokes and the 200yd IM). Scoring for the pentathlons was based on total time for the five events by age-group and gender.

Participating in a pentathlon was not a requirement to enter the meet, but was a fun addition to the competition.

Stanwood-Camano Y Masters topped the team scoring with 740 points followed by North End Otters (613) and Snohomish Aquatic Masters (566). Swimmers earning a perfect 100-point score included Ian McCurdy and Dick Peterson (BMSC); MacKenzie Brosnahan and Tim Tan (DBST); Jakub Kotynia (LWM); Morena Calvo (MUK); Angela Bertrand and Paul Glezen (NEO); Chelsea Chan (PSM); Joseph Shelly (SVMS); Patricia Davidson (SAM); Brad Hering and Stephen Fogg (SWYM); Matt Castle (TACM); James Person (UC33); Gail Akiyama, Casey Boose, and Kathrine Schwab (UC36); and Steve Peterson (YPKC).

"When I first moved to Washington in July to fill the position of Assistant Aquatics Manager at Lake Stevens High School, I knew I wanted to create a USMS program and host a swim meet," noted meet director Erik Petersen. "Little did I know how difficult that would ultimately be."

Petersen credited head referee Heather Brennan and head starter Kathy Whitney for keeping the meet running "despite a few hiccups." He also recognized "a lot of help" from Linda Chapman and other volunteers.

The male and female in each age group with the fastest cumulative times were entered into a raffle to win prizes provided by the Lake Stevens Brewing Company and participants also received coupons to enjoy a beverage after the meet.

# Swimmer Spotlight

The Anatomy of a Champion  
By Tom Walker of TWIM

I first found out about Dan Phillips back in 2015 at the SCY Nationals in Old San Antonio when I watched him power to victory in that legalized insanity known as the 200 Fly.

**I've followed him ever since and have had the opportunity to personally witness more of his jaw-dropping swims along the way.**

One thing that first struck me when I got to know him a bit was his attitude. He seemed to be infused with a quiet and positive glow. When we finally sat down for this interview this same attitude shone clearly through every answer and really hit home with me.

Dan has a tremendous love and respect for the sport that nourishes us all. He is wholly alive with the Joy of Swimming. He expresses gratitude and respect for all those who have contributed to his incredibly successful aquatic journey at every step of the way. He is grateful to his family, to his coaches, to his mentors, and to his fellow swimmers and was quick to point out at least 29 other PSM swimmers have helped him achieve his Relay All-American Honors, so that means he loves us too! In short, Dan embodies all the qualities of a Champion and epitomizes the highest values of United States Masters Swimming.



*With Becca Watson and Stella Preissler  
at Nationals in Indianapolis in 2013.*

Since his return to swimming in 2012, he has achieved 14 National titles in Breaststroke, Freestyle, IM, and Long Distance events. He has helped to set 16 National relay titles in both pool and Long Distance categories as well as five National records in Distance Relays.

And just to prove to everyone that he is not a slacker, he also won the 400 IM World Championship in Russia in 2015! Yes, Mr. Phillips is a World Champion in one of the craziest events known to man! Not only that, but he also helped **achieve a Number One World ranking in the 4x100 SCM free relay in the men's 240's division. He thinks that 400 IM Gold was the sweetest one of all, of course! I started to wonder what this guy can't do in the water!**

Dan was kind enough to step into the Spotlight for us and here is that interview:

TW: So Dan, what are your long-term goals in swimming at this point?

DP: **One big goal is to stand with three other Puget Sounders on the Gold platform at Worlds.** I'd like to hear the national anthem while we wear bright green PSM shirts. We have several relay combinations that could be there. A second goal is more pedestrian but it is true. I just want to swim for many years to come.

TW: What do you think is your greatest individual race thus far as a USMS swimmer and the most satisfying victory? How do you remember feeling at the time?

*(Continued on page 7)*

## Swimmer Spotlight cont

DP: Winning a World Championship was best on all counts (400 IM in Russia in 2015). The Kazan natatorium was fantastic and competitors in earlier heats were going much faster than their entry times. Backstroke is the weak link for me so those times put all the pressure on that leg. In Montreal the year before, I got lost on back and swam zigzags. So when I turned to breast at the 200 and saw that I was more than a body length ahead I knew I had it. For the next two and half minutes my **thoughts bounced back and forth from “I’m going be a World Champion!” to “Don’t screw it up!”** The deeper emotions hit hard on the medal platform. The Russians did the awards ceremony with all the trappings – a big crowd, FINA officials, medal carriers, flower girls, and a giant display monitor with all the winners on it. That dream I had as a kid came true - they hung the gold around my neck and put my name and the US Flag up on the jumbotron. It is still hard to believe.

