

SPLASH MASTER

Volume 5 Number 4

October 2002

Ironman Utah, a Windy and Challenging Course

by Michael Costello

First of all, reports of my death were greatly exaggerated. I admit I stole that line from Mark Twain. But, it's appropriate. I had expected Ironman Utah to be the crowning achievement of my mid-life crisis, but it was not to be. In fact, the race became secondary as questions of life and death took precedence.

As I passed the age of 45, male menopause was upon me. To solve the crisis, I resolved to compete in an Ironman race, though a few obstacles were in the way. First, I didn't own a bike, second I wasn't much of a swimmer.

My first triathlon three years ago, was a major fiasco. I had managed to train

myself to swimming long distances but had done nothing with the bike. My thinking was that years as a distance runner provided my legs with all the training they required. I was quickly disabused of that notion as I took a borrowed road bike on the 25-mile course at the Onionman Triathlon. As I dismounted I could scarcely stand, but if I were to finish the race I had a 10k run ahead of me. Eventually my legs loosened up enough to permit me to run and then sprint to finish the course.

I realized an Ironman was going to be quite a bit more than I had originally thought. So I set my mind to the task, expecting to reach that level after several years of preparation. Those years were supposed to come to a climax on Saturday, June 8, 2002 in Provo, Utah.

I arrived in Utah two days before the event to get registered and acclimated. The temperatures were into the 90's, but cooler temperatures and strong winds were in the forecast for race day.

I had trained in high winds for years and was well prepared. Often, I would go biking precisely because the wind was blowing. As for the swim, I couldn't imagine that conditions could be any worse than at the USAT Age Group National Championships last year. I was mentally and physically prepared.

On race day, during my pre-race preparations the winds were calm. As I



drove to the staging area at 4 am, the winds were just beginning to freshen. When I reached the transition area, they were quite stiff. As starting time approached, conditions boded ill for the rest of the day. Even walking was difficult as wind drove dust and debris into my eyes.

I stepped over a dead fish and waded out into the dirty waters of Utah Lake at about 6:40 am. I swam out to the far buoy marking the starting line so that I might avoid the worst of the pounding that attends the start of all triathlons. At 7 am, a cannon was supposed to announce the start of the inaugural Ironman Utah triathlon.

The problem was that high winds and crashing waves made it impossible to hear the cannon, the loudspeakers, or anything else. The predicted windstorm arrived earlier than expected and as the start time

see IRONMAN UTAH on page 7

Inland Northwest Masters Canda

- Nov. 10 **Swim Clinic at Spokane Club**
(see back cover for details)

- Nov. 11 **Swim Clinic at Washington State University**
(see back cover for details)

- Nov. 20 **Entry Forms Due for Fall**
Classic Swim Meet at Sandpoint West Athletic Club see page 4

- Nov. 29 **Entry Forms Due for NW Zone Short Course Meters Champs** see page 10.

- Nov. 30 **Fall Classic Swim Meet**
Sandpoint West Athletic Club, deck entries accepted

- Dec. 14-15 **NW Zone Short Course Meters Champs, Oregon City Oregon,** deck entries not accepted

Inland Northwest Masters

Local Masters Swimming Committee

Board and Team Representatives

full contact information available online

Board	Team Representatives
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INLAND NW BOARD MEETING MINUTES

Spokane Club, June 19, 2002

In attendance: Virgil Crampton, Bernie Kingsly, Doug Garcia, Larry Krauser, Marie Glynn, Lynn Reilly, Margaret Hair, Susanne Simpson

Review/Approve Minutes of Last Meeting (02-09-02) - Minutes were approved by the Committee.

Treasurer's Report—The report was received and approved by the Committee. It was reported that we have \$2,273.97 in Savings and \$2,825.62 in Checking for a total of \$5,099.59. Regrettably, Marie Glynn has resigned as treasurer due to changes in her professional and personal life. The Committee approved Virgil Crampton as the new Treasurer until elections next year. The Committee approved Virgil buying Quicken software to keep the records on and an endorsement stamp for the checks.

Registrar's Report—We have approximately 210 registrations so far this year. At the end of 2001 we had 255. Please confirm that all your team members are registered.

Newsletter Report—We are still working on the non-profit status to get a better mailing rate. The Editor and new Treasurer will continue to look into this.

There will be a postal rate increase in July. The Committee discussed changing the newsletter to save a few dollars. It was decided that the changes were not worth the savings and to keep the newsletter as is.

The Editor has asked that the Registrar confirm the Inland Northwest Teams so the newsletter is correct. One team listed might not be registered.

North Spokane Masters is to be added to the Team Listings and to the team options on the Registration Form.

Six copies of the newsletter will continue to be sent to the team representatives to be distributed to potential masters swimmers.

Secretary's Report—Secretary received an e-mail from Dan Frost on upcoming Northwest Zone Masters Swimming

Events. This will be e-mailed to all Committee members.

Top Ten/Data Entry—Top Ten for SCY has been sent in to the National Office.

Equipment—The printer "suitcase" has been replaced for approximately \$20, well under the approved amount of \$100. Excellent shopping by Margaret Hair!

Clinics—There will be a masters clinic the first weekend in October in Seattle. At the moment it does not look like there will be a clinic in the Inland Northwest by a Masters Coach. However, Susanne Simpson will contact Todd Marsh (SAS Coach) to put on a clinic in October. She will report progress to the Committee by e-mail.

New Business

Convention—The Annual Convention is September 8-15 in Dallas. The Committee appointed Susanne Simpson as our Delegate to the convention. Doug Garcia will contact the National Office to try to be appointed an At Large Delegate. Doug reports that the Zone has three budgeted grants for reimbursement of 1/2 of 1/2 room and 1/2 of airfare and full registration. Doug has applied for one of these grants. The Committee would like Susanne to also apply. The Committee approved the expenditure of up to \$1,000 for two individuals (Doug and Susanne) to attend the convention. This expenditure would reimburse the individuals for airfare, motel room (assuming double occupancy), and registration.