TW: What in the world compels you to swim events like the 400 IM and 200 Fly?

DP: Those were two of the events I swam the most in college so it is not too surprising that they are still good for me. I like the length of the 400 IM and enjoy the problem of pacing the different strokes. On the other hand, the 200 Fly is the mirage event. It looks wonderful from a distance but ugly close up. Even so, I do it because it is a signature accomplishment of the sport, like the Iron Cross in gymnastics or a hat trick in soccer. Maybe one day I will make a bunch of oval, black, and white bumper stickers that say 200 Fly and give them to other Masters who swim it.

TW: Indeed! How do you train for these two insane events?

DP: The big question – go for power or endurance? The two options have wildly different training programs. High intensity **has gained in recent years but people continue to succeed with the old “more is more” approach. I have tried both. My best times in the 400 have come off long distance training. Distance alone is not enough, though, so I add some speed in the mix. IM’s also require more stroke work than a big group usually allows. Becca Watson convinced me to train all of the strokes when I’m tired. When the lane has five other freestylers it isn’t even an option to do breast or fly, so some solo days are crucial.**

TW: So how did it all begin? When did you start swimming and why?

DP: My mother taught my brother, sister, and me to swim at about age two. The water captured my imagination so I went to the pool all the time. I saw butterfly when I was about six and taught myself how to do it. A summer league coach stuck me on a relay; I got a ribbon and was hooked. Around age 14, another swimmer shifted my perspective. A local guy only a couple of years older named Steve Lundquist broke a world record. If he could do that, maybe there was an outside chance I could. I knew I was nowhere near as talented and would have to work harder. That cemented a set of habits that play out to this day.

TW: What were the important influences on you early on?

DP: I had the best coaches at every age. At Auburn, David Marsh was the IM coach and Richard Quick was the Head Coach; in high school, the coaches were Jim Fraser and Chris Davis at SwimAtlanta. Before that, Steve Cheney taught me the correct way to do all the strokes at the local YMCA and I won some state-level events as a result. That line-up looks almost di-



*With teammates Mats Nygren and Bruce Deakyne celebrating their national record.*

*(Continued on page 8)*

## Swimmer Spotlight cont

vinely inspired, like the best coach on the planet for each age of my life. All of them believed in over-distance training, too. The turbo boost came from a psychological coach named Jeff Goforth. He taught everyone at SwimAtlanta how to set long-term goals.

TW: Who were your mentors along the way?

DP: Right now, you can say that Trever Gray is mentoring me to try to create some new habits. I train alone more than I used to so he monitors my progress via HRV4Training and other apps. We have been very purposeful about what to do. Before Trever, Becca Watson was key at LWM. The very first Saturday workout I did with **her I tried to get out after 75 minutes. She said, "Where are you going?" and I got back** in. There was a powerful accountability circle between lane mates, so Rick Colella, Bruce Deakyne, and Mats Nygren also influenced me. Then Don Graham wins the efficiency prize. He made about three suggestions that led to National titles.

TW: When did you become a USMS swimmer?

DP: Six years ago. For the 28 years prior, I had let my fragile ego keep me out of the pool. Many people are familiar with that – the negative self-talk about how one used to go such-and-such time and now anything slower is awful. At 49, I started having back pain that ruled out just about every other type of workout, so I got back into the water. Stella Preissler made USMS sound like fun, not stress, so I decided to follow her advice. Then I fell in love with it all over again.

TW: How does USMS fit in?

DP: USMS used a very effective entanglement strategy on me. I started with a few local meets, then joined Lake Washington Masters, then started going to workouts before school, sorry, I mean work, again. It seemed natural at that point to set a goal of qualifying for Nationals. Then I had to win one. Along the way, I discovered **ePostals, International Events, Open Waters, Go The Distance, and probably other things I can't remember. I would not be a World Champion today without all of the people and support structures put into place by USMS.**

TW: What do you do when you are not swimming?

DP: **I help people protect and grow the value of their life's work. Sometimes that is by acting as a financial coach,** sometimes as an investment manager, and sometimes as a business consultant. Every couple of years it means helping people avoid the mania de jour. I also pretend to do maintenance on a horse ranch but actually listen to science fiction while I walk around the pasture. My wife, Kelley, occasionally gets me to do something useful like plant a tree or move a beehive.

TW: What drives you to swim and compete?

DP: I love everything about competition so it is an end in itself. Chasing records is also a big part, I have to admit. We never own records, we just take care of them for future swimmers. I love being a part of that chain of names – in between the people who led the way and the ones who are improving the standard after me.



*With Mischa the Snow Leopard celebrating the world win in Kazan, Russia in 2015*

*(Continued on page 9)*



## Swimmer Spotlight cont

TW: What do you think are the most important factors for success as a swimmer?

DP: Intentionality is the most important. Do you want to win or do you want the healthiest workout possible? Both are great so pick one and evaluate your results based on that decision. Either way, feel for the water is the second factor. People **who don't get it drop out. Most training improves feel. There are two sub-factors** which I think get overlooked - training consistency and dry land work. **Schedule your improvement sessions or they won't happen. A skipped day becomes a skipped week** and so on. Use the USMS Flog (fitness log) and enter the Go the Distance competition to help keep yourself accountable. Or, join a workout group with a coach who will notice when you miss days. Then do things out of the water that reinforce what happens in it. I believe mental and physical rehearsals can improve strokes. Take breaks at work and do some strokes in the air; do some dry-land stretches that improve shoulder flexibility; and use a mirror to check your streamline as though you are pushing off the wall. I think those have an impact on neurons even if they are not cardiovascular conditioners.

TW: How has swimming shaped your identity as a person?

DP: One counterintuitive result was that the sport actually improved my academics. Setting long-term goals and then doing two-a-days made a huge difference in channeling my energy. There is no way I would have finished an engineering degree or gotten into a top MBA program without learning how to do that. Those steps led to becoming a partner in an investment company owned by a European Prince. He hosted Kelley, my two toddlers, and my mom one day at his 1,000-year-old castle in the Alps. My mother walked around in shock as he held Mark (age 5) and talked to Claire (3) about his Rubens paintings. What is more remarkable is that Mom set us on that path decades earlier in an ordinary pool in the suburbs of Atlanta.

TW: Thank you Mom!

# Swim Defiance Sun, Aug 5, 2018



Photo courtesy of Metro Parks Tacoma

- Save the date for this timed, escorted, challenging 3K & 5K race in 58-60° Puget Sound
- Pre-registration includes **FREE** preparation swims
- Check [www.swimdefiance.com](http://www.swimdefiance.com) for details starting in April 2018

www.swimdefiance.com

2018



# Welcome New Swimmers!

Abel, Lexi  
 Abrantes, Ashlee  
 Aiken, Alexandra  
 Auger, Christian  
 Barker, Gwen  
 Becker, Jared  
 Bell, Ashley  
 Botsford, Megan  
 Brosnahan, MacKenzie  
 Cathey, Daneeka  
 Clayton, Carol  
 Colella, Casey  
 Craig, Paul  
 De Wit, Tracy  
 Fajardo, Michael  
 Farhat, Yasmine  
 Foss, Lachlan  
 Geer, Brian  
 George, Jared  
 Goessman, JB  
 Gordon, Lucinda  
 Gorospe, Conor

Gwiazda, Kamila  
 Hockett, Dan  
 Holland, Mark  
 Holod, Rosanna  
 Jarvis, Spenser  
 Johnson, Nikolas  
 Jordan, Melis  
 Josselyn, Jesse  
 Kaiser, Sarah  
 Kendall-Sanchez, Renee  
 Larson, Benjamin  
 Legan, Jason  
 Martin, Misty  
 McCurdy, Ian  
 McKerring, Jennifer  
 McPhee, Malcolm  
 Medrzycki, Maureen  
 Mehta, Sivan  
 Moen, Toni  
 Moon, Jeremy  
 Moores, Sarah  
 Morlan, CJ

Nason, Kimberly  
 Nur, Ayub  
 Perry, Christopher  
 Pimentel, Manuel  
 Plotnikov, Pavel  
 Randall, Daniel  
 Salaz, Jeremy  
 Schwartzlow, Joshua  
 Sexton, Neil  
 Struve, Ilsa  
 Thompson, Amanda  
 Thomsen, Christopher  
 Tifft, Sara  
 Velasco, Montse  
 Wald, Stephen  
 Walley, Nicholas  
 Weelborg, Sara  
 Welsh, Megan  
 Wescom, Blake  
 Wunch, Lauren  
 Yamamoto, Jin  
 Young, Travis

## NW Zone 1-Mile Open Water Championship

Sawtooth Masters is hosting the 2018 Broadview Harbor NW Zone 1-mile Open Water Championship on Saturday, June 2nd, in Caldwell, ID. Information can be found on both the [USMS](#) and [Sawtooth Masters](#) websites.

Caldwell is 30 miles from Boise and the team eagerly welcomes Zone swimmers to visit picturesque Boise to enjoy the open water swim and all that the city has to offer. Check out the [team's home page](#) for activity suggestions, such as Boise Greenbelt, river rafting, Basque Block and more. Make it a getaway weekend!



# USMS 1-Hr ePostal National Championship

Fourteen PNA swimmers participated in the 41st annual 1-Hour swim held Jan-Feb of this year.