Web Site—Doug Garcia is working on the web page. The Committee approved the expense of \$15-30 per year for the Domain Name. Doug will send the Committee representative names to choose from shortly. The web site will be hosted on the USMS web site. There can be links to individual teams. The teams would have to pay to maintain their domain names, but their web sites could also be hosted by USMS.

VIEW FROM THE CHAIR

by Susanne Simpson
Inland Northwest Masters Chair

Greetings! I hope you all had a fabulous summer and have adjusted to your fall schedules. How I already miss the long evening daylight hours of summer!

In September I attended my first USMS Convention in Dallas, Texas. A few changes were made this year, one being a \$5 increase in our USMS dues. During the last decade, USMS has offered a substantial increase in services for its members, yet it has been 12 years since dues have increased. I hope you all will support our registration fee of \$30 for 2003.

Attending the Convention was a real eye-opener for me. I didn't realize the magnitude of new information that was available to us at the USMS website. One committee meeting I attended was Fitness. The Fitness Committee has been busy trying to structure its efforts to better serve swimmers who choose to swim with fitness goals rather than competitive goals in mind. The Committee recently underwent a complete revision of the Fitness portion of the USMS website. Check it out! The Committee is planning two new events for 2003: The Virtual Swim Series and the 30 Minute Swim. These events are a great way to set goals, to help make your time in the pool interesting, challenging and fun.

The event I enjoyed learning most about was the Virtual Geographic Swim Series. The swims aren't online yet but should be posted soon. Each "virtual" swim involves swimming a river, lake, ocean distance, canal, or even a non-water entity like a trail. Two swims in the Northwest were "Swim Across Lake Washington" and the "Virtual Swim Across (or Around) Crater Lake." A one-way swim south to north on Lake Washington is 13 miles, two-way 26 miles. A participant merely keeps track of their mileage swum in a pool and has fun charting their progress across Lake Washington! The Crater Lake Virtual Swim, in Oregon's only National Park, has two options, a

mythical swim either across (5.7 miles) or around (34 miles) the lake. The water in Crater Lake is below 60 degrees and the Park Service will not allow swimming in the lake. So, to quote the site, "do it this way!"

Another new part of the USMS website worth looking at is the Workout section of the Discussion Forums. Three coaches have been selected to provide weekly workouts on the web. These workouts can be a great help to self-coached swimmers.



"Swim Practices With Purpose" by Michael Collins of Irvine Nova Aquatics, "Out of the Box and Into the Pool" by Mo Chambers of Santa Barbara Masters, and

"Opportunities for Greatness" by Mel Goldstein and Kris Houchens from Indy Swim Fit, provide exceptional and interesting workouts on a weekly basis by well-trained experienced coaches.

Regardless whether you are swimming for fitness, for the spirit of competition, or both, USMS has a lot to offer us here in the Inland Northwest. If it's not already listed as one of your "Favorites" on the web, now it should be!

From the Editor

Inland Northwest Masters Online

That's right gang, you read that correctly, Inland Northwest Masters is now online. You can visit our web site at www.InlandNWMasters.org. The benefit of being on line is to provide you with more timely information. Currently the *Splashmaster* comes out based on the need to promote events happening within our LMSC. Because many in our LMSC do not have access to online services or are not inclined to go online, the web site will serve to supplement the *Splashmaster*. As time progresses, we will rely more and more on the web site, so get wired soon!

Currently, the site includes:

- general information about masters swimming and membership
- team listings and places to swim
- meets and events, where current event forms will be available as pdf downloads
- results and history, where event results will be posted, in addition to Inland NW and NW Zone records
- a list of officers and contacts
- the *Splashmaster*, which will pdf files of past issues of the newsletter.

This web site is hosted on the USMS server and comes to us with only a \$10

annual cost to register our domain name.

The other benefit of using the USMS host is the room for teams with in our LMSC to host web sites. If your team would like a web site, please let me know, and I will work with you to get one posted. There is a lot of information out there about developing and designing content for web sites, and I encourage other teams to consider getting online.

I welcome your feedback, please drop me a note with your comments both positive and negative.

Hope to see you at one of our clinics, or in Sandpoint. The next issue will be out in January 2003, Happy Holidays!

—Doug Garcia



SANDPOINT WEST ATHLETIC CLUB MASTERS
Fall Classic Swim Meet

SATURDAY NOVEMBER 30, 2002

Date/Times: Saturday, November 30, 2002. Warm-up starts at 8:30 am, Meet starts at 9:00 am, second warm-up at 10:00.

Sponsor: Sandpoint Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United State Masters Swimming Inc. (USMS) Sanction number 3521130.

Eligibility: All swimmers must be currently registered IWMSC/USMS swimmers. New IWMSC/USMS registrations (found in the *Splashmaster*) should be sent to Sue Dills or will be available at the meet.

Rules: All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2002 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

Deadline: All entries must be postmarked by November 20, 2002. Incomplete or late entries will be treated as "deck entries."

Fees: \$8.00 for entries sent before November 20, \$12.00 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

Conduct of the Meet: Each participant may swim five individual, and three relay events.

Relays: Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

Awards: First-Third place ribbons will be available free of charge.

Directions: Take I-90 east or west to US Highway 95 in Couer d'Alene. Go north on Highway 95 to Sandpoint. Cross the long bridge into town traveling on First Street. Stay on First Street through town, staying in the left lane. First Street turns left onto Cedar, continue on Cedar through stoplight at Chevron station and turn left (south) onto Division. Turn right onto Pine and look for Sandpoint West Athletic Club on the left. For more information call Mike Brosnahan at (208) 263-6633.

Postmarked by: November 20, 2002
Mail Entries to: Margaret Hair
 408 Vista Drive
 Coeur d'Alene, ID 83815
Entry Fee: \$8.00 prior to November 20
 \$12.00 for Deck Entries
Checks payable to: IWMSC

Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS # _____ Club _____

Meter Times Please • Maximum of 5 Individual and 3 Relay Events.

- | | | |
|--|--|---|
| 1) 400 M Ind. Medley _____
2) 800 M Freestyle _____
Second Warm-Up at Approx. 10:00 am
3) 200 M Freestyle Relay
<p style="text-align: center;">10 Minute Break</p> 4) 50 M Freestyle _____
5) 100 M Breaststroke _____
6) 200 M Backstroke _____ | 7) 50 M Butterfly _____
8) 200 M Ind. Medley _____
9) 400 M Mixed Freestyle Relay
<p style="text-align: center;">10 Minute Break</p> 10) 100 M Freestyle _____
11) 200 M Breaststroke _____
12) 50 M Backstroke _____
13) 100 M Butterfly _____ | 14) 200 M Medley Relay
<p style="text-align: center;">10 Minute Break</p> 15) 200 M Freestyle _____
16) 50 M Breaststroke _____
17) 100 M Backstroke _____
18) 200 M Butterfly _____
19) 100 M Ind. Medley _____
20) 400 M Freestyle _____ |
|--|--|---|

Waiver: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Your Signature _____ Date _____

THE 8TH ANNUAL LAKE PEND OREILLE
LONG BRIDGE SWIM
 SANDPOINT, IDAHO



Once again this year the Sandpoint Long Bridge Swim set records. This year the swim drew over 300 participants, some from as far away as Los Angeles, and Santa Barbara, California, to Littleton, Colorado and Orlando, Florida. The oldest swimmer to complete the course was Bill Odman (83) of Spokane in a time of 1:35.36. The youngest swimmers were a couple of local nine year olds, Beth Dibenedetto of Sandpoint and Meranda Carter of Hope, Idaho who completed the course in 1:56.15 and 1:14.59 respectively. As with the Steve Omi Swim, sixteen year old Dan Blee cruised the course in a blazing :39:06, and our Inland NW Masters secretary Larry Krauser was close on his heels finishing one second later.

1. 0:39:06 Blee, Dan 16	53. 0:50:29 Seagrave, Eric 31	105. 0:58:50 Konewko, Paul 40	156. 1:08:22 White, Chris 51
2. 0:39:07 Krauser, Larry 49	54. 0:50:33 Mogilefsky, Jason 32	106. 0:59:07 Dehart, Tom* 33	157. 1:08:46 Clay, John 65
3. 0:39:12 Simpson, Susanne 42	55. 0:50:35 Ehrichs, John 45	107. 0:59:12 Smith, Robyn 29	158. 1:08:50 Moore, Lynn 45
4. 0:40:19 Cheadle, April 21	56. 0:50:36 Bergquist, June 45	108. 0:59:16 Woodruff, Gina 38	159. 1:09:06 Kunkel, Celene* 12
5. 0:41:22 Siegler, Jonathan 15	57. 0:50:47 Dehart, Kirsten 27	109. 0:59:19 Magee, Carolyn 56	160. 1:09:09 Langley, Mickey 48
6. 0:41:24 Jackson, Greg 20	58. 0:51:14 Deyo, Brent 15	110. 0:59:22 Haughey, Jeff 38	161. 1:09:40 Davis, Jayne 48
7. 0:41:27 Gallagher, Brian 47	59. 0:51:22 Gullford, Nancy 32	111. 0:59:23 Oakley, Ann 43	162. 1:09:42 Deyo, Joanne* 50
8. 0:41:31 Petrie, Alexander 13	60. 0:51:41 Zander, Elin 48	112. 0:59:25 Phipps, Polly 49	163. 1:09:45 Dean, Mark* 41
9. 0:41:57 Comfort, Mark 48	61. 0:51:47 Bartlett, Brian 54	113. 0:59:27 Hair, Margaret 47	164. 1:10:00 Buder, Sr. Madonna 72
10. 0:42:54 Palmer, Ben 21	62. 0:51:50 Brown, Wayne 59	114. 1:00:07 Sylvester, Holly 35	165. 1:10:25 Nylund, Jon 57
11. 0:43:48 Finley, Katrina 17	63. 0:51:54 Barth, Lisa* 36	115. 1:00:09 Hawkins, Matt 35	166. 1:11:04 Riegert, Laurie 44
12. 0:44:36 Eickerman, Victoria 14	64. 0:52:00 Olson, Stacy 37	116. 1:01:00 Mitchell, Anne 45	167. 1:11:17 Terrell, Joan 48
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39. 0:48:22 Tessier, Amy 41	91. 0:56:31 Riegert, Shelley 49	143. 1:05:46 Aranda, Arlene 35	194. 1:16:46 Radcliffe, Nancy 45
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41. 0:48:25 Grigsby, Joe 44	93. 0:56:59 Hackworthy, Laura 45	145. 1:06:05 Miller-Jones, Suzanne 41	196. 1:17:22 Lesage, Russell 47
42. 0:48:27 Broadaway, Alan 49	94. 0:57:07 Murphy, Catherine 44	146. 1:06:36 Driggers, Phillip* 13	197. 1:17:24 Lesage, Marianne 50
43. 0:48:32 Mabile, Christine 15	95. 0:57:19 Zuberbuhler, Jim 37	147. 1:06:39 Bennett, Chad 30	198. 1:17:30 Nelson, Carol 36
44. 0:48:33 Hays, John 43	96. 0:57:24 Vee, Chester 15	148. 1:07:00 D'olier, Bill 58	199. 1:17:33 Bagshaw-Philbin, Marg 37
45. 0:48:35 Lamar, Tom 41	97. 0:57:28 Shields, Sarah 53	149. 1:07:16 Klein, Cheryl 54	200. 1:17:35 Philbin Jr, Myles 37
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47. 0:48:43 Simpson, Tom 42	99. 0:57:46 Calhoun, Julie 37	151. 1:07:31 Salley, Chad 13	202. 1:18:24 Magee, Patrick 60
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51. 0:49:26 Fain, Meagan 23	103. 0:58:36 Tessier, Zoe 43	155. 1:08:18 Lohstroh, Patricia 32	206. 1:20:00 Carlson, Chad 13
52. 0:49:56 Stoner, Todd 12			207. 1:20:39 Ellig, Sami 16

* Indicates with fins, + indicates with kick board

see LONG BRIDGE RESULTS on page 6



Race Director Eric Ridgway, getting ready for a Long Bridge warm up swim at the Omi Swim.