Dan Kirkland (LWM) won the 70-74 age group and set a national record by logging 4765 yards in one hour. Others finishing in the top five of their age groups included Sally Dillon, Michelle McRae, and Betsey Kassen.

Relays were formed by combining the distances of participating swimmers. Puget Sound Masters fielded five relays and four had top-three finishes. The 35+ **Women's team of McRae, Landrum, and Koppelberger** took 2nd, as did the 65+ Mixed team of Kassen, Dillon, Kirkland, and Peterson. Taking home 3rd place medals **were the Men's 65+ team of Kirkland, Peterson, and Hansen** and the Mixed 35+ team of McRae, Koppelberger, Velthuyzen, and Fitzgerald.

Blue Wave Aquatics was represented by Erin Tyler and PNA swimmer Windy Tuttle was unattached to a club.

PNA individual results:

Club	Name	Age	Dist	Place
PSM	Dan Kirkland	70	4765	1st
PSM	Sally Dillon	72	3595	2nd
PSM	Michelle McRae	43	4575	5th
PSM	Betsey Kassen	66	3945	5th
PSM	Johnny Van Velthuyzen	39	4740	7th
PSM	Steve Peterson	72	4070	7th
PSM	Michael Fitzgerald	60	4655	8th
PSM	Sarah Landrum	40	4395	10th
PSM	Tamara Koppelberger	46	4415	11th
PSM	Elizabeth Lucco	52	4275	17th
PSM	Wanda Bolerjack	61	3840	26th
BWAQ	Erin Tyler	39	3550	31st
PSM	Ron Hansen	69	3300	40th
UC36	Windy Tuttle	46	3400	51st

SAVE THE DATE! 2018 LAST GASP OF SUMMER

SATURDAY

September 15, 2018

WATCH OUR WEBSITE

WWW.LASTGASPOFSUMMER.COM

FOR REGISTRATION AND DETAILS




- 1 & 2 mile events in beautiful Angle Lake SeaTac, Washington
- Wetsuit & non-wetsuit divisions



WWW.LASTGASPOFSUMMER.COM

# Board Highlights

March 6, 2018: PNA president Sally Dillon presided over the meeting, which took place via conference call. She reported that the LMSC Standards Survey was received from the USMS National Office. **Sally completed the chair's section and Arni Litt completed the treasurer's section. Results will be available in about a month. Arni provided a financial report and PNA's assets total \$54,712.67. There are 1360 PNA members to date.**

Sally updated the board regarding plans for an Annual Meeting and Social, which will take place on Saturday, April 14 after the completion of the day's competition at PNA Champs. **A casual meal from Pop's Pizza and Pasta will be served.** A liquor license has been obtained and beer and wine will be available for a small fee. During the meeting portion of the evening, the Coach of the Year and Dawn Musselman awards will be presented. Registration for the social can be done via the meet registration process or by contacting Sally directly for tickets.

**The board continued its review project of PNA's Policies and minor changes were made to the "General" section.**

As per the PNA Bylaws, the board removed Past President Michael Grimm from the board because he has not attended any meetings for a year and he has failed to register with USMS for 2018. Lisa Dahl stepped down from the Club Director position and the board approved Doug Jelen as her replacement.

Two committees have been formed: 1) Jay Pearson and Bob DeWard will recommend changes to the PNA logo, which needs to be freshened up; and 2) Steve Peterson, Jim Davidson, Walt Reid, and Isaac Contreras will review and recommend changes to the PNA website.

Minutes for this and other board meetings can be found at <http://www.swimpna.org/w/PNA/more/?artid=3471>.



## PNA Voting Board Members

*President - Sally Dillon*  
*Vice President - Zena Courtney*  
*Secretary - Jay Pearson*  
*Treasurer - Arni Litt*  
*At-Large Director - Kathy Casey*  
*At-Large Director - Isaac Contreras Sandoval*  
*Bylaws - Hugh Moore*  
*Meets - Linda Chapman*  
*Membership - Stephanie Hiebert*  
*Open Water - Jim Davidson*  
*Appointed Director - Sarah Welch*  
*Appointed Director - Bob DeWard*  
*Club Director - Kim Boggs*  
*Club Director - Doug Jelen*  
*Club/Coach Coordinator - Steve Peterson*

## Coordinators/Standing Committees

*Awards - Kerry Ness*  
*Coaches - Wendy Neely*  
*Fitness - Sarah Welch*  
*Newsletter - Lucianne Pugh*  
*Officiating - David Baer*  
*Postal - Sally Dillon*  
*Records/Top Ten - Doug Jelen*  
*Social Media - Isaac Contreras Sandoval*  
*Webmaster - Steve Peterson*