LONG BRIDGE RESULTS *from page 5*

208. 1:20:41	Hamilton, Sarah	31	231. 1:30:41	Hackworthy, Debbie	44	253. 1:56:14	Dibenedetto, Mike	43
209. 1:21:22	Mattioni, Marco	43	232. 1:30:48	Freeman, Spencer	9	254. 1:56:15	Dibenedetto, Beth	9
210. 1:21:58	Terrell, Emily	18	233. 1:31:04	Blanford, Tammy	22	255. 1:56:27	Bloom, Joan	42
211. 1:22:40	Bowden, Margaret	46	234. 1:31:37	Timm, Doreen	53	256. 1:57:44	Platt, Nancy	37
212. 1:22:42	Nickodemus, Stephen	47	235. 1:31:52	Bailey, Randy	53	257. 1:59:20	Wheeler, Diane	44
213. 1:22:48	Trimble, Pam*	49	236. 1:33:30	Duchow, Kay	62	258. 2:00:34	Thompson, Kirsten	44
214. 1:22:51	Price, Rick	44	237. 1:33:33	Carlson, Zane	10	259. 2:00:36	Johnson, Angela	18
215. 1:23:02	Bardwell, Rodger	35	238. 1:35:18	Kinzer, Jackie	46	260. 2:00:39	Hamilton, Will	13
216. 1:23:19	Reina, Emily	15	239. 1:35:36	Odman, Bill	83	261. 2:00:52	Stratton, Jodee	38
217. 1:23:36	Chadburn, Ashlene	34	240. 1:39:09	Crawford, Vicki*	45	262. 2:01:27	Underdown, Brandon	21
218. 1:25:10	Gamache, Cheryl	44	241. 1:39:17	Crawford, Shannon	42	263. 2:09:50	Decker, Tonya	14
219. 1:27:01	Johnson, Cyndi	48	242. 1:43:23	Decker, Keri	17	264. 2:10:46	Peters, Jackie	70
220. 1:27:30	Harbinson, Lynn	32	243. 1:43:24	Cassel, Dave	54	265. 2:17:51	Rentschler, Erin	43
221. 1:27:32	Letourneau, Dar	35	244. 1:44:09	Aronson, Sarah	21	266. 2:19:29	Hamilton, Haley	11
222. 1:27:34	Lange, Fred*	32	245. 1:45:51	Norstog, Jon	57	267. 2:19:30	Hamilton, Lynn	39
223. 1:27:52	Auld, Wendy	32	246. 1:47:09	Janey, Melinda	27	268. 2:22:41	Mendola, Susan	53
224. 1:28:23	Froelicher, Fred	74	247. 1:48:25	Toland, Mary	52	269. 2:23:29	Winget, Ruby	22
225. 1:28:50	Fitzgerald, Liam	56	248. 1:49:52	Hitchen, Mike	45	270. 2:24:05	Bresko, William	74
226. 1:28:59	Dalsing, Cynthia	49	249. 1:51:10	Young, Dave	59	271. 2:25:39	Gibson, Wendy	34
227. 1:29:06	Siegler, Norbert	51	250. 1:53:49	Jackson, Tracy	41	272. 2:58:31	Matney, Don	41
228. 1:29:12	Sullivan, Anne	47	251. 1:55:38	Dibenedetto, Paul	15	273. 3:00:27	Hackworthy, Clem	71
229. 1:29:13	Hagen, Heather	17	252. 1:56:02	Dibenedetto, Lynn*12				
230. 1:30:00	Nelson, Toni	49						

USMS Convention Report

United States Masters Swimming (USMS) had its annual convention in Dallas in early September. At this annual convention USMS, local masters swimming committees (LMSCs) representatives from all over the country gather to conduct the organization's business.

One of the highlights of convention is the selection of National Championship meet locations. The selection process is always two years in advance to allow meet organizers to adequately plan for the 1000-2000 swimmers that participate in these events. At the 2001 convention, delegates selected Arizona to host the 2003 short course yards championships and New Jersey to host the 2003 long course meters championships (look for entry forms online at usms.org or in *Swim Magazine*). This year delegates selected the Indianapolis and Savannah Georgia as host sites for the 2004 national championships.

It was also announced that USMS would be seeking a bid to host the 2006 FINA World Championships. This meet would draw 5-8,000 participants from all over the globe. Because of the large number of participants only a handful of locations could adequately handle that many swimmers. One location being considered is Stanford University,

In addition to pool championships, locations and organizations were also selected for the long distance events. Long distance events include postal events, open water and cable swims. A few of the long distance hosts for 2004 include:

- 3000/6000 Postal, Central Oregon
- One Hour Postal, Tamalpais (California)
- 1-3 Mile Open Water, Rogue Valley Masters (Oregon)

One rule change though not effecting us here in the Inland NW, is the way pool events will be measured. The House of Delegates approved a change that would require hosts of meets in pools that have movable bulk heads to measure the pool frequently during the meet to ensure the pool does not change in length outside the tolerance level.

Other convention business included a national dues increase, discussion of coaching certification, marketing efforts for the organization, and other minor rules changes (see related story on this page).

Two major awards were handed out at the convention banquet including Hugh and Jane Moore from PNA as Ransom Arthur Award winners and Jim Montgomery from Dallas Aquatic Masters as USMS coach of the year.

— Doug Garcia

Backstroke Rule Changes Conform to USA Swimming

USMS has adopted a change to the Backstroke rules of competition based upon changes made by USA Swimming. Swimmers are no longer prohibited from raising their feet above the water level after the starting signal has been given.

However, the swimmer is NOT allowed to place their toes or feet in or on the gutter during or after the start. Thus the rule effectively allows a change from the current practice only in flat walled pools and pools with the water level below the gutter. The current legal start is still legal.

British Columbia Masters Woolls to be missed

Dear Margaret:

I know you and many swimmers of Inland Northwest will be saddened to learn that Chuck Woolls (87) passed away this afternoon. He had had a stroke 3 1/2 weeks ago and was not doing too badly and had entered rehab. Alas he got some kind of infection. It is hard to believe, as he was competing in the British Columbia Seniors Games in Prince George only five weeks ago and swimming well against two others in his age group.

Barbara Roberts

approached, the conditions bordered on frightening.

I am in the habit of praying every morning and as I was treading water, I realized that I had forgotten to do so that morning. So I closed my eyes and spent a couple of minutes praying. I had been surrounded by swimmers when I started. When I opened my eyes, I found myself alone.

I never heard the cannon, but when I looked, I saw that everyone was swimming away from me like mad. I checked my watch, which indicated the race was not to start for another eight minutes. Rather than be left too far behind, I chased the mob and splashed my way into the waves. As it turned out, the swimmers jumped the gun, which might have contributed to the race's fatality.

Race organizers insist that, by 7 am, conditions had deteriorated sufficiently that they would have cancelled the swim portion of the race. Unfortunately, by that time, the pack was already hundreds of yards into the course and could not be recalled.

Winds continued to rise and the swells had grown to four or five feet. All too frequently, cresting waves would drive me deep below the surface of the water or throw me backwards.

Race officials tried to call the whole thing off. The winds were carrying away the buoys that marked the course, and conditions had already produced a fatality. John Boland (53) of California had been recovered, floating face down, drowned.

Few of us knew the race was cancelled, and nobody suspected one had perished. We swam on—Ironmen are nothing if not stubborn.

Word reached shore that a participant had died. As most spectators were friends and family of competitors, all would have to wait and wonder if it was their Ironman who had died.

I had no idea what was going on and



Michael Costello on the last leg of Ironman Utah.



The choppy, windy waters of Utah Lake, site of the 2002 Ironman Utah.

simply aimed straight for the only buoy I could see. Upon reaching it, I found several other competitors who were bobbing in the waves, looking for the next buoy without success. We decided to swim further out into the lake—and the storm. After 15 minutes, during which we had not seen a buoy, we voted to head south

to see what we could find there.

I was swallowing a great deal of water as waves crashed frequently into my face when I tried to breathe. The lake's turbulence was making me seasick. There are few things more unpleasant than vomiting with your face underwater and then having that same water driven back into your face by the next wave.

After spotting another buoy, I checked my watch and calculated that I had been swimming for 51 minutes. I swam hard for the buoy hoping that, upon reaching it, I might find my way back. After about 20 minutes of chasing, the buoy was farther away than ever and I realized that it had become dislodged by the storm and was drifting, I was further off course.

As I looked for navigational aids, my eyes were drawn to a Coast Guard helicopter and a couple of boats with emergency lights searching the water. I spotted a man in a kayak and swam to his boat. After tossing my arm over his bow, so

that I could vomit in relative comfort, I asked how to get back to the swim exit. He advised, "Swim toward the 'Y' " on the mountain. Above the Brigham Young University campus, students have arranged white stones into an enormous white "Y." At least that "Y" wouldn't blow away.

The instructions landed us a mile south of where we were supposed to exit. At least I was on dry land. I had been swimming for an hour and forty minutes.

A group of people were helping swimmers out of the water. When we reached the group, we learned the swim portion of the race had been cancelled. We were loaded into the back a pickup and were given a ride to our bicycles.

Once in the transition area, my mother found me and was relieved to learn that I was still alive. From her, I discovered that at least one triathlete was dead. Rumors spread rapidly—we heard there were two dead, three more missing.

Organizers pulled together a duathlon—a 70-mile bike ride and a 13.2 mile run. Officials feared some were too exhausted by the swim for the full Ironman distances. Additionally, some sections of the course were judged too dangerous for the wind conditions. It also was considered that many of us would not get underway until after 11 am, making it difficult to complete the course by the midnight deadline.

The race was restarted at 10 am, with the elite athletes setting out at 15-second intervals. Once the elites were off, the rest of us were sent on our way. Roughly ten percent of original field decided they had

see IRONMAN UTAH on page 8

quite enough, and their day was done.

The winds still howled and the bike was a genuine trial. For the next 6 hours and 10 minutes, I battled the winds, fatigue, and a sore left foot. The morning's seasickness never left me and I had to fight back vomiting until I crossed the finish line six hours latter. I was fearful of vomiting during the run as a marshal might interpret it as hyponatremia and force me out of the race. On the other hand, I thought it might be cool if the finish line camera recorded me vomiting as I broke the tape.

As I crossed the finish line, a very cute young blond girl placed an Ironman finisher's medal around my neck and asked me how I felt. I told her that I had been better, but all things considered, I wasn't too bad off.

Next I was sent to the athlete's food tent. Nauseous as I was, I was still powerfully hungry. When I reached the tent all I found were tall stacks of pizza boxes and turned away in disgust. I appreciate pizza as much as the next man, but after suffering all those hours of nausea, the last thing I wanted in my stomach was slimy grease and salt.

By day's end, we learned only one man had died and the missing competitors had been found in their motel rooms, having decided that Ironman was not worth losing sleep over. One death is too many, but it's better than the five we had feared.

Since the race, I've measured time a little differently. I competed well, but the race was not really an Ironman. I received an Ironman medal and an Ironman shirt. But I am not yet an Ironman. I shall have to enter another. Ironman Utah will be moving to Coeur d' Alene next summer. I plan to be there.