## Saturday June 9th, 2 PM

Kick off your open water season on Whidbey Island



- \* 1.2 and 2.4 mile distances
- \* Lovely seaside location
- \* Fun post race raffle and snacks



details and registration at  
[www.whidbeyadventureswim.org](http://www.whidbeyadventureswim.org)



**SAVE THE DATE**

# ALY FELL MEMORIAL OPEN WATER SWIM

800M | 2.5K | 5K | 10K

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**AUGUST 25, 2018**

LAKE PADDEN | BELLINGHAM, WA

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WETSUIT & NON-WETSUIT DIVISIONS  
USA & USMS SANCTIONED

BELLINGHAM BAY SWIM TEAM FUNDRAISER  
[www.AlyFellMemorialOpenWaterSwim.com](http://www.AlyFellMemorialOpenWaterSwim.com)




## Blue Wave Aquatics

### SWIM OPEN WATER

SWIM HISTORY

# SWIM

## 2018 Defiance

in challenging  
Puget Sound WA  
**Aug 5, 2018**

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**3K / 5K**  
[www.  
swimdefiance.com](http://www.swimdefiance.com)



2018 ANGLE LAKE

in peaceful  
Angle Lake WA  
**Sept 15, 2018**

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**1Mi / 2Mi**  
[www.lastgasp  
ofsummer.com](http://www.lastgasp<br/>ofsummer.com)

[www.bluewave-aquatics.com](http://www.bluewave-aquatics.com)

ADULT SWIM LESSONS • MASTERS SWIM TEAM  
TRIATHLON TRAINING

# 2018 PNA Open Water Series



June 9 - The series starts with the Whidbey Island Adventure Swim. This course is one long rectangle along the shores of Whidbey Island with 1.2-mile swimmers turning mid-course and 2.4-mile swimmers swimming to the farthest buoy and returning. <http://www.whidbeyadventureswim.org/>

July 14 - The second swim is the Fat Salmon Open Water Swim. It's a 3.2-mile race along the Seattle shoreline of Lake Washington. The course runs south-to-north, generally between the I-90 and 520 floating bridges. The race starts at the Day Street Boat Ramp directly beneath I-90 and finishes at Madison Park. [www.fatsalmonswim.org/](http://www.fatsalmonswim.org/)



August 5 - Next is Swim Defiance, which re-enacts the 1926 Dalco Passage crossing. The race location is Owen Beach in Point Defiance Park on Commencement Bay in Tacoma, WA. There is a clockwise 5K triangular course swim beginning and ending at Owen Beach and a one-way 3K linear course swim from Vashon Island (after a 15-min ferry ride) to Owen Beach with competitive and non-competitive divisions. <http://www.swimdefiance.com>

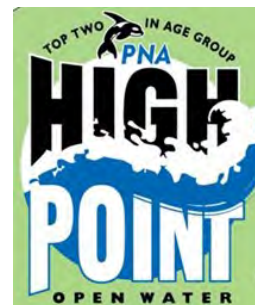
August 25 - The fourth event is the Aly Fell Memorial Open water Invitational held at Lake Padden in Bellingham, WA. Four distances will be offered (10K, 5K, 2.5K, and 1/2 mile) swum over a 1.25K course. <http://www.alyfellmemorialopenwaterswim.com/index.html>



September 15 - The series finishes with the Last Gasp of Summer. This race takes place at Angle Lake in Seatac, WA and includes 1- and 2-mile races on a rectangular course. One-milers swim one lap, two-milers swim two laps. [www.lastgaspofsummer.com/](http://www.lastgaspofsummer.com/)

*Enter more than one event and compete for The Open Water Series High Point Awards!*

We will be tracking finishes again this year for the Open Water High Point awards. The 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 PNA-sanctioned events. The more events swum, the more points accumulated. Points will be awarded to the top 10 PNA registered finishers in each event swum. One Event registrants are not eligible. Wetsuit swimmers score points separately from those not wearing wetsuits. At the end of the season, points will be tallied and awards will be sent to the winners. See the PNA website for rules.



Win a *blueseventy* Reaction Wet Suit

*Each race entry will earn you one ticket into the drawing for a blueseventy Reaction Wetsuit (either full or sleeveless at the winner's preference).*



**PNA Open Water Series sponsor**



## 2018 Whidbey Adventure Swim

1.2- and 2.4-mile distances

Saturday June 9, 2018

Hosted By South Whidbey Island Masters  
(SWIM)

Sanctioned by PNA for USMS # 368-001

Event: 1.2- and 2.4-mile open water swim along the shores of Langley Washington in the waters of Saratoga Passage in Puget Sound. Both events will start in the water and finish on the beach. Swimmers will self seed with faster swimmers to the front.