If I am not yet a true Ironman, I take solace in the knowledge that at least I am a living man.

Editors Note: At least two other Inland NW Masters swimmers participated in Ironman competitions in 2002. In addition to Michael Costello (WSU) were Naoya Okubto (WSU) who did Ironman Canada, and Rod Wharton (LCM) who at press time was competing in Ironman Hawaii. Congratulations to all who competed and finished.

Steve Omi Memorial Swim

July 21, 2002

1 Dan Ble	16 M	18:17
2 Jonathan Siegler	15 M	18:32
3 Katrina Finley	17 F	20:17
4 Lon Brietenbach	33 M	20:21
5 Mark Comfort	48 M	20:42
6 Austen Haynes	42 M	20:42
7 Bill Thomson	49 M	22:43
8 John Schneider	42 M	22:55
9 Tom Lamar	41 M	23:09
10 David Anderson	39 M	23:16
11 Naoya Okubo	39 M	23:17
12 Bill Travis	54 M	23:22
13 Jack Keane	41 M	23:25
14 June Berquist	45 F	23:26
15 Bryan Baldwin	38 M	23:29
16 Charlie Martin	47 M	23:39
17 Pat McChesney	52 M	23:42
18 Colleen Lux	23 F	23:46
19 Dave Peckham	41 M	24:12
20 Rod Wharton	46 M	24:49
21 Eric Ridgway	41 M	24:53
22 Holly Apple	37 F	25:06
23 Steve Tanner	49 M	25:19
24 Loretta Dragoo	42 F	25:20
25 Jason Magilefsky	31 M	25:22
26 Maily Kress	51 F	25:25
27 Sarah Gray	22 F	25:34
28 Mac Cavalas	51 M	25:44
29 Derick Taylor	16 M	25:56
30 Paula Welling	26 F	26:24
31 Jean Smith	46 F	26:26
32 Margaret Hair	47 F	26:45
33 Danette Harrington	38 F	26:53
34 Sadie Taskila	23 F	26:54
35 Mary Adams	47 F	27:24
36 Marty Westbrook	57 M	27:36
37 David Shopbell	33 M	27:46
38 Glenn Mabile	42 M	27:54
39 Catherine Murphy	45 F	28:00
40 Dave Weeks	54 M	28:03
41 Doug Garcia	40 M	28:26
42 Ursula Graef	38 F	28:30



Future Masters Swimmers: Dan Ble, 16 (in back) Jonathan Siegler, 15 and Katrina Finley, 17 took first, second and third respectively at the 2002 Steve Omi Open Water Swim

43 Milah Larkin	23 M	28:42
44 Carolyn Magee	56 F	29:04
45 Genny Hayle	29 F	30:04
46 Joanne Brandt	47 F	30:26
47 Brian Gavin	48 M	30:28
48 Carol Travis	53 F	30:39
49 Roger Snyder	53 M	31:06
50 Marvel Kimball	65 F	31:42
51 Virgil Crampton	41 M	31:44
52 Emily Christensen	17 F	31:38
53 Duke Breitenbach	61 M	31:59
54 Monica Donegan	52 F	32:02
55 Steve McCre	52 M	32:07
56 Chuck Tasca	56 M	32:21
57 Nancy Radcliffe	45 F	32:28
58 Van Bennett	66 M	32:29
59 Susan Kirkpatrick	36 F	32:31
60 Patrick Magee	60 M	33:01
61 Vicki Jackson	39 F	33:06
62 Robert Golden	51 M	33:12
63 Howard Grimes	45 M	34:16
64 Jack Bevier	69 M	34:44
65 Tessa Grisby	9 F	35:06
66 Joe Grisby	44 M	35:08
67 Deborah Swagerty	33 F	35:09
68 Suzanne Jones	41 F	35:33
69 Mark Emerson	59 M	35:43
70 Cheryl Gameche	44 F	37:12
71 Brian Westgate	41 M	37:18
72 Kathy Dalberg	48 F	37:37
73 Bill Boggs	55 M	38:19
74 Brad Bartkowiak	48 M	38:39
75 Dale Young	48 M	39:33
76 Victoria Dickinson	57 F	39:35
77 Gretchen Kruse	35 F	41:53
78 Jim Noonan	66 M	42:01
79 Nancy Taylor	43 F	42:20



Masters Blast from the past: Carolyn Magee formerly of Lake City Masters, and Chuck Tasca also from Lake City Masters, talk of old times before the Omi Swim

SURVIVING THE *Holiday Season*

I'm sure that you have all heard the statistics: the average American gains 5-10 pounds over the holiday season, and much of that weight is never lost again, in spite of New Year's resolutions. Since we are swimmers, we are far from the average American, and are less likely to gain so much weight. Still, if you are anything like me, getting through the holidays without some weight gain is a difficult proposition. So I would like to share the following holiday survival tips with you. (If you are one of those obnoxious people who never gains an ounce read no further and, by the way, we hate you!)

- Never let yourself get too hungry or too tired. It makes it much harder to resist that plate of fudge when it is offered.
- Even though the season is busy, don't skip workouts if at all possible. In fact, throw in a few hundred extra yards now and then to help burn off those extra calories you know that you'll be eating!
- Traveling and unable to get in the water? Go for a brisk walk, start a snowball fight with your brother, play with the nieces and nephews, throw the Frisbee for the dog. In other words, do something, anything, that makes you move and burn calories.
- Limit your indulgences to foods that you really like. Don't waste your calories on foods that you can take or leave (but take because they're there.)



- Limit portion sizes and servings of high fat and high calorie foods. Load up the rest of your plate with low calorie, low fat foods. Pass on seconds unless you're still hungry.
- Eat slowly. It takes 20 minutes for your stomach to realize it's full. Give it a

- chance to get back to you.
- Don't forget to get your 4-6 (or more!) servings of fruits and vegetables a day. Filling up on foods that are good for you leaves less room for splurges.
- Stay hydrated. Drink plenty of low calorie beverages to fill you up and prevent dehydration.
- Alcohol has calories that are easily converted to fat. Need I say more?
- Have a strategy for parties. Some examples: take a low fat, healthy dish to potlucks that you can eat without guilt; eat a healthy snack before you go to a party, so that you aren't hungry and tempted to overdo it once you get there; go through the buffet line once only, savor your food and then don't go back;



*Nutritional information for swimmers
as compiled by Elin Zander, RD*

- limit yourself to one serving of the best looking dessert offered and ignore the rest, or get in an argument with the boss and leave early (just joking!)
- Have a plan for the rest of the time. For example: take plenty of food to work to cover meals and snacks and avoid indulging in all the goodies lying around.
- Know your limitations. Maybe you CAN eat just one and then stop, but if you are like me, it's easier to eat none than to eat just one!
- Limit the amount of goodies you keep in your house. It's easier to eat healthy if your refrigerator and cupboards are only stocked with healthy foods.
- Indulge and reward yourself with nonfood luxuries like going out to a good movie, scheduling a massage, taking a long warm bath, reading a good book, or buying yourself a Christmas present.
- Don't give up on yourself! If you overdo it one day, you haven't blown it for the season. Pick yourself up and start over the next day, or even with the next meal.
- Be realistic. This is hard work and you may very well gain weight in spite of your best efforts. But every pound you don't gain is one less pound you have to lose!

Have a joyful holiday season and a peaceful, prosperous new year. You may find me in my new volunteer job at www.partnersforpets.org. Remember: the best thing you can do for the animal you love is spay or neuter!



Northwest Zone Short Course Meters Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. A Sanction #372-10
 Eligibility: Currently registered USMS swimmers, 19 years and older.
 Unregistered swimmers must submit a 2003 registration form and fee with this form.

Hosted by: Oregon City Swim Team
 1211 Jackson Street
 Oregon City, Oregon
 5 lanes competition-electronic timing
 1 lane for continuous warm-up/down area

DATE: Saturday & Sunday, December 14 & 15, 2002

SATURDAY: WARM-UPS: 10AM A MEET STARTS: 11AM
SUNDAY: WARM-UPS: 7AM A MEET STARTS: 8AM

Meet director: Colette Crabbe A Phone: 503-659-214 A E-mail colettecrabbe@hotmail.com

Directions to the pool: From I-205 North or South, take exit #9 (99E, Oregon City, Gladstone), turn left or go South on 99E. At the 1st light (coming from South) or at the 2nd light (coming from North), go left on 14th St., go two blocks, turn right on Washington St., go 2 blocks, turn left on 12th St, go up the hill until Jackson St. The pool is at the corner of 12th and Jackson on the left hand side.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2003 FORM WITH THIS ENTRY.

RECOMMENDED HOTELS NEAR THE POOL: (BOTH HAVE BREAKFAST) A RYERHOUSE HOTEL, 503-655-7141 A OXFORD SUITES MOTEL, 503-722-7777

ENTRY DEADLINE: POSTMARK NO LATER THAN NOVEMBER 29, 2002

..... FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY

NAME _____
 ADDRESS _____
 CITY _____
 STATE _____ ZIP _____
 PHONE _____
 E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____
 2002-2003 USMS # _____
 USMS CLUB (OREG, MACO, PNA, ETC) _____
 IS THIS YOUR FIRST MASTERS MEET? ____ Yes ____ No

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 79-99, 110-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359, ETC. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY) DISTANCES. THE 400M AND 800M RELAYS WILL BE SEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. THE 400, 800 AND 1500 FREESTYLES & 400 IM WILL BE DECK SEDED. *CHECK IN FOR THESE EVENTS. AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM. CHECK IN FOR THE 1500 WILL OPEN MIDWAY THROUGH SUNDAY'S EVENTS.* ALL EVENTS WILL BE SEDED SLOW TO FAST. **YOU MAY SWIM EITHER THE 800 FREE OR 1500 FREE BUT NOT BOTH.**

Saturday, December 14, 2002

Sunday, December 15, 2002

- 800 FREE (1) _____ : _____ . _____**
- 20 minute warm-up. Event 2 will not start before noon.**
- 200 BACK (2) _____ : _____ . _____**
- 50 FREE (3) _____ : _____ . _____**
- 100 BREAST (4) _____ : _____ . _____**
- 100 I.M. (5) _____ : _____ . _____**
- **5 MINUTE BREAK****
- MIXED MEDLEY RELAYS (6-7)**
- 50 FLY (8) _____ : _____ . _____**
- 200 FREE (9) _____ : _____ . _____**
- 100 BACK (10) _____ : _____ . _____**
- **5 MINUTE BREAK****
- FREE RELAYS (11-16)**
- 400 I.M. (17) _____ : _____ . _____**

- 400 FREE (18) _____ : _____ . _____**
- 20 minute warm-up. Event 19 will not start before 9AM**
- 200 FLY (19) _____ : _____ . _____**
- 50 BREAST (20) _____ : _____ . _____**
- 100 FREE (21) _____ : _____ . _____**
- 200 I.M. (22) _____ : _____ . _____**
- **5 MINUTE BREAK****
- MIXED FREE RELAYS (23-25)**
- 100 FLY (26) _____ : _____ . _____**
- 50 BACK (27) _____ : _____ . _____**
- 200 BREAST (28) _____ : _____ . _____**
- **5 MINUTE BREAK****
- MEDLEY RELAYS (29-32)**
- 1500 FREE (33) _____ : _____ . _____**

ZONE MEETING TO FOLLOW THIS SESSION

I, the undersigned participant, to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training & competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOSTS FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$18.00 A MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
SEND FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220

2003 United States Masters Swimming & Inland Northwest Masters Member Registration

Register with the name you will use for competition, please print clearly

Last Name	First Name	Middle Initial	For Office Use
Street Address	Apt.#		
City	State	Zip	
Phone (with area code)	Email: (to be used for online newsletter, and will not be sold for junk email)		