**\*\*WETSUITS ARE REQUIRED. WATER TEMPERATURE IS EXPECTED TO BE 55 DEGREES OR BELOW\*\***

SCHEDULE for June 9th 2018:

Seawall Park – Langley

Noon-1:30pm	Pre-Race Check-in.
1:30-1:45pm	Mandatory Competitors' Meeting for ALL swimmers.
2:00pm	Estimated start time for 1.2 and 2.4 swim group start.

Eligibility: 18 years of age or older as of June 9, 2018; USMS or foreign registration for 2018 or \$22 One-Event USMS Registration fee.

Entry Fee: \$55.00 (1.2 distance) and \$60.00 (2.4 distance) \*US or Canadian. Late or Race Day registration is \$65.00 and \$70.00 respectively. Fee includes official race swim cap (which must be worn during the swim) and commemorative sports towel.

Entry Deadline: Advance registration must be received by June 6, 2017.

Rules: Current USMS rules will govern the event. Neoprene wetsuits are required.

Awards: No participation awards. A participation raffle will take place during post-race festivities.

Safety: Lifeguards and safety boats will monitor the entire racecourse. Swimmers must wear the swim cap provided and their race number on their hand and upper arm or leg. Swimmers MUST attend the pre-race meeting in order to compete.

Results: Results will be posted 15 minutes after the completion of the final event and will be available on the Whidbey Adventure Swim [www.whidbeyadventureswim.org](http://www.whidbeyadventureswim.org) and PNA <http://www.swimpna.org/> websites shortly after event.

Questions: Contact Race Director Teresa Forsyth at [info@swhidbey.org](mailto:info@swhidbey.org) or visit [www.whidbeyadventureswim.org](http://www.whidbeyadventureswim.org) for more details.

Directions: From the Clinton Ferry travel northbound on SR 525. Turn north onto Langley Rd and travel to Langley. Location is Seawall Park at 1<sup>st</sup> Street and Anthes.



2018 Whidbey Adventure Swim / Saturday June 9, 2018  
 Hosted By South Whidbey Island Masters (SWIM)  
 Sanctioned by PNA for USMS # 368-001

Name: \_\_\_\_\_ \*USMS#: \_\_\_\_\_  
 Street: \_\_\_\_\_ Birth(mm/dd/yy) \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Event choice (circle):    1.2 mile    2.4 mile    Gender (circle)    M    F

Fee Calculation:

Entry Fee (prior to 06/06/18)	
1.2 mile:	\$55.00
2.4 mile:	\$60.00
Late entry Surcharge (after 06/06/18)	\$10.00
One-Event USMS fee	\$22.00
Total Fees	

Online registration and additional race info: available at [www.whidbeyadventureswim.org](http://www.whidbeyadventureswim.org).

Additional online registration information available at [clubassistant.com](http://clubassistant.com).

Make checks payable and mail to:

SWPAF  
 PO Box 157  
 Freeland, WA 98249

\*\*All entries must include a signed and dated participant waiver, found on the following page.

\*USMS, Canadian, or foreign Masters Registration is required. For paper entries, non-PNA swimmers must enclose a photocopy of their current registration. Those without current Masters registration must pay the \$22 One-Event USMS entry fee.



# Fat Salmon Open Water Swim

DISTANCE: 3.2 miles

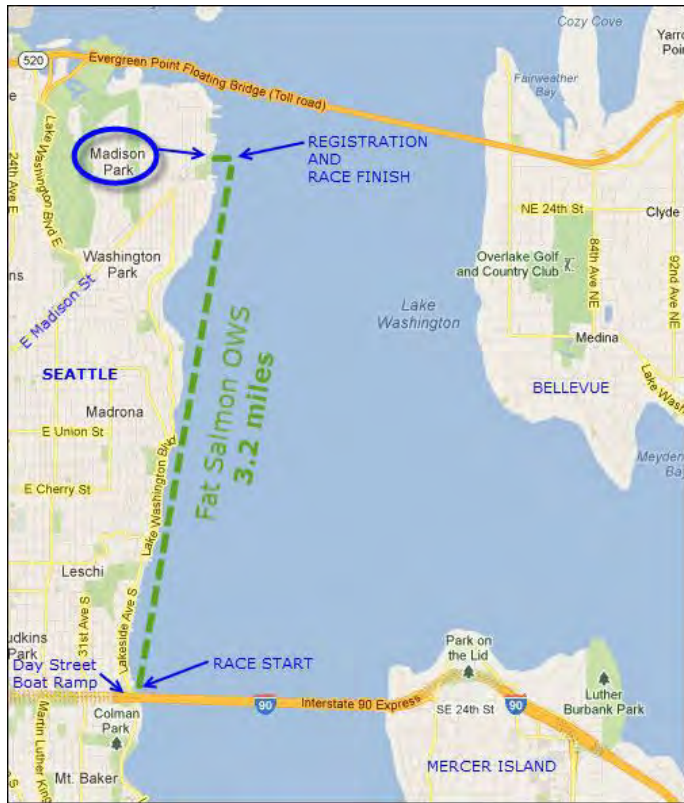
DAY AND DATE: Saturday, July 14<sup>th</sup> 2018

SANCTIONED BY PNA for USMS # 368-002

HOSTED BY: Orca Swim Team

LOCATION: Lake Washington from Day Street Park to Madison Park along the western shore of the lake.