Date of Birth	Age	Sex	Today's Date (not good before 11/1/2002)
Team Affiliation			
<input type="radio"/> Inland Empire YMCA	<input type="radio"/> Lake City Masters	<input type="radio"/> Moscow Chinook Masters	<input type="radio"/> North Spokane Masters
<input type="radio"/> Sandpoint West Athletic Club	<input type="radio"/> Spokane Club Masters	<input type="radio"/> Spokane Masters and Tri	<input type="radio"/> WSU Masters
<input type="radio"/> Wenatchee Valley Masters	<input type="radio"/> Yakima Valley Masters	<input type="radio"/> Unattached team	<input type="radio"/> Unattached club
<i>Unattached team</i> means you will not be able to participate in relay events at Inland NW Masters meets, but can still participate in relays at zone or national meets as part of the Inland NW Masters club. <i>Unattached club</i> means you will not be able to participate in relay events at Inland NW Masters meets, zone or national meets.			
<input type="radio"/> I am a certified USA Swimming Official <input type="radio"/> I am a certified high school swimming official <input type="radio"/> I coach Masters Swimmers			

Benefits of Membership Include:

⇒ *SWIM Magazine* for the length of the membership ⇒ the *Splashmaster* newsletter, other mailing and emails from Inland Northwest Masters Swimming ⇒ Secondary accident insurance ⇒ Coached workouts in locations nationwide.
Where do my registration fees go? ⇒ \$20.00 to United States Masters Swimming (\$7.00 for *Swim Magazine*) ⇒ \$10.00 to Inland Northwest Masters Swimming Committee for local programming and communications.

2003 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION (Membership will expire 12/31/2003)


<input type="radio"/> New Registration	<input type="radio"/> Renewal, my current USMS Number is _____	
<i>Please check appropriate level</i>		
<input type="radio"/> Individual Registration \$30.00	<input type="radio"/> Couples Registering together \$55.00	<input type="radio"/> Senior Registration (age 60+) \$27.50
<input type="radio"/> Late Year Registration fees not set (for those registering in September or October)		

SWIMMING ENDOWMENT FUNDS (Please consider making a donation one or both of these funds.)

United States Masters Swimming Endowment Fund	International Swimming Hall of Fame Endowment Fund
<input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the USMS Endowment Fund	<input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the International Swimming Hall of Fame Endowment Fund

Make check payable to	IWMSC	Amount Enclosed
Mail check and form to:	Sue Dills	
	639 N. Riverpoint Blvd. #3W	
	Spokane, WA 99202	

Waiver: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNATURE  _____ DATE _____
Registration not valid before 11/1/2002

SPLASHMASTERDoug Garcia • Washington State University
PO Box 645910 • Pullman WA 99164-5910Presorted Standard
U.S. Postage Paid
Pullman, WA
Permit No.1

SWIM CLINIC

Clinics will focus on Freestyle, Backstroke, starts and turns including stroke analysis section may include videotaping.

Date: Sunday, November 10, 2002

Time: 10:00 am - 1:00 pm

Location: Spokane Club pool

Cost: \$15

Date: Monday, November 11, 2002

Time: 3:00-5:00 pm

Location: Gibb Pool, WSU in Pullman

Cost: \$15

TODD MARSH: Head Coach Spokane Area Swimming. Todd has been coaching/directing Spokane Area Swimming since 1988. Before Todd's tenure at SAS, he coached at the Saluki Swim Club and Southern Illinois University as an Assistant Coach. Todd's has coached swimmers to USA National championships, Olympic trials, and had the 12th place team at the 2002 YMCA Nationals. Todd swam competitively at Western Illinois University and currently enjoy running.

ERICA QUAM: Head Coach Washington State University Women's Swimming. Erica comes to the WSU from Southern Methodist University, where she served as assistant coach for five years. During her career with the Mustangs, Quam was instrumental in SMU winning five straight Western Athletic Conference championships in addition to other conference awards. While in Dallas, she also assisted Bobby Patton and Jim Montgomery with Dallas Aquatic Masters, one of the largest and most successful Masters clubs.

The Roanoke, Virginia native, Quam sawm Breaststroke and Individual Medley at the University of Indiana. In her spare time, Quam enjoys running, biking, swimming and triathlons at both the national and local.

Erica will be assisted by the Washington State University Women's swim team at the clinic in Pullman.

Four Swimmers Crack TOP TEN

*2001-2002 Short Course Yards***Susanne Simpson (SCM, 40-44)**100 Freestyle, 10th @ 56.81
200 Freestyle, 2nd @ 56.14
500 Freestyle, 1st @ 5:13.14
1000 Freestyle, 1st @ 10:46.31
1650 Freestyle, 1st @ 17:53.81
50 Butterfly, 3rd @ 27.19
100 Butterfly, 4th @ 59.76
200 Butterfly, 2nd @ 2:10.75**Suzanne Dills (SCM, 55-59)**100 Freestyle, 10th @ 1:12.74
200 Freestyle, 4th @ 2:32.72
50 Butterfly, 7th @ 36.16
100 Butterfly, 8th @ 1:30.69
200 Butterfly, 2nd @ 3:13.11**James Elwyn (WVM, 30-34)**

1650 Freestyle, 9th @ 18:29.04

Larry Krauser (SCM, 45-49)

1000 Freestyle, 10th @ 11:06.94

Clinic Registration

Name: _____

Address _____

City, State, Zip _____

Phone Number _____

Email Address _____

USMS Registration Number (new registrations available at the clinic) _____

Mail Spokane Clinic Registration forms to: Susanne Simpson • 3117 S. Jefferson • Spokane WA 99203

Make Checks Payable to: IWMSC

Mail Pullman Clinic Registration forms to: Doug Garcia • PO Box 145 • Albion WA 99102-0145

Make Checks Payable to: IWMSC