COURSE: In water start immediately offshore from Day Street boat launch, finish across timing mats on shore at Madison Park; participants will need to ascend 4 stairs at the completion of this race. Water temperatures are typically in the high 60s or low 70s during the summer but can vary significantly; be prepared for a cold swim. Course will follow the western shore of the lake in a straight line marked with buoys approximately every ½ mile.



## TIME:

- 6:00 AM Swimmer Check in opens
- 7:00 AM Swimmer Check in closes
- 7:10 AM Mandatory swimmer Safety Briefing
- 7:30 AM Swimmers depart for Day Street via carpools
- 8:15 AM Race start; swimmers will be sent off in five separate waves scheduled every 3 minutes.

## RACE DIRECTOR:

Meg Meinerz  
919.672.8542  
[racedirector@fatsalmonswim.com](mailto:racedirector@fatsalmonswim.com)

ELIGIBILITY: Open to all 2018 registered Masters swimmers (USMS or MSC) 18 and above as of 7/14/18. Competitors not registered may sign up for a \$22 One-Event USMS registration. Non-PNA registered swimmers must provide proof of their Masters membership card at check-in.

RULES: Current USMS rules will govern this event. Wetsuits and full-body swimsuits are allowed in the wetsuit division. No additional devices to help speed, pace, buoyancy, or endurance are allowed (such as webbed gloves, fins, snorkels, etc.). Swimmers will have two hours to complete this event; any swimmer more than 250 yards from shore at 1:40 minutes will be pulled from the course.

SAFETY: Lifeguards and safety boats will monitor the entire course. All participants MUST attend the safety meeting. Kayaks will assist with escorting swimmers along course and provide assistance in event of an emergency.

AWARDS: All participants will receive a T-shirt as a participation award; age group awards will be provided as ribbons to top finishers from each gender and age division.

## ENTRY FEES:

- \$70 early (May 1<sup>st</sup>-May 31<sup>st</sup>)
- \$80 on time (June 1<sup>st</sup>-June 30<sup>th</sup>)
- \$90 late (July 1<sup>st</sup>-July 10<sup>th</sup>)
- \$100 same day, if available.

ENTRY DEADLINE: Online entry only! It opens May 1<sup>st</sup> at 12:00 (midnight) PST; closes on July 10<sup>th</sup> at 11:59PST. If spots remain, will be available on first come/first serve basis for same day registration.

ONLINE ENTRY: [Click Here](#)

PAPER ENTRIES: Not accepted

RESULTS: Posted in person at race site; will be electronically posted to [www.fatsalmonswim.com/results](http://www.fatsalmonswim.com/results) as they are collated.

DIRECTIONS: Checkin + safety meeting at Madison Park Beach (43<sup>rd</sup> and Madison; from I-5 exit at Madison Ave and continue east until it terminates at 43<sup>rd</sup>. Beware parking is limited in this area due to residential congestion; we recommend carpooling when possible. Swim start is accessible via carpool, located at Day Street Park (1400 Lakeside Ave) and can be found from the start by following Lake Washington Blvd south to the I-90 bridge; the park is located immediately underneath this bridge. Parking will be limited in this area as well, please carpool when possible.

ADDITIONAL INFORMATION: Please stay after the event and support the great Madison Park businesses that help sponsor this event! Sponsoring organizations can be found on our website at <http://www.fatsalmonswim.com>

LINKS: <http://www.fatsalmonswim.com>

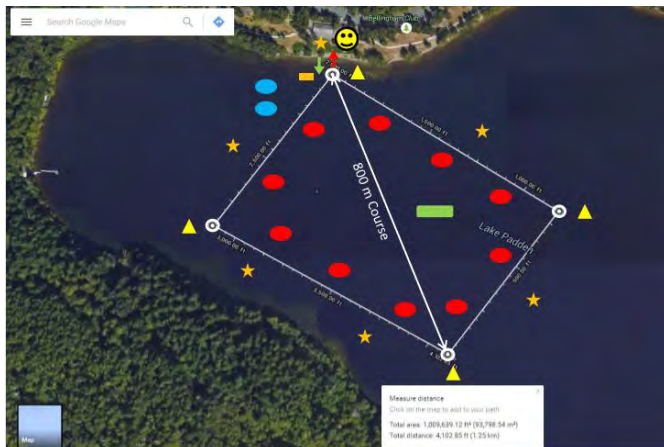


## Aly Fell Memorial Open Water Swim

SWIM DISTANCE: 10K, 5K, 2.5K or 800m  
Wetsuit and Non-Wetsuit Divisions  
SANCTIONED BY PNA for USMS # TBA  
DAY & DATE: Saturday August 25<sup>th</sup>, 2018  
HOSTED BY: Bellingham Bay Swim Team

LOCATION: Lake Padden – West Entrance  
Lake Padden Park, 4882 Samish Way, Bellingham  
WA

COURSE: 1.25K rectangular Course for 2.5K, 5K &  
10K. Out and back for 800m race.



### SCHEDULE:

8:00-8:30am: Check In  
8:45am: pre-race MANDATORY safety meeting for  
all swimmers.  
9:00am: 10K Race  
9:10am: 800m Race  
9:20am: 5K Race  
9:30am: 2.5K Race

SAFETY: Lifeguards, Safety Boats(s), Kayaks and  
Paddleboards will monitor the entire course and  
provide assistance in case of an emergency.

ELIGIBILITY: Open to all 2018 registered **Master's**  
Swimmers (USMS or MSC). Competitors not signed  
up may sign up for a \$22 One-Event USMS  
registration.

RULES: Current USMS rules will govern this event.  
Swimmers must wear swim caps, race chip and hand  
markings given at registration. Time Limits will be  
enforced as follows: 10K – 3 hours, 5K – 2:10 hours,  
2.5K – 1 hours, 800m – 35 minutes.

### ENTRY FEES:

10K: \$70  
5K: \$60  
2.5K: \$50  
800m: \$30

Registration includes a participation souvenir and  
post-race refreshments. Day of Race Registration will  
be available for an additional \$10 if space permits.  
Canadian swimmers will be charged according to the  
CAD/USD exchange rate.

ONLINE REGISTRATION: Now open on our website:  
[www.alyfellmemorialopenwaterswim.com](http://www.alyfellmemorialopenwaterswim.com)

ENTRY DEADLINE: Registration ends August 23<sup>rd</sup>,  
2018 at 11:59pm, or when the event maximum of 200  
swimmers is reached.

RESULTS: Posted at the event and available on the  
website the following day.

AWARDS: Medals will be presented to the top three  
finishers from each gender and age group for both  
wetsuit and non-wetsuit divisions.

ADDITIONAL INFORMATION: This event is  
dedicated to Aly Fell, a young swimmer from  
Bellingham Bay Swim Team, who tragically lost her  
life in a car crash while on a team trip. Just days  
prior, Aly had competed in her first open water swim  
at Lake Padden, and at age 15 took first place in the  
**women's division and third overall – at just 5'2" you  
can see how she earned the nickname "Swim Felly  
Fierce"**.



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.

Table with 5 columns: Last Name, First Name, MI, Sex (circle) M/F, Date of Birth (mm/dd/yy). Includes rows for Street Address, City, State, Zip; Signature of Participant; Date Signed.

# PNA Calendar

## PNA-SANCTIONED OPEN WATER EVENTS:

- 6/9 - [Whidbey Island Adventure Swim](#)  
Seawall Park, Langley, WA
- 7/14 - [Fat Salmon](#)  
Seattle, WA
- 8/5 - [Swim Defiance](#)  
Tacoma, WA
- 8/25 - [Aly Fell Memorial Swim](#)  
Bellingham, WA
- 9/23 - [Last Gasp of Summer](#)  
Angle Lake Park, Seatac, WA

## POOL EVENTS:

5/10 to 5/13 - [USMS Nationals](#)  
Indianapolis, IN

## 2018 USMS EDUCATION CLASSES:

- 9/15 - Coach Certification Levels 1-2  
Portland, OR
- 9/15 to 9/16 - [Clinic Course for Coaches](#)  
Portland, OR
- 9/16 - [Stroke Development Clinic](#)  
Portland, OR

[Search USMS Calendar of Events](#)

(Paid advertisement)



Discover the joy of open water swimming

<http://say-yes-to-life-swims.com/>

- 5/31 - [Thursday Evening Stress Relief Swim](#)  
Seattle, WA (.5- & 1-mile routes)
- 6/14 - [Thursday Evening Stress Relief Swim](#)  
Seattle, WA (.5- & 1-mile routes)
- 6/23 - [Tubby Trout 5K](#)  
Seattle, WA
- 6/28 - [Thursday Evening Stress Relief Swim](#)  
Seattle, WA (.5- & 1-mile routes